pilates K 富山	山店 【	12/01 ~	12/08	スケジュール			2025/11/28 更新
12/01	12/02	12/03	12/04	12/05	12/06	12/07	12/08
Я	火	*	*	±	±	Ħ	月
		10:30 ~ 11:30	~	10:30 ~ 11:30	10:30 ~ 11:30	10:30 ~ 11:30	10:30 ~ 11:30
		Waist spXmas		Pilates Cardio	Release&Strength	Basic	Pilates Barre
		Yumena.H		Tomomi.O	aono.K	Yumena.H	aono.K
		12:30 ~ 13:30	~	12:00 ~ 13:00	12:00 ~ 13:00	12:30 ~ 13:30	12:00 ~ 13:00
				Basic		Pilates Barre	Basic
		Body Balance		Basic	Waist spXmas	Pliates Barre	Basic
		Tomomi.O		Yumena.H	Manami.C	aono.K	Manami.C
		~	~	13:30 ~ 14:30	13:30 ~ 14:30	14:30 ~ 15:30	13:30 ~ 14:30
		#N/A		Hip & Leg	jump to burn	Back & Arm	Hip & Leg
				Tomomi.O	aono.K	Yumena.H	aono.K
		~	~	~	15:00 ~ 16:00	16:30 ~ 17:30	~
					Basic		
					Basic	Body Balance	
					Manami.C	aono.K	
		~	~	~	~	~	~
close	close						
			1	I	1	I	1
		~	~	~	17:30 ~ 18:30	~	~
					Waist spXmas		
					Manami.C		
		18:00 ~ 19:00	18:00 ~ 19:00	18:00 ~ 19:00	~	~	18:00 ~ 19:00
		jump to burn	Waist spXmas	Basic			Waist spXmas
		aono.K	Yumena.H	Manami.C		I	Yumena.H
		19:30 ~ 20:30	19:30 ~ 20:30	19:30 ~ 20:30	~	~	19:30 ~ 20:30
		Hip & Leg	Body Balance	Back & Arm			Basic
		Tomomi.O	aono.K	Yumena.H			Manami.C
		21:00 ~ 22:00	21:00 ~ 22:00	21:00 ~ 22:00	~	~	21:00 ~ 22:00
		Stretch & Conditioning	Back & Arm	Waist spXmas			Back & Arm
		aono.K	Yumena.H	Manami.C			Yumena.H
		donone	Tumonum	munum.v			rumonum
pilates K 富山/	吉【	12/09 ~	12/16	スケジュール			2025/11/28 更新
pilates K 富山J 12/09	12/10	12/09 ~	12/16]	スケジュール 12/13	12/14	12/15	2025/11/28 更新
					12/14 E	12/15 月	12/16 火
12/09	12/10 *	12/11	12/12	12/13			12/16
12/09 火	12/10 *	12/11 木	12/12	12/13 ±	Ħ		12/16 火
12/09 火 10:30 ~ 11:30 Basic	12/10 ** 10:30 ~ 11:30 Body Balance	12/11 木	12/12 2 10:30 ~ 11:30 Hip & Leg	12/13 ± 10:30 ~ 11:30 jump to burn	10:30 ~ 11:30 Basic		12/16 火 10:30 ~ 11:30 Body Balance
12/09	12/10 ** 10:30 ~ 11:30 Body Balance Tomomi.0	12/11 **	12/12 ** 10:30 ~ 11:30 Hip & Leg Tomomi.O	12/13 ± 10:30 ~ 11:30 jump to burn aono.K	Basic Manami.C		12/16 火 10:30 ~ 11:30
12/09	12/10 ** 10:30 ~ 11:30 Body Balance Tomomi.0 12:30 ~ 13:30	12/11 木	12/12 ★ 10:30 ~ 11:30 Hip & Leg Tomomi.0 12:00 ~ 13:00	12/13 ± 10:30 ~ 11:30 jump to burn sono.K 12:00 ~ 13:00	10:30 ~ 11:30 Basic Manami.C 12:30 ~ 13:30		12/16 # 10:30 ~ 11:30 Body Balance aono.K 12:00 ~ 13:00
12/09	12/10 ** 10:30 ~ 11:30 Body Balance Tomomi.0	12/11 **	12/12 ** 10:30 ~ 11:30 Hip & Leg Tomomi.O	12/13 ± 10:30 ~ 11:30 jump to burn aono.K	Basic Manami.C		12/16 火 10:30 ~ 11:30 Body Balance
12/09	12/10 ** 10:30 ~ 11:30 Body Balance Tomomi.O 12:30 ~ 13:30 Basic Yumena.H	12/11 ** ~ ~	12/12 10:30 ~ 11:30 Hip & Leg Tomomi.O 12:00 ~ 13:00 Stretch & Conditioning aono.K	12/13 10:30 ~ 11:30 jump to burn aono.K 12:00 ~ 13:00 Basic Yumena.H	10:30		12/16 # 10:30 ~ 11:30 Body Balance aono.K 12:00 ~ 13:00 Release&Strength Nanaho.K
12/09	12/10 ** 10:30 ~ 11:30 ** Body Balance **TomomiLO* 12:30 ~ 13:30 **Basic**	12/11 **	12/12 10:30 ~ 11:30 Hip & Leg Tomomi.O 12:00 ~ 13:00 Stretch & Conditioning	12/13 ± 10:30 ~ 11:30 jump to burn aono.K 12:00 ~ 13:00 Basic	10:30 ~ 11:30 Basic Manami.C 12:30 ~ 13:30 Pilates Cardio		12/16 # 10:30 ~ 11:30 Body Balance aono.K 12:00 ~ 13:00 Release&Strength
12/09	12/10 ** 10:30 ~ 11:30 Body Balance Tomomi.O 12:30 ~ 13:30 Basic Yumena.H	12/11 ** ~ ~	12/12 10:30 ~ 11:30 Hip & Leg Tomomi.O 12:00 ~ 13:00 Stretch & Conditioning aono.K	12/13 10:30 ~ 11:30 jump to burn aono.K 12:00 ~ 13:00 Basic Yumena.H	10:30		12/16 # 10:30 ~ 11:30 Body Balance aono.K 12:00 ~ 13:00 Release&Strength Nanaho.K
12/09	12/10 ** 10:30 ~ 11:30 Body Balance Tomomi.O 12:30 ~ 13:30 Basic Yumena.H	12/11 ** ~ ~	12/12 10:30 ~ 11:30 Hip & Leg Tomomi.O 12:00 ~ 13:00 Stretch & Conditioning aono.K 13:30 ~ 14:30	12/13 ± 10:30 ~ 11:30 jump to burn aono.K 12:00 ~ 13:00 Basic Yumena.H 13:30 ~ 14:30	Basic Manami.C 12:30 ~ 13:30 Pilates Cardio Tomomi.O 14:30 ~ 15:30		12/16 # 10:30 ~ 11:30 Body Balance aono.K 12:00 ~ 13:00 Release&Strength Nanaho.K 13:30 ~ 14:30
12/09	12/10 ** 10:30 ~ 11:30 Body Balance Tomomi.O 12:30 ~ 13:30 Basic Yumena.H	12/11 ** ~ ~	12/12 10:30 ~ 11:30 Hip&Leg Tomomi.0 12:00 ~ 13:00 Stretch & Conditioning aono.K 13:30 ~ 14:30 Pilates Barre	12/13 10:30 ~ 11:30 jump to burn aono.K 12:00 ~ 13:00 Basic Yumena.H 13:30 ~ 14:30 Body Balance Tomomi.O	10:30		12/16 # 10:30 ~ 11:30 Body Balance aono.K 12:00 ~ 13:00 Release&Strength Nanaho.K 13:30 ~ 14:30 Basic
12/09	12/10 ** 10:30 ~ 11:30 ** Body Balance ** ** ** ** ** ** ** ** **	12/11 ** ~ ~	12/12 10:30 ~ 11:30 Hip&Leg Tomomi.0 12:00 ~ 13:00 Stretch & Conditioning aono.K 13:30 ~ 14:30 Pilates Barre Tomomi.0	12/13 10:30 ~ 11:30 jump to burn aono.K 12:00 ~ 13:00 Basic Yumena.H 13:30 ~ 14:30 Body Balance Tomomi.O 15:00 ~ 16:00	Basic Manami.C 12:30 ~ 13:30 Pilates Cardio Tomomi.O 14:30 ~ 15:30 Waist spXmas Manami.C		12/16 # 10:30 ~ 11:30 Body Balance aono.K 12:00 ~ 13:00 Release&Strength Nanaho.K 13:30 ~ 14:30 Basic Yumena.H
12/09	12/10 ** 10:30 ~ 11:30 ** Body Balance ** ** ** ** ** ** ** ** **	12/11 ** ~ ~	12/12 10:30 ~ 11:30 Hip&Leg Tomomi.0 12:00 ~ 13:00 Stretch & Conditioning aono.K 13:30 ~ 14:30 Pilates Barre Tomomi.0	12/13 10:30 ~ 11:30 jump to burn aono.K 12:00 ~ 13:00 Basic Yumena.H 13:30 ~ 14:30 Body Balance Tomomi.O 15:00 ~ 16:00 Release&Strength	Basic Manami.C 12:30		12/16 # 10:30 ~ 11:30 Body Balance aono.K 12:00 ~ 13:00 Release&Strength Nanaho.K 13:30 ~ 14:30 Basic Yumena.H
12/09	12/10	12/11 ** ~ ~	12/12 10:30 ~ 11:30 Hip&Leg Tomomi.0 12:00 ~ 13:00 Stretch & Conditioning aono.K 13:30 ~ 14:30 Pilates Barre Tomomi.0	12/13 10:30 ~ 11:30 jump to burn aono.K 12:00 ~ 13:00 Basic Yumena.H 13:30 ~ 14:30 Body Balance Tomomi.O 15:00 ~ 16:00 Release&Strength aono.K	Basic Manami.C 12:30		12/16 # 10:30 ~ 11:30 Body Balance aono.K 12:00 ~ 13:00 Release&Strength Nanaho.K 13:30 ~ 14:30 Basic Yumena.H
12/09	12/10 ** 10:30 ~ 11:30 ** Body Balance ** ** ** ** ** ** ** ** **	12/11 ** ~ ~	12/12 10:30 ~ 11:30 Hip&Leg Tomomi.0 12:00 ~ 13:00 Stretch & Conditioning aono.K 13:30 ~ 14:30 Pilates Barre Tomomi.0	12/13 10:30 ~ 11:30 jump to burn aono.K 12:00 ~ 13:00 Basic Yumena.H 13:30 ~ 14:30 Body Balance Tomomi.O 15:00 ~ 16:00 Release&Strength	Basic Manami.C 12:30		12/16 # 10:30 ~ 11:30 Body Balance aono.K 12:00 ~ 13:00 Release&Strength Nanaho.K 13:30 ~ 14:30 Basic Yumena.H
12/09	12/10	12/11 ** ~ ~	12/12 10:30 ~ 11:30 Hip&Leg Tomomi.0 12:00 ~ 13:00 Stretch & Conditioning aono.K 13:30 ~ 14:30 Pilates Barre Tomomi.0	12/13 10:30 ~ 11:30 jump to burn aono.K 12:00 ~ 13:00 Basic Yumena.H 13:30 ~ 14:30 Body Balance Tomomi.O 15:00 ~ 16:00 Release&Strength aono.K	Basic Manami.C 12:30		12/16 # 10:30 ~ 11:30 Body Balance aono.K 12:00 ~ 13:00 Release&Strength Nanaho.K 13:30 ~ 14:30 Basic Yumena.H
12/09	12/10 ** 10:30 ~ 11:30 Body Balance Tomomi.O 12:30 ~ 13:30 Basic Yumena.H ~	12/11 ** ~ ~	12/12 10:30 ~ 11:30 Hip&Leg Tomomi.0 12:00 ~ 13:00 Stretch & Conditioning aono.K 13:30 ~ 14:30 Pilates Barre Tomomi.0	12/13 10:30 ~ 11:30 jump to burn aono.K 12:00 ~ 13:00 Basic Yumena.H 13:30 ~ 14:30 Body Balance Tomomi.O 15:00 ~ 16:00 Release&Strength aono.K	Basic Manami.C 12:30	Я	12/16 # 10:30 ~ 11:30 Body Balance aono.K 12:00 ~ 13:00 Release&Strength Nanaho.K 13:30 ~ 14:30 Basic Yumena.H
12/09	12/10 ** 10:30 ~ 11:30 Body Balance Tomomi.O 12:30 ~ 13:30 Basic Yumena.H ~	12/11 ** ~ ~	12/12 10:30 ~ 11:30 Hip&Leg Tomomi.0 12:00 ~ 13:00 Stretch & Conditioning aono.K 13:30 ~ 14:30 Pilates Barre Tomomi.0	12/13 10:30 ~ 11:30 jump to burn aono.K 12:00 ~ 13:00 Basic Yumena.H 13:30 ~ 14:30 Body Balance Tomomi.O 15:00 ~ 16:00 Release&Strength aono.K	Basic Manami.C 12:30	Я	12/16 # 10:30 ~ 11:30 Body Balance aono.K 12:00 ~ 13:00 Release&Strength Nanaho.K 13:30 ~ 14:30 Basic Yumena.H
12/09	12/10 ** 10:30 ~ 11:30 Body Balance Tomomi.O 12:30 ~ 13:30 Basic Yumena.H ~	12/11 ** ~ ~	12/12 10:30 ~ 11:30 Hip&Leg Tomomi.0 12:00 ~ 13:00 Stretch & Conditioning aono.K 13:30 ~ 14:30 Pilates Barre Tomomi.0	12/13 10:30 ~ 11:30 jump to burn aono.K 12:00 ~ 13:00 Basic Yumena.H 13:30 ~ 14:30 Body Balance Tomomi.O 15:00 ~ 16:00 Release&Strength aono.K ~ 17:30 ~ 18:30	Basic	Я	12/16 # 10:30 ~ 11:30 Body Balance aono.K 12:00 ~ 13:00 Release&Strength Nanaho.K 13:30 ~ 14:30 Basic Yumena.H
12/09	12/10 ** 10:30 ~ 11:30 Body Balance Tomomi.O 12:30 ~ 13:30 Basic Yumena.H ~	12/11 ** ~ ~	12/12 10:30 ~ 11:30 Hip&Leg Tomomi.0 12:00 ~ 13:00 Stretch & Conditioning aono.K 13:30 ~ 14:30 Pilates Barre Tomomi.0	12/13 10:30 ~ 11:30 jump to burn aono.K 12:00 ~ 13:00 Basic Yumena.H 13:30 ~ 14:30 Body Balance Tomomi.O 15:00 ~ 16:00 Release&Strength aono.K ~ 17:30 ~ 18:30 Back &Arm	Basic	Я	12/16 # 10:30 ~ 11:30 Body Balance aono.K 12:00 ~ 13:00 Release&Strength Nanaho.K 13:30 ~ 14:30 Basic Yumena.H
12/09 # 10:30 ~ 11:30 Basic Yumena.H 12:00 ~ 13:00 Hip & Leg Tomomi.O 13:30 ~ 14:30 Waist spXmas Yumena.H ~	12/10	12/11 **	12/12 10:30 ~ 11:30 Hip & Leg Tomomi.0 12:00 ~ 13:00 Stretch & Conditioning aono.K 13:30 ~ 14:30 Pilates Barre Tomomi.0 ~	12/13 10:30 ~ 11:30 jump to burn aono.K 12:00 ~ 13:00 Basic Yumena.H 13:30 ~ 14:30 Body Balance Tomomi.O 15:00 ~ 16:00 Release&Strength aono.K ~ 17:30 ~ 18:30 Back &Arm Yumena.H	Basic Manami.C 12:30	Я	12/16 # 10:30 ~ 11:30 Body Balance aono.K 12:00 ~ 13:00 Release&Strength Nanaho.K 13:30 ~ 14:30 Basic Yumena.H ~
12/09	12/10	12/11 ** ~ ~	12/12 10:30 ~ 11:30 Hip&Leg Tomomi.0 12:00 ~ 13:00 Stretch & Conditioning aono.K 13:30 ~ 14:30 Pilates Barre Tomomi.0	12/13 10:30 ~ 11:30 jump to burn aono.K 12:00 ~ 13:00 Basic Yumena.H 13:30 ~ 14:30 Body Balance Tomomi.O 15:00 ~ 16:00 Release&Strength aono.K ~ 17:30 ~ 18:30 Back &Arm	Basic	Я	12/16 # 10:30 ~ 11:30 Body Balance aono.K 12:00 ~ 13:00 Release&Strength Nanaho.K 13:30 ~ 14:30 Basic Yumena.H
12/09 # 10:30 ~ 11:30 Basic Yumena.H 12:00 ~ 13:00 Hip & Leg Tomomi.O 13:30 ~ 14:30 Waist spXmas Yumena.H ~	12/10	12/11 **	12/12 10:30 ~ 11:30 Hip & Leg Tomomi.0 12:00 ~ 13:00 Stretch & Conditioning aono.K 13:30 ~ 14:30 Pilates Barre Tomomi.0 ~	12/13 10:30 ~ 11:30 jump to burn aono.K 12:00 ~ 13:00 Basic Yumena.H 13:30 ~ 14:30 Body Balance Tomomi.O 15:00 ~ 16:00 Release&Strength aono.K ~ 17:30 ~ 18:30 Back &Arm Yumena.H	Basic Manami.C 12:30	Я	12/16 # 10:30 ~ 11:30 Body Balance aono.K 12:00 ~ 13:00 Release&Strength Nanaho.K 13:30 ~ 14:30 Basic Yumena.H ~
12/09 # 10:30 ~ 11:30 Basic Yumena.H 12:00 ~ 13:00 Hip & Leg Tomoni.O 13:30 ~ 14:30 Waist spXmas Yumena.H ~ 18:00 ~ 19:00 Basic	12/10	12/11 ** ~ ~ ~ 18:00 ~ 19:00 Basic	12/12 10:30 ~ 11:30 Hip & Leg Tomomi.O 12:00 ~ 13:00 Stretch & Conditioning aono.K 13:30 ~ 14:30 Pilates Barre Tomomi.O ~	12/13 10:30 ~ 11:30 jump to burn aono.K 12:00 ~ 13:00 Basic Yumena.H 13:30 ~ 14:30 Body Balance Tomomi.O 15:00 ~ 16:00 Release&Strength aono.K ~ 17:30 ~ 18:30 Back &Arm Yumena.H	Basic Manami.C 12:30	Я	12/16 # 10:30 ~ 11:30 Body Balance aono.K 12:00 ~ 13:00 Release&Strength Nanaho.K 13:30 ~ 14:30 Basic Yumena.H ~ 13:30 ~ 14:30 Hip&Leg
12/09	12/10	12/11 ** 18:00 19:00 Basic Manaml.C	12/12 10:30 ~ 11:30 Hip & Leg Tomomi.O 12:00 ~ 13:00 Stretch & Conditioning aono.K 13:30 ~ 14:30 Pilates Barre Tomomi.O ~ 18:00 ~ 19:00 Waist spXmas Manami.C	12/13 10:30 ~ 11:30 jump to burn aono.K 12:00 ~ 13:00 Basic Yumena.H 13:30 ~ 14:30 Body Balance Tomomi.O 15:00 ~ 16:00 Release&Strength aono.K ~ 17:30 ~ 18:30 Back &Arm Yumena.H	Basic Manami.C 12:30	Я	12/16 # 10:30 ~ 11:30 Body Balance aono.K 12:00 ~ 13:00 Release&Strength Nanaho.K 13:30 ~ 14:30 Basic Yumena.H ~
12/09	12/10	12/11 ** ~ ~ 18:00 ~ 19:00 Basic Manami.C 19:30 ~ 20:30	12/12	12/13 10:30 ~ 11:30 jump to burn aono.K 12:00 ~ 13:00 Basic Yumena.H 13:30 ~ 14:30 Body Balance Tomomi.O 15:00 ~ 16:00 Release&Strength aono.K ~ 18:30 Back &Arm Yumena.H	Basic	Я	12/16 # 10:30 ~ 11:30 Body Balance aono.K 12:00 ~ 13:00 Release&Strength Nanaho.K 13:30 ~ 14:30 Basic Yumena.H ~ 18:00 ~ 19:00 Hip & Leg Nanaho.K 19:30 ~ 20:30
12/09 # 10:30 ~ 11:30 Basic Yumena.H 12:00 ~ 13:00 Hip & Leg Tomoni.O 13:30 ~ 14:30 Waist spXmas Yumena.H ~ 18:00 ~ 19:00 Basic Manami.C	12/10	12/11 ** 18:00 19:00 Basic Manaml.C	12/12 10:30 ~ 11:30 Hip & Leg Tomomi.O 12:00 ~ 13:00 Stretch & Conditioning aono.K 13:30 ~ 14:30 Pilates Barre Tomomi.O ~ 18:00 ~ 19:00 Waist spXmas Manami.C	12/13 10:30 ~ 11:30 jump to burn aono.K 12:00 ~ 13:00 Basic Yumena.H 13:30 ~ 14:30 Body Balance Tomomi.O 15:00 ~ 16:00 Release&Strength aono.K ~ 18:30 Back &Arm Yumena.H	Basic	Я	12/16
12/09 # 10:30 ~ 11:30 Basic Yumena.H 12:00 ~ 13:00 Hip & Leg Tomomi.O 13:30 ~ 14:30 Waist spXmas Yumena.H ~ 18:00 ~ 19:00 Basic Manami.C 19:30 ~ 20:30 Pilates Barre Tomomi.O	12/10	12/11 ** 18:00 19:00 Basic Manami.C 19:30 20:30 Pilates Cardio Tomomi.O	12/12 10:30 ~ 11:30 Hip & Leg Tomomi.O 12:00 ~ 13:00 Stretch & Conditioning aono.K 13:30 ~ 14:30 Pilates Barre Tomomi.O ~ 18:00 ~ 19:00 Waist spXmas Manami.C 19:30 ~ 20:30 jump to burn aono.K	12/13 10:30 ~ 11:30 jump to burn aono.K 12:00 ~ 13:00 Basic Yumena.H 13:30 ~ 14:30 Body Balance Tomomi.O 15:00 ~ 16:00 Release&Strength aono.K ~ 18:30 Back &Arm Yumena.H	Basic	Я	12/16
12/09	12/10	12/11 ** 18:00 19:00 Basic Manami.C 19:30 20:30 Pilates Cardio	12/12 10:30 ~ 11:30 Hip & Leg Tomomi.O 12:00 ~ 13:00 Stretch & Conditioning aono.K 13:30 ~ 14:30 Pilates Barre Tomomi.O ~ 18:00 ~ 19:00 Waist spXmas Manami.C 19:30 ~ 20:30 jump to burn	12/13 10:30 ~ 11:30 jump to burn aono.K 12:00 ~ 13:00 Basic Yumena.H 13:30 ~ 14:30 Body Balance Tomomi.O 15:00 ~ 16:00 Release&Strength aono.K ~ 18:30 Back &Arm Yumena.H	Basic	Я	12/16 # 10:30 ~ 11:30 Body Balance aono.K 12:00 ~ 13:00 Release&Strength Nanaho.K 13:30 ~ 14:30 Basic Yumena.H ~ 18:00 ~ 19:00 Hip&Leg Nanaho.K 19:30 ~ 20:30 Basic
12/09 # 10:30 ~ 11:30 Basic Yumena.H 12:00 ~ 13:00 Hip & Leg Tomomi.O 13:30 ~ 14:30 Waist spXmas Yumena.H ~ 18:00 ~ 19:00 Basic Manami.C 19:30 ~ 20:30 Pilates Barre Tomomi.O	12/10	12/11 ** 18:00 19:00 Basic Manami.C 19:30 20:30 Pilates Cardio Tomomi.O	12/12 10:30 ~ 11:30 Hip & Leg Tomomi.O 12:00 ~ 13:00 Stretch & Conditioning aono.K 13:30 ~ 14:30 Pilates Barre Tomomi.O ~ 18:00 ~ 19:00 Waist spXmas Manami.C 19:30 ~ 20:30 jump to burn aono.K	12/13 10:30 ~ 11:30 jump to burn aono.K 12:00 ~ 13:00 Basic Yumena.H 13:30 ~ 14:30 Body Balance Tomomi.O 15:00 ~ 16:00 Release&Strength aono.K ~ 18:30 Back &Arm Yumena.H	Basic	Я	12/16
12/09	12/10	12/11	12/12 10:30 ~ 11:30 Hip & Leg TomomiLO 12:00 ~ 13:00 Stretch & Conditioning aono.K 13:30 ~ 14:30 Pilates Barre Tomomi.O ~ 18:00 ~ 19:00 Waist spXmas Manami.C 19:30 ~ 20:30 jump to burn aono.K 21:00 ~ 22:00	12/13 10:30 ~ 11:30 jump to burn aono.K 12:00 ~ 13:00 Basic Yumena.H 13:30 ~ 14:30 Body Balance Tomomi.O 15:00 ~ 16:00 Release&Strength aono.K ~ 18:30 Back &Arm Yumena.H	Basic	Я	12/16 # 10:30 ~ 11:30 Body Balance aono.K 12:00 ~ 13:00 Release&Strength Nanaho.K 13:30 ~ 14:30 Basic Yumena.H

[:]体験可能レッスン ・クラスの圏対シドびインストラクターは予告ない。 ・クラスの圏対シドびインストラクターは予告ない。 ・プラの選がシドボースンを共中シンセルされる場合は、1時間前弦にお願いしております。 ・プラの之の機能時期 1時間前を切ってのキャンセルは時間がキャンセルとなります。 ※映開がキャンセルが月 2回以上で、翌月の予約可能回数が「間に制限されます。

pi	lates	K 富山/	吉		[12/1	ı7 ~	12/2	24	1	スケ	ジュ・	ール					2025/11	/28	更新
	12/17			12/18			12/19		12/20			12/21		12/22	2 12/23				12/24	
	水			木			±	±			П		月	火			*			
10:30	~	11:30		~		10:30	~ 11:30	10:30	~	11:30	10:30	~	11:30		10:30	~	11:30	10:30	~	11:30
Baci	k & Arr	n				Е	Basic	Hip & Leg		Waist spXmas		mas		Е	Basic		Releas	se&Str	ength	
Yı	umena.	н				N	lanami.C		aono.K	1		Manami.	С		N	lanami.	С		aono.K	
	~			~		12:00	~ 13:00	12:00	~	13:00	12:30	~	13:30		12:00	~	13:00	12:30	~	13:30
Pilat	tes Ca	rdio				Вас	k & Arm	E	Basic		Hij	&Leç	ı		jum	p to b	urn	Wai	st spXı	mas
N	anaho.i	<					aono.K	P	/anami	.c	1	omomi.	0		T	omomi.	0	N	Manami.	С
	~			~		13:30	~ 14:30	13:30	~	14:30	14:30	~	15:30		13:30	~	14:30		~	
	#N/A					Wais	st spXmas	jun	np to b	ourn	Stretch &	.Condi	tioning		Wais	st spX	mas			
						N	lanami.C		aono.K	í.	,	Manami.	С		N	lanami.	С			
	~			~			~	15:30	~	16:30	16:30	~	17:30			~			~	
								Back & Arm		Pilates Cardio		rdio								
								Yumena.H		Tomomi.O		o								
	~			~			~		~			~				~			~	
I														close						
	~			~			~	17:30	~	18:30		~				~			~	
								Stretch &	.Condi	itioning										
								P	Manami.	.c										
18:00	~	19:00	18:00	~	19:00	18:00	~ 19:00		~			~			18:00	~	19:00	18:00	~	19:00
Baci	Back & Arm P		Pila	ilates Cardio Waist spXmas										Е	Basic		Pila	ates Ba	arre	
	aono.K		Т	omomi.	0	Y	umena.H		_						Y	umena.	н	Y	umena.l	Н
19:30	~	20:30	19:30	~	20:30	19:30	~ 20:30		~			~			19:30	~	20:30	19:30	~	20:30
Pila	ates Barre Waist spXmas		mas	Body Balance								Вас	k&Arı	m	Hip	&Leg				
То	Tomomi.O		Y	umena.	Н		aono.K		_						Т	omomi.	0	T	omomi.	0
21:00	~	22:00	21:00	~	22:00	21:00	~ 22:00		~			~			21:00	~	22:00	21:00	~	22:00
Hip	Hip & Leg		Вас	k&Arı	m	Е	Basic								Pila	ites Ba	arre	Вас	k&Arr	n
-	aono.K Tomomi.		0	Υ	umena.H								Y	umena.	Н	T	omomi.	0		

1225	р	ilates	K 富山/	吉		[12/2	25	~	12/3	31	1	スケジュール		2025/11/28 更新	
10:30		12/25 12/26				12/27			12/28			12/29	12/30	12/31		
Pilate Barre Tomomil O		木		±				±		Ħ			Я	火	*	
Tomomil		~		10:30	~	11:30	10:30	~	11:30	10:30	~	11:30				
12:00						arre	Stretch & Conditioning			jump to burn						
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[:]体験可能レッスン・・クラスの種別およびインストラクターは予告なしに変更となる場合がございます。詳細はWEBサイトをご確認ください。