

| pilates K 西梅田店 【 10/01 ~ 10/08 】 スケジュール |                |                |                |                | 2025/10/21 更新 |                        |                        |
|-----------------------------------------|----------------|----------------|----------------|----------------|---------------|------------------------|------------------------|
| 10/01                                   | 10/02          | 10/03          | 10/04          | 10/05          | 10/06         | 10/07                  | 10/08                  |
| 水                                       | 木              | 金              | 土              | 日              | 月             | 火                      | 水                      |
| 10:30 ~ 11:30                           | 10:30 ~ 11:30  | 10:30 ~ 11:30  | 10:30 ~ 11:30  | 10:30 ~ 11:30  | close         | 10:30 ~ 11:30          | 10:30 ~ 11:30          |
| Body Balance                            | Basic          | Waist          | Hip & Leg      | jump to burn   |               | Shape up waist         | Leg Lines              |
| miho                                    | nono.K         | Konoka.k       | Konoka.k       | Yuna           |               | nono.K                 | Yuna                   |
| 12:00 ~ 13:00                           | 12:00 ~ 13:00  | 12:00 ~ 13:00  | 12:00 ~ 13:00  | 12:30 ~ 13:30  |               | 12:00 ~ 13:00          | 12:00 ~ 13:00          |
| Back & Arm                              | Shape up waist | Hip & Leg      | Leg Lines      | Back & Arm     |               | Basic                  | Hip & Leg              |
| Naoko.O                                 | nono.K         | Maho.F         | Yuna           | Naoko.O        |               | Konoka.k               | Maho.F                 |
| 13:30 ~ 14:30                           | 13:30 ~ 14:30  | 13:30 ~ 14:30  | 13:30 ~ 14:30  | 14:30 ~ 15:30  |               | 13:30 ~ 14:30          | 13:30 ~ 14:30          |
| Leg Lines                               | Back & Arm     | Basic          | Shape up waist | Pilates Cardio |               | Stretch & Conditioning | jump to burn           |
| Yuna                                    | Naoko.O        | Konoka.k       | nono.K         | Yuna           |               | nono.K                 | Yuna                   |
|                                         |                |                | 15:00 ~ 16:00  | 16:30 ~ 17:30  |               |                        |                        |
|                                         |                |                | Basic          | Waist          |               |                        |                        |
|                                         |                |                | Konoka.k       | Yuna           |               |                        |                        |
|                                         |                |                | 16:30 ~ 17:30  |                |               |                        |                        |
|                                         |                |                | Hip & Leg      |                |               |                        |                        |
|                                         |                |                | Maho.F         |                |               |                        |                        |
|                                         |                |                | 18:00 ~ 19:00  |                |               |                        |                        |
|                                         |                |                | Back & Spine   |                |               |                        |                        |
|                                         |                |                | Yuna           |                |               |                        |                        |
| 18:00 ~ 19:00                           | 18:00 ~ 19:00  | 18:00 ~ 19:00  |                |                |               | 18:00 ~ 19:00          | 18:00 ~ 19:00          |
| Release&Strength                        | Back & Arm     | Hip & Leg      |                |                |               | Advance                | Waist                  |
| Kotone.W                                | Naoko.O        | Maho.F         |                |                |               | miho                   | Konoka.k               |
| 19:30 ~ 20:30                           | 19:30 ~ 20:30  | 19:30 ~ 20:30  |                |                |               | 19:30 ~ 20:30          | 19:30 ~ 20:30          |
| Hip & Leg                               | Basic          | Shape up waist |                |                |               | Basic                  | Back & Arm             |
| Konoka.k                                | Maho.F         | nono.K         |                |                |               | Naoko.O                | Naoko.O                |
| 21:00 ~ 22:00                           | 21:00 ~ 22:00  | 21:00 ~ 22:00  |                |                |               | 21:00 ~ 22:00          | 21:00 ~ 22:00          |
| Pilates Cardio                          | Hip & Leg      | Back & Arm     |                |                |               | Hip & Leg              | Stretch & Conditioning |
| Kotone.W                                | Maho.F         | Naoko.O        |                |                |               | Konoka.k               | nono.K                 |

| pilates K 西梅田店 【 10/09 ~ 10/16 】 スケジュール |                |                        |                |       | 2025/10/21 更新   |               |                        |
|-----------------------------------------|----------------|------------------------|----------------|-------|-----------------|---------------|------------------------|
| 10/09                                   | 10/10          | 10/11                  | 10/12          | 10/13 | 10/14           | 10/15         | 10/16                  |
| 木                                       | 金              | 土                      | 日              | 月     | 火               | 水             | 木                      |
| 10:30 ~ 11:30                           | 10:30 ~ 11:30  | 10:30 ~ 11:30          | 10:30 ~ 11:30  | close | 10:30 ~ 11:30   | 10:30 ~ 11:30 | 10:30 ~ 11:30          |
| Back & Spine                            | Hip & Leg      | Basic                  | Waist          |       | jump to burn    | Hip & Leg     | Basic                  |
| Yuna                                    | Konoka.k       | Maho.F                 | nono.K         |       | Yuna            | Maho.F        | Maho.F                 |
| 12:00 ~ 13:00                           | 12:00 ~ 13:00  | 12:00 ~ 13:00          | 12:30 ~ 13:30  |       | 12:00 ~ 13:00   | 12:00 ~ 13:00 | 12:00 ~ 13:00          |
| Back & Arm                              | Waist          | Back & Arm             | Hip & Leg      |       | Pilates Cardio  | Waist         | Body Balance           |
| Naoko.O                                 | nono.K         | Naoko.O                | Maho.F         |       | Yuna            | Konoka.k      | miho                   |
| 13:30 ~ 14:30                           | 13:30 ~ 14:30  | 13:30 ~ 14:30          | 14:30 ~ 15:30  |       | 13:30 ~ 14:30   | 13:30 ~ 14:30 | 13:30 ~ 14:30          |
| Pilates Workout                         | Basic          | Waist                  | Basic          |       | Hip & Leg       | Basic         | Hip & Leg              |
| Yuna                                    | Konoka.k       | nono.K                 | Maho.F         |       | Maho.F          | Maho.F        | Maho.F                 |
|                                         |                | 15:00 ~ 16:00          | 16:30 ~ 17:30  |       |                 |               |                        |
|                                         |                | Hip & Leg              | Shape up waist |       |                 |               |                        |
|                                         |                | Maho.F                 | nono.K         |       |                 |               |                        |
|                                         |                | 16:30 ~ 17:30          |                |       |                 |               |                        |
|                                         |                | Back & Arm             |                |       |                 |               |                        |
|                                         |                | Naoko.O                |                |       |                 |               |                        |
|                                         |                | 18:00 ~ 18:30          |                |       |                 |               |                        |
|                                         |                | Stretch & Conditioning |                |       |                 |               |                        |
|                                         |                | nono.K                 |                |       |                 |               |                        |
| 18:00 ~ 19:00                           | 18:00 ~ 19:00  |                        |                |       | 18:00 ~ 19:00   | 18:00 ~ 19:00 | 18:00 ~ 19:00          |
| Back & Arm                              | Back & Spine   |                        |                |       | Pilates Workout | Hip & Leg     | Stretch & Conditioning |
| Yumena.h                                | Yuna           |                        |                |       | Yuna            | Maho.F        | nono.K                 |
| 19:30 ~ 20:30                           | 19:30 ~ 20:30  |                        |                |       | 19:30 ~ 20:30   | 19:30 ~ 20:30 | 19:30 ~ 20:30          |
| Leg Lines                               | jump to burn   |                        |                |       | Advance         | Waist         | Back & Arm             |
| Yuna                                    | Yuna           |                        |                |       | miho            | Konoka.k      | Naoko.O                |
| 21:00 ~ 22:00                           | 21:00 ~ 22:00  |                        |                |       | 21:00 ~ 22:00   | 21:00 ~ 22:00 | 21:00 ~ 22:00          |
| Waist                                   | Shape up waist |                        |                |       | Waist           | Back & Arm    | Shape up waist         |
| Yumena.h                                | nono.K         |                        |                |       | Konoka.k        | Naoko.O       | nono.K                 |

：体験可能レッスン  
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・ご予約されたレッスンをキャンセルされる場合は、1時間前迄にお願いしております。  
・レッスン開始時刻1時間前を切ったのキャンセルは時間外キャンセルとなります。  
※時間外キャンセルが月2回以上で、翌月の予約可能回数が1回に制限されます。

| pilates K 西梅田店           |                          |                 |       | 【 10/17    ~    10/24    】    スケジュール |                 |               |                  | 2025/10/21 | 更新 |
|--------------------------|--------------------------|-----------------|-------|--------------------------------------|-----------------|---------------|------------------|------------|----|
| 10/17                    | 10/18                    | 10/19           | 10/20 | 10/21                                | 10/22           | 10/23         | 10/24            |            |    |
| 金                        | 土                        | 日               | 月     | 火                                    | 水               | 木             | 金                |            |    |
| 10:30 ~ 11:30            | 10:30 ~ 11:30            | 10:30 ~ 11:30   | close | 10:30 ~ 11:30                        | 10:30 ~ 11:30   | 10:30 ~ 11:30 | 10:30 ~ 11:30    |            |    |
| Stretch & Conditioning 🌱 | Shape up waist           | Basic 🌱         |       | Leg Lines                            | Basic 🌱         | Waist 🌱       | Hip & Leg 🌱      |            |    |
| nono.K                   | nono.K                   | Naoko.O         |       | Yuna                                 | Konoka.k        | Konoka.k      | Maho.F           |            |    |
| 12:00 ~ 13:00            | 12:00 ~ 13:00            | 12:30 ~ 13:30   |       | 12:00 ~ 13:00                        | 12:00 ~ 13:00   | 12:00 ~ 13:00 | 12:00 ~ 13:00    |            |    |
| Waist 🌱                  | Basic 🌱                  | Leg Lines       |       | Stretch & Conditioning 🌱             | Hip & Leg 🌱     | jump to burn  | Back & Arm 🌱     |            |    |
| Konoka.k                 | Naoko.O                  | Yuna            |       | nono.K                               | Konoka.k        | Yuna          | Naoko.O          |            |    |
| 13:30 ~ 14:30            | 13:30 ~ 14:30            | 14:30 ~ 15:30   |       | 13:30 ~ 14:30                        | 13:30 ~ 14:30   | 13:30 ~ 14:30 | 13:30 ~ 14:30    |            |    |
| Shape up waist           | Hip & Leg 🌱              | Back & Arm 🌱    |       | Pilates Workout                      | Waist 🌱         | Basic 🌱       | Body Balance     |            |    |
| nono.K                   | Konoka.k                 | Naoko.O         |       | Yuna                                 | nono.K          | Konoka.k      | Maho.F           |            |    |
|                          | 15:00 ~ 16:00            | 16:30 ~ 17:30   |       |                                      |                 |               |                  |            |    |
|                          | Back & Arm 🌱             | Pilates Workout |       |                                      |                 |               |                  |            |    |
|                          | Naoko.O                  | Yuna            |       |                                      |                 |               |                  |            |    |
|                          | 16:30 ~ 17:30            |                 |       |                                      |                 |               |                  |            |    |
|                          | Waist 🌱                  |                 |       |                                      |                 |               |                  |            |    |
|                          | Konoka.k                 |                 |       |                                      |                 |               |                  |            |    |
|                          | 18:00 ~ 19:00            |                 |       |                                      |                 |               |                  |            |    |
|                          | Stretch & Conditioning 🌱 |                 |       |                                      |                 |               |                  |            |    |
|                          | nono.K                   |                 |       |                                      |                 |               |                  |            |    |
| 18:00 ~ 19:00            |                          |                 |       | 18:00 ~ 19:00                        | 18:00 ~ 19:00   | 18:00 ~ 19:00 | 18:00 ~ 19:00    |            |    |
| Leg Lines                |                          |                 |       | Basic 🌱                              | jump to burn    | Back & Spine  | Pilates Cardio   |            |    |
| Yuna                     |                          |                 |       | Konoka.k                             | Yuna            | Yuna          | Yuna             |            |    |
| 19:30 ~ 20:30            |                          |                 |       | 19:30 ~ 20:30                        | 19:30 ~ 20:30   | 19:30 ~ 20:30 | 19:30 ~ 20:30    |            |    |
| Pilates Cardio           |                          |                 |       | Hip & Leg 🌱                          | Pilates Workout | Basic 🌱       | Hip & Leg 🌱      |            |    |
| Yuna                     |                          |                 |       | Konoka.k                             | Yuna            | Naoko.O       | Konoka.k         |            |    |
| 21:00 ~ 22:00            |                          |                 |       | 21:00 ~ 22:00                        | 21:00 ~ 22:00   | 21:00 ~ 22:00 | 21:00 ~ 22:00    |            |    |
| Hip & Leg 🌱              |                          |                 |       | Shape up waist                       | Waist 🌱         | Leg Lines     | Release&Strength |            |    |
| Konoka.k                 |                          |                 |       | nono.K                               | Yumena.h        | Yuna          | Naoko.O          |            |    |

| pilates K 西梅田店           |                          |       |                | 【 10/25    ~    10/31    】    スケジュール |                  |                  |  | 2025/10/21 | 更新 |
|--------------------------|--------------------------|-------|----------------|--------------------------------------|------------------|------------------|--|------------|----|
| 10/25                    | 10/26                    | 10/27 | 10/28          | 10/29                                | 10/30            | 10/31            |  |            |    |
| 土                        | 日                        | 月     | 火              | 水                                    | 木                | 金                |  |            |    |
| 10:30 ~ 11:30            | 10:30 ~ 11:30            | close | 10:30 ~ 11:30  | 10:30 ~ 11:30                        | 10:30 ~ 11:30    | 10:30 ~ 11:30    |  |            |    |
| Body Balance             | Hip & Leg 🌱              |       | Shape up waist | Basic 🌱                              | Release&Strength | Body Balance     |  |            |    |
| Maho.F                   | Konoka.k                 |       | nono.K         | Maho.F                               | Naoko.O          | Maho.F           |  |            |    |
| 12:00 ~ 13:00            | 12:30 ~ 13:30            |       | 12:00 ~ 13:00  | 12:00 ~ 13:00                        | 12:00 ~ 13:00    | 12:00 ~ 13:00    |  |            |    |
| Pilates Cardio           | Stretch & Conditioning 🌱 |       | Back & Arm 🌱   | jump to burn                         | Pilates Barre    | Basic 🌱          |  |            |    |
| Yuna                     | nono.K                   |       | Naoko.O        | MIYU.S                               | 未定               | Konoka.k         |  |            |    |
| 13:30 ~ 14:30            | 14:30 ~ 15:30            |       | 13:30 ~ 14:30  | 13:30 ~ 14:30                        | 13:30 ~ 14:30    | 13:30 ~ 14:30    |  |            |    |
| Stretch & Conditioning 🌱 | Waist 🌱                  |       | Pilates Barre  | Basic 🌱                              | Back & Arm 🌱     | Pilates Cardio   |  |            |    |
| nono.K                   | Konoka.k                 |       | 未定             | MIYU.S                               | Naoko.O          | Yuna             |  |            |    |
| 15:00 ~ 16:00            | 16:30 ~ 17:30            |       |                |                                      |                  |                  |  |            |    |
| Pilates Workout          | Shape up waist           |       |                |                                      |                  |                  |  |            |    |
| Yuna                     | nono.K                   |       |                |                                      |                  |                  |  |            |    |
| 16:30 ~ 17:30            |                          |       |                |                                      |                  |                  |  |            |    |
| Basic 🌱                  |                          |       |                |                                      |                  |                  |  |            |    |
| Maho.F                   |                          |       |                |                                      |                  |                  |  |            |    |
| 18:00 ~ 18:30            |                          |       |                |                                      |                  |                  |  |            |    |
| Shape up waist           |                          |       |                |                                      |                  |                  |  |            |    |
| nono.K                   |                          |       |                |                                      |                  |                  |  |            |    |
|                          |                          |       | 18:00 ~ 19:00  | 18:00 ~ 19:00                        | 18:00 ~ 19:00    | 18:00 ~ 19:00    |  |            |    |
|                          |                          |       | Leg Lines      | Back & Arm 🌱                         | Shape up waist   | Back & Spine     |  |            |    |
|                          |                          |       | Yuna           | Naoko.O                              | nono.K           | Yuna             |  |            |    |
|                          |                          |       | 19:30 ~ 20:30  | 19:30 ~ 20:30                        | 19:30 ~ 20:30    | 19:30 ~ 20:30    |  |            |    |
|                          |                          |       | Back & Spine   | Hip & Leg 🌱                          | Basic 🌱          | Release&Strength |  |            |    |
|                          |                          |       | Yuna           | Maho.F                               | Maho.F           | Naoko.O          |  |            |    |
|                          |                          |       | 21:00 ~ 22:00  | 21:00 ~ 22:00                        | 21:00 ~ 22:00    | 21:00 ~ 22:00    |  |            |    |
|                          |                          |       | Basic 🌱        | Release&Strength                     | Body Balance     | Pilates Barre    |  |            |    |
|                          |                          |       | Maho.F         | Naoko.O                              | Maho.F           | 未定               |  |            |    |

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