pilates K 心斎相	店 【 11/01	~	11/0	8	1	スケ	ジュール	,						2025/11	/20	更新
11/01	11/02 11/0	13		11/04			11/05		11/0	6		11/07			11/08	
±	月			火			水		*			金			±	
10:30 ~ 11:30	10:30 ~ 11:30		10:30	~ 1	11:30	10:30	~ 11	:30			10:30	~	11:30	10:30	~	11:30
Waist	Advance		Stretch &	Conditio	oning	Shap	e up waist					Basic		Ba	ck & Sp	ine
Marina.K	Azusa			Kaco.F		1	Kaco.F					Marina.	K		Azusa	
12:00 ~ 13:00	12:30 ~ 13:30		12:00	~ 1	13:00	12:30	~ 13	:30			12:00	~	13:00	12:00	~	13:00
Body Balance	Back & Arm		jum	p to bur	'n	В	asic				L	.eg Lin	es	Sha	oe up v	vaist
Kaco.F	chihiro.m		N	Marina.k			Mei.h					chihiro.	m		Kaco.F	
13:30 ~ 14:30	14:30 ~ 15:30		13:30	~ 1	14:30						13:30	~	14:30	13:30	~	14:30
Pilates Cardio	Basic		Hip	&Leg								Waist		E	Basic	
chihiro.m	Azusa			Kaco.F								Marina.	к		:hihiro.r	1
15:00 ~ 16:00	16:30 ~ 17:30								clos	8				15:00	~	16:00
Basic	Waist														dvanc	
Marina.K	chihiro.m						close								Azusa	
close	clos	6		close								close			close	
17:30 ~ 18:30														17:30	~	18:30
Power up Control														Bac	k&Arı	n
Kaco.F														c	:hihiro.r	1
			18:00	~ 1	19:00	18:00	~ 19	:00	18:00 ~	19:00	18:00	~	19:00			
	close		Baci	k&Arm		Pilat	es Cardio		Waist		Pila	tes Wo	rkout			
				Azusa		cl	nihiro.m		chihire	o.m		Azusa	1			
			19:30	~ 2	20:30	19:30	~ 20	:30	19:30 ~	20:30	19:30	~	20:30			
close			Le	eg Lines		Bod	y Balance		Adva	nce	Ba	ck & Ar	m		close	
			С	hihiro.m			Kaco.F		Azus	а		chihiro.	m			
			21:00	~ 2	22:00	21:00	~ 22	:00	21:00 ~	22:00	21:00	~	22:00			
			Pila	ites Barr	re	Baci	&Arm		Basic		Hi	ip&Le	g			
				Azusa		cl	nihiro.m		chihire	o.m		Azusa				

pilates K 心斎橋	店【	11/09 ~	11/16	スケジュール			2025/11/20 更新			
11/09	11/10	11/11	11/12	11/13	11/14	11/15	11/16			
Ħ	月	火	*	*	<b>±</b>	±	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			
Basic		Hip & Leg	Stretch & Conditioning		Shape up waist	Basic	Back & Spine			
kano.T		Kaco.F	Kaco.F		Kaco.F	Marina.K	Azusa			
12:30 ~ 13:30		12:00 ~ 13:00	12:30 13:30		12:00 ~ 13:00	12:00 ~ 13:00	12:30 ~ 13:30			
Power up Control		Pilates Barre	Leg Lines		Basic	Back & Arm	Basic			
Kaco.F		Azusa	chihiro.m		chihiro.m	chihiro.m	Karin			
14:30 ~ 15:30		13:30 ~ 14:30			13:30 ~ 14:30	13:30 ~ 14:30	14:30 ~ 15:30			
Hip & Leg		Pilates Workout			Body Balance	Waist	Pilates Barre			
kano.T		Kaco.F		close	Kaco.F	Marina.K	Azusa			
16:30 ~ 17:30				Cioso		15:00 ~ 16:00	16:30 ~ 17:30			
Body Balance						Pilates Workout	Pilates Cardio			
Kaco.F			close			Kaco.F	Karin			
	close	close			ciose	olose  17:30 ~ 18:30  Leg Lines				
						chihiro.m				
		18:00 ~ 19:00	18:00 ~ 19:00	18:00 ~ 19:00	18:00 ~ 19:00					
close		jump to burn	Basic	Back & Arm	Hip & Leg		close			
		Marina.k	Marina.K	chihiro.m	Azusa		1			
		19:30 ~ 20:30	19:30 ~ 20:30	19:30 ~ 20:30	19:30 ~ 20:30					
		Advance	Hip & Leg	Basic	Waist	close				
		Azusa	Kaco.F	Erina.T	chihiro.m					
		21:00 ~ 22:00	21:00 ~ 22:00	21:00 ~ 22:00	21:00 ~ 22:00					
		Basic	Waist	Leg Lines	Back & Spine					
		Marina.K	Marina.K	chihiro.m	Azusa					

pilates K 心斎橋	店【	11/17	7 ~	11/2	4	1	スケジ	ュール							2025/11/20	更新
11/17	11/18	1	1/19		11/20		11	/21		11/22			11/23		11/24	
Я	火		水		木			<b>±</b>		±			Ħ		月	
		10:30	~ 11:30				10:30	~ 11:30	10:30	~	11:30	10:30	~	11:30		
		jump	to burn				Pilate	s Barre	Pila	ites Ca	rdio	Pila	tes B	arre		
		Ma	arina.k				Az	usa		chihiro.n	n		Azusa			
		12:30	~ 13:30				12:00	~ 13:00	12:00	~	13:00	12:30	~	13:30		
		Hip &	&Leg				Wa	st	E	Basic		Releas	e&St	rength		
		А	zusa				Mar	ina.K	I	Marina.	(	N	larina.	к		
							13:30	~ 14:30	13:30	~	14:30	14:30	~	15:30		
							Adv	Leg Lines			Hip & Leg					
					close		Az	usa	ď	chihiro.n	n		Azusa	ı		
					CIUSO				15:00	~	16:00	16:30	~	17:30		
									١	<b>N</b> aist		jum	p to b	ourn		
			lose						I	Marina.	C	N	Marina.	k		
close	close						cl	ose							close	
									17:30	~	18:30					
									Ba	ck&Sp	ine					
										Azusa						
		18:00	~ 19:00	18:00	~	19:00	18:00	~ 19:00								
		Back	&Arm	Pilat	tes Card	lio	jump	to burn					close			
		chi	hiro.m	cl	hihiro.m		Mai	rina.k								
		19:30	~ 20:30	19:30	~ :	20:30	19:30	~ 20:30								
		Pilate	es Cardio	Baci	k&Arm		Release	&Strength		close						
		chi	hiro.m		yuka.f		Mar	ina.K								
		21:00	~ 22:00	21:00	~	22:00	21:00	~ 22:00								
		Ad	vance	Le	g Lines		Bas	sic								
		А	zusa	cl	hihiro.m		chil	iro.m								

pila	ates I	く心斎橋	店		[	11/2	25	~	11/3	30	1	スケ	ジュ・	ール					
	11/25			11/26			11/27		11/28			11/29		11/30					
	火			水			木			金			±		Ħ				
10:30	~	11:30	10:30	~	11:30				10:30	~	11:30	10:30	~	11:30	10:30	~	11:30		
Pilates Barre		arre	Back & Arm						Back & Spine			Release&Strength			Hip & Leg				
	Azusa			Azusa					Azusa				Marina.l	ĸ		Kaco.F			
12:00	~	13:00	12:30	~	13:30				12:00	~	13:00	12:00	~	13:00	12:30	~	13:30		
Stretch &	Condi	tioning	Le	eg Lin	es				Basic			Basic			A	Advano	ce		
	Kaco.F		c	:hihiro.ı	m					Marina.h	(	-	Marina.l	ĸ		Azusa			
13:30	~	14:30							13:30	~	14:30	13:30	~	14:30	14:30	~	15:30		
Pilate	es Wo	rkout								ites Ba	arre	Shape up waist			Body Balance				
	Azusa			close			Azusa				Kaco.F			Kaco.F					
								Giodo				15:00 ~ 16:00 Hip&Leg			16:30 ~ 17:30 Back & Spine				
				close								Kaco.F			Azusa				
	close								close			17:30	close	40.20					
														18:30					
													Basic						
												-	Marina.l	K					
18:00	~	19:00	18:00	~	19:00	18:00	~	19:00	18:00	~	19:00								
Shap	e up v	waist	Bod	ly Bala	ance	E	Basic		Hip	&Leg					close				
	Kaco.F			Kaco.F		<u>'</u>	Marina.k	(		Kaco.F									
19:30	~	20:30	19:30	~	20:30	19:30	~	20:30	19:30	~	20:30								
В	asic		Shap	oe up	waist	Powe	r up C	ontrol	V	Vaist			close						
N	Marina.k	•		Kaco.F			Kaco.F		ı	Marina.F	(								
21:00	~	22:00	21:00	~	22:00	21:00	~	22:00	21:00	~	22:00								
jum	p to b	urn	Е	Basic		Releas	se&Str	ength	Pilat	es Woi	rkout								
N	/arina.	k		Marina.	K	1	Marina.k	(		Kaco.F									