		pilat	es K 高峭	店		[11/01	~	11/0	8	1	スケ	ジュ・	ール						2025/11	/01	更新
	11/01			11/02			11/03		11/04		11/05			11	/06	11/07			1			
	±				Ħ		月			火			水			*		金			±	
10:3	30	~	11:30	10:30	~	11:30			10:30	~	11:30	10:30	~	11:30			10:30	~	11:30	10:30	~	11:30
	Hip&Leg		Body Balance				jump to burn		Pilates Cardio				Release&Strength		rength	Waist						
	Sakura.s			misaki.l	1			Satsuki.I			nisaki.l	N				Satsuki	.I	Satsuki.I				
12:0	00	~	13:00	12:30	~	13:30			12:00	~	13:00	12:30	~	13:30			12:00	~	13:00	12:00	~	13:00
	jump to burn		Waist				Basic		Back & Arm					Back & Arm			Basic					
	S	atsuki.			Hitomi.	,			5	Satsuki.	ı		Hitomi.	a				Hitomi.	a	yukino.m		n
13:3	30	~	14:30	14:30	~	15:30			13:30	~	14:30						13:30	~	14:30	13:30	~	14:30
	Back	&Arn	n	Pilates Cardio					Pila	ites Ba	arre								jump to burn			n
	n	naya.k			misaki.l	١			r	nisaki.N	1							Satsuki	.I		Sakura.:	,
15:0	00	~	16:00	16:30	~	17:30					1			cle				15:00	~	16:00		
Streto	Stretch & Conditioning		ioning	Back & Arm														Release&Strength		ength		
	Sa	kura.s		Hitomi.a						close			close			Satsuki.I		1				
							close	close														
17:3	30	~	18:30																17:30	~	18:30	
	Ва	sic																	Hip & Leg			
	S	atsuki.																			yukino.r	n
									18:00	~	19:00	18:00	~	19:00	18:00	19:00	18:00	~	19:00			
				close				Back & Arm			Stretch & Conditioning			jump to burn		Waist						
									-	Ayano.n	n		Sakura.	s	Sats	suki.l		Hitomi.	a			
									19:30	~	20:30	19:30	~	20:30	19:30	~ 20:30	19:30	~	20:30			
	ciose						Hip & Leg			Waist			Back &	Pilates Cardio			close					
							Ayano.m		n		Hitomi.	а	Sakura.s		misaki.N		N					
							21:00 ~ 22:		22:00	21:00	~	22:00	21:00 ~ 22:00		21:00	21:00 ~ 22:00		İ				
							v	Vaist		Hip & Leg			Release	Body Balance								
										Satsuki.	ı	:	Sakura.	s	Sats	suki.l		misaki.	N			

pilates K 高崎/	i [11/09	~	11/1	16	1	スケジュ	ール						2025/1	1/01	更新
11/09	11/10	11/11			11/12		11/13			11/14		11/15	ı		11/16	
H	月	火			水		*			金		±			Ħ	
10:30 ~ 11:30		10:30 ~ 11	:30	10:30	~	11:30			10:30	~ 11:30	10:30	· ~	11:30	10:30	~	11:30
Back & Arm		Waist		Pilates Cardio				В		Waist			Hip&Leg			
Hitomi.a		Hitomi.a		n	misaki.N				S	atsuki.l		Hitomi.	.a		Sakura.s	
12:30 ~ 13:30		12:00 ~ 13	:00	12:30	~	13:30			12:00	~ 13:00	12:00	· ~	13:00	12:30	~	13:30
Stretch & Conditioning		Hip & Leg		Waist Hitomi.a					Releas	e&Strength	н	lip&Le	g	jump to burn		urn
Sakura.s		Sakura.s							S		Sakura.s			Satsuki.I		
14:30 ~ 15:30		13:30 ~ 14	:30						13:30	~ 14:30	13:30	· ~	14:30	14:30	~	15:30
Hip & Leg		Back & Arm							Hip	&Leg	Rele	ase&St	trength	Bac	k&Arr	n
Satsuki.l		Hitomi.a					close		Si	akura.s		Satsuk	i.l		Sakura.s	
16:30 ~ 17:30							Close				15:00	· ~	16:00	16:30	~	17:30
Waist											Ва	ack & Ar	rm	ı	Basic	
Hitomi.a					close							Hitomi.	.a		Satsuki.	ı
	close	close							17:30 ~ 18:30 Stretch & Conditioning							
		18:00 ~ 19	.00	10.00		10.00	18:00 ~	10.00	18:00	10.00	-	Sakura	.s			
close		Pilates Barre	18:00 ~ 19:00 Back & Arm			Hip&Le		18:00 ~ 19:00 Waist						close		
		misaki.N		Sakura.s		yuuka.	s	Hitomi.a		╛						
		19:30 ~ 20	:30	19:30	~	20:30	19:30 ~	20:30	19:30	~ 20:30						
		Back & Arm		jump to burn			Waist		Stretch & 0	Conditioning	close					
		maya.k		8	Satsuki.l		Hitomi.	а	Si	1						
		21:00 ~ 22	:00	21:00	~	22:00	21:00 ~	22:00	21:00	~ 22:00						
		Shape up wais	Hip	&Leg		Basic		Back								
		misaki.N		S	Sakura.s		yuuka.	s	н	itomi.a						

pilates K 高崎 J	店 【	11/17 ~	11/24	スケジュール			2025/11/01 更新
11/17	11/18	11/19	11/20	11/21	11/22	11/23	11/24
Я	火	*	*	盘	±	Ħ	月
	Body Balance	10:30 ~ 11:30 Back & Arm Hitomi.a		10:30 ~ 11:30 Waist Satsuki.l	10:30 ~ 11:30 Pilates Workout Ayano.m	10:30 ~ 11:30 Leg Lines misaki.N	
	12:00 ~ 13:00	12:30 ~ 13:30		12:00 ~ 13:00	12:00 ~ 13:00	12:30 ~ 13:30	
	Basic	Shape up waist		Stretch & Conditioning	Waist	Basic	
	Satsuki.I	misaki.N		Sakura.s	Satsuki.I	Hitomi.a	
	13:30 ~ 14:30			13:30 ~ 14:30	13:30 ~ 14:30	14:30 ~ 15:30	
	Pilates Cardio			jump to burn	Stretch & Conditioning	Shape up waist	
	misaki.N		close	Satsuki.l	Sakura.s	misaki.N	
			Globb		15:00 ~ 16:00	16:30 ~ 17:30	
					Hip & Leg	Back & Arm	
		close			Ayano.m	Hitomi.a	
close	close			close			close
					17:30 ~ 18:30		
					Release&Strength		
					Satsuki.I		
	18:00 ~ 19:00	18:00 ~ 19:00	18:00 ~ 19:00	18:00 ~ 19:00			
	Stretch & Conditioning	jump to burn	Hip&Leg	Back & Arm		close	
	Sakura.s	Satsuki.l	Sakura.s	yukino.m			
	19:30 ~ 20:30 Waist	19:30 ~ 20:30 Body Balance	19:30 ~ 20:30 Pilates Cardio	19:30 ~ 20:30 Basic	close		
	Hitomi.a	misaki.N	misaki.N	Hitomi.a			
	21:00 ~ 22:00	21:00 ~ 22:00	21:00 ~ 22:00	21:00 ~ 22:00			
	Hip & Leg	Basic	Back & Arm	Pilates Barre			
	Sakura.s	Satsuki.I	Hitomi.a	yukino.m			

pilat	es K 高崎	店		ľ	11/	25	~			1	スケ	ジュ	ール				
11/2	11/26			11/27			11/28				11/29		11/30				
火	:	*		*		金			±		Ħ						
10:30 ~	11:30	10:30	~	11:30				10:30	~	11:30	10:30	~	11:30	10:30	~	11:30	
Back &	Arm	Hip	&Leg	ı				jump to burn			jun	np to b	ourn	Waist			
Ayan	o.m	:	Sakura.s	s					Satsuki.	ı		Satsuki	.l		Hitomi.	a	
12:00 ~	13:00	12:30	~	13:30	İ			12:00	~	13:00	12:00	~	13:00	12:30	~	13:30	
Wais	t	Вас	k&Arı	m				Back & Arm			E	Basic			Back & Arm		
Satsı	ıki.l		Hitomi.a	a				Sakura.s				Hitomi.	a		Sakura.	s	
13:30 ~	14:30				1			13:30	~	14:30	13:30	~	14:30	14:30	~	15:30	
Pilates V	Vorkout							Release&Strength			Back & Arm			Basic			
Ayan	o.m							Satsuki.I			:	Sakura.s			Hitomi.	a	
						close					15:00	~	16:00	16:30	~	17:30	
										Waist			Relea	Release&Strength			
			close									Hitomi.a			Satsuki.l		
clos								close			17:30 ~ 18:30 Stretch & Conditioning			-			
											Sakura.s			-			
18:00 ~	19:00	18:00	~	19:00	18:00	~	19:00	18:00	~	19:00	<u> </u>	Jakuia.	•				
Hip&L	.eg		Pilates Barre			Basic			Waist						close		
Sakura.s misaki.N			N		Hitomi.a	1	Hitomi.a										
19:30 ~	20:30	19:30	~	20:30	19:30	~	20:30	19:30	~	20:30							
Basi	Relea	Release&Strength			Leg Lines			Hip & Leg			close						
Satsuki.I Sats			Satsuki.I			misaki.N			Sakura.s	3							
21:00 ~	22:00	21:00	~	22:00	21:00	~	22:00	21:00	~	22:00	1						
tretch & Cor	nditioning	Pila	Pilates Cardio			Waist			Back & Arm								
Saku	ra.s		misaki.N			Hitomi.a			Hitomi.a								