

| pilatesK なんば店 |                | 【 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  | close | close      | close |
| 月             | 火              | 水                        | 木              | 金                        | 土                | 日              | 月      |       |            |       |
| 10:30 ~ 11:30 | 10:00 ~ 11:00  | 10:30 ~ 11:30            | 10:00 ~ 11:00  | 10:30 ~ 11:30            | 10:00 ~ 11:00    | 10:30 ~ 11:30  |        |       |            |       |
| Basic 🌿       | Reset Flow     | Stretch & Conditioning 🌿 | Waist spXmas 🌿 | Animal Stretch           | Power up Control | Advance        |        |       |            |       |
| Reona         | Reona          | minami.S                 | Hiori.O        | Reona                    | Reona            | Maori          |        |       |            |       |
| 12:00 ~ 13:00 | 11:30 ~ 12:30  | 12:00 ~ 13:00            | 11:30 ~ 12:30  | 12:00 ~ 13:00            | 11:30 ~ 12:30    | 12:00 ~ 13:00  |        |       |            |       |
| Back & Spine  | Waist spXmas 🌿 | jump to burn             | Pilates Barre  | Back & Arm 🌿             | Body Balance     | Waist spXmas 🌿 |        |       |            |       |
| Maori         | Hiori.O        | minami.S                 | mai.M          | minami.S                 | Reona            | Karin.Y        |        |       |            |       |
| 13:30 ~ 14:30 | 13:00 ~ 14:00  | 13:30 ~ 14:30            | 13:00 ~ 14:00  | 13:30 ~ 14:30            | 13:00 ~ 14:00    | 13:30 ~ 14:30  |        |       |            |       |
| Advance       | Animal Stretch | Pilates Cardio           | Hip & Leg 🌿    | Release&Strength         | Hip & Leg 🌿      | Back & Spine   |        |       |            |       |
| Maori         | Reona          | Karin.Y                  | Hiori.O        | Reona                    | Hiori.O          | Maori          |        |       |            |       |
| close         | 14:30 ~ 15:30  | close                    | 14:30 ~ 15:30  | close                    | 14:30 ~ 15:30    | 15:00 ~ 16:00  |        |       |            |       |
|               | Hip & Leg 🌿    |                          | Shape up waist |                          | Pilates Cardio   | jump to burn   |        |       |            |       |
|               | Hiori.O        |                          | mai.M          |                          | Karin.Y          | minami.S       |        |       |            |       |
|               | close          |                          | close          |                          | 16:00 ~ 17:00    | 16:30 ~ 17:30  |        |       |            |       |
|               |                |                          |                |                          | Pilates Barre    | Back & Arm 🌿   |        |       |            |       |
|               |                |                          |                |                          | Karin.Y          | minami.S       |        |       |            |       |
|               |                |                          |                |                          | 17:30 ~ 18:30    | 18:00 ~ 19:00  |        |       |            |       |
|               |                |                          |                |                          | Waist spXmas 🌿   | Leg Lines      |        |       |            |       |
|               |                |                          |                |                          | Hiori.O          | Karin.Y        |        |       |            |       |
| 18:00 ~ 19:00 | 18:00 ~ 19:00  | 18:00 ~ 19:00            | 18:00 ~ 19:00  | 18:00 ~ 19:00            | 19:00 ~ 20:00    |                |        |       |            |       |
| Reset Flow    | Back & Spine   | Waist spXmas 🌿           | Pilates Cardio | Stretch & Conditioning 🌿 | Basic 🌿          |                |        |       |            |       |
| Reona         | Maori          | Hiori.O                  | Karin.Y        | minami.S                 | Karin.Y          |                |        |       |            |       |
| 19:30 ~ 20:30 | 19:30 ~ 20:30  | 19:30 ~ 20:30            | 19:30 ~ 20:30  | 19:30 ~ 20:30            | close            | close          |        |       |            |       |
| Back & Arm 🌿  | Hip Punch      | Leg Lines                | Basic 🌿        | Shape up waist           |                  |                |        |       |            |       |
| minami.S      | Maori          | Karin.Y                  | Karin.Y        | Sayaka.T                 |                  |                |        |       |            |       |
| 21:00 ~ 22:00 | 21:00 ~ 22:00  | 21:00 ~ 22:00            | 21:00 ~ 22:00  | 21:00 ~ 22:00            |                  |                |        |       |            |       |
| jump to burn  | Basic 🌿        | Hip & Leg 🌿              | jump to burn   | Pilates Barre            |                  |                |        |       |            |       |
| minami.S      | mai.M          | Hiori.O                  | Reona          | Sayaka.T                 |                  |                |        |       |            |       |

| pilatesK なんば店   |                  | 【 12/09 ~ 12/16 】 スケジュール |               |                |                |                |                          |
|-----------------|------------------|--------------------------|---------------|----------------|----------------|----------------|--------------------------|
| 12/09           | 12/10            | 12/11                    | 12/12         | 12/13          | 12/14          | 12/15          | 12/16                    |
| 火               | 水                | 木                        | 金             | 土              | 日              | 月              | 火                        |
| 10:00 ~ 11:00   | 10:30 ~ 11:30    | 10:00 ~ 11:00            | 10:30 ~ 11:30 | 10:00 ~ 11:00  | 10:30 ~ 11:30  | 10:30 ~ 11:30  | 10:00 ~ 11:00            |
| jump to burn    | Basic 🌿          | Pilates Cardio           | Reset Flow    | Back & Arm 🌿   | jump to burn   | Advance        | Hip & Leg 🌿              |
| minami.S        | Karin.Y          | Karin.Y                  | Maori         | minami.S       | minami.S       | Maori          | Karin.Y                  |
| 11:30 ~ 12:30   | 12:00 ~ 13:00    | 11:30 ~ 12:30            | 12:00 ~ 13:00 | 11:30 ~ 12:30  | 12:00 ~ 13:00  | 12:00 ~ 13:00  | 11:30 ~ 12:30            |
| Body Balance    | Advance          | Basic 🌿                  | Basic 🌿       | Leg Lines      | Hip & Leg 🌿    | Leg Lines      | Power up Control         |
| Reona           | mai.M            | Karin.Y                  | mai.M         | Karin.Y        | Hiori.O        | Karin.Y        | Reona                    |
| 13:00 ~ 14:00   | 13:30 ~ 14:30    | 13:00 ~ 14:00            | 13:30 ~ 14:30 | 13:00 ~ 14:00  | 13:30 ~ 14:30  | 13:30 ~ 14:30  | 13:00 ~ 14:00            |
| Back & Arm 🌿    | Release&Strength | Hip Punch                | Back & Spine  | Waist spXmas 🌿 | Pilates Barre  | Waist spXmas 🌿 | Basic 🌿                  |
| minami.S        | Reona            | Reona                    | Maori         | Hiori.O        | Sayaka.T       | Karin.Y        | Karin.Y                  |
| 14:30 ~ 15:30   | close            | 14:30 ~ 15:30            | close         | 14:30 ~ 15:30  | 15:00 ~ 16:00  | close          | 14:30 ~ 15:30            |
| Pilates Workout |                  | Stretch & Conditioning 🌿 |               | Reset Flow     | Back & Arm 🌿   |                | Animal Stretch           |
| Reona           |                  | Reona                    |               | Maori          | minami.S       |                | Reona                    |
| close           |                  | close                    |               | 16:00 ~ 17:00  | 16:30 ~ 17:30  |                | close                    |
|                 |                  |                          |               | jump to burn   | Waist spXmas 🌿 |                |                          |
|                 |                  |                          |               | minami.S       | Hiori.O        |                |                          |
| 17:30 ~ 18:30   | Pilates Cardio   | Shape up waist           |               |                |                |                |                          |
| Karin.Y         | Sayaka.T         |                          |               |                |                |                |                          |
| 18:00 ~ 19:00   | 18:00 ~ 19:00    | 18:00 ~ 19:00            | 18:00 ~ 19:00 | 19:00 ~ 20:00  | close          | 18:00 ~ 19:00  | 18:00 ~ 19:00            |
| Waist spXmas 🌿  | jump to burn     | Basic 🌿                  | Advance       | Back & Spine   |                | jump to burn   | Reset Flow               |
| Sayaka.T        | minami.S         | mai.M                    | mai.M         | Maori          |                | minami.S       | Maori                    |
| 19:30 ~ 20:30   | 19:30 ~ 20:30    | 19:30 ~ 20:30            | 19:30 ~ 20:30 | close          |                | 19:30 ~ 20:30  | 19:30 ~ 20:30            |
| Hip & Leg 🌿     | Waist spXmas 🌿   | Power up Control         | Hip & Leg 🌿   |                |                | Body Balance   | Stretch & Conditioning 🌿 |
| Hiori.O         | Hiori.O          | Reona                    | Karin.Y       |                |                | Reona          | minami.S                 |
| 21:00 ~ 22:00   | 21:00 ~ 22:00    | 21:00 ~ 22:00            | 21:00 ~ 22:00 |                | 21:00 ~ 22:00  | 21:00 ~ 22:00  |                          |
| Pilates Barre   | Hip Punch        | Shape up waist           | Leg Lines     |                | Back & Arm 🌿   | Hip Punch      |                          |
| Sayaka.T        | Maori            | mai.M                    | Karin.Y       |                | minami.S       | Maori          |                          |

🌿：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。  
 ・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時間前を切つて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。

| pilatesK なんば店    |                 | 【 12/17 ~ 12/24 】 スケジュール |                |                  |                  |                        |                 | 2025/11/28 更新 |
|------------------|-----------------|--------------------------|----------------|------------------|------------------|------------------------|-----------------|---------------|
| 12/17            | 12/18           | 12/19                    | 12/20          | 12/21            | 12/22            | 12/23                  | 12/24           |               |
| 水                | 木               | 金                        | 土              | 日                | 月                | 火                      | 水               |               |
| 10:30 ~ 11:30    | 10:00 ~ 11:00   | 10:30 ~ 11:30            | 10:00 ~ 11:00  | 10:30 ~ 11:30    | 10:30 ~ 11:30    | 10:00 ~ 11:00          | 10:30 ~ 11:30   |               |
| Release&Strength | jump to burn    | Basic                    | Reset Flow     | Back & Arm       | Shape up waist   | Back & Arm             | Waist spXmas    |               |
| Reona            | minami.S        | Sayaka.T                 | Maori          | minami.S         | mai.M            | minami.S               | Karin.Y         |               |
| 12:00 ~ 13:00    | 11:30 ~ 12:30   | 12:00 ~ 13:00            | 11:30 ~ 12:30  | 12:00 ~ 13:00    | 12:00 ~ 13:00    | 11:30 ~ 12:30          | 12:00 ~ 13:00   |               |
| Hip Punch        | Waist spXmas    | Body Balance             | Waist spXmas   | Animal Stretch   | Pilates Barre    | Reset Flow             | Pilates Workout |               |
| Reona            | Hiori.O         | Sayaka.T                 | Hiori.O        | Reona            | mai.M            | Maori                  | Reona           |               |
| 13:30 ~ 14:30    | 13:00 ~ 14:00   | 13:30 ~ 14:30            | 13:00 ~ 14:00  | 13:30 ~ 14:30    | 13:30 ~ 14:30    | 13:00 ~ 14:00          | 13:30 ~ 14:30   |               |
| Hip & Leg        | Back & Arm      | Stretch & Conditioning   | Shape up waist | Hip & Leg        | Basic            | Stretch & Conditioning | jump to burn    |               |
| Hiori.O          | minami.S        | minami.S                 | mai.M          | Hiori.O          | Karin.Y          | minami.S               | minami.S        |               |
| close            | 14:30 ~ 15:30   | close                    | 14:30 ~ 15:30  | 15:00 ~ 16:00    | close            | 14:30 ~ 15:30          | close           |               |
|                  | Hip & Leg       |                          | Hip Punch      | Release&Strength |                  | Hip Punch              |                 |               |
|                  | Hiori.O         |                          | Maori          | Reona            |                  | Maori                  |                 |               |
|                  | 16:00 ~ 17:00   |                          | 16:30 ~ 17:30  |                  |                  |                        |                 |               |
|                  | Back & Spine    |                          | jump to burn   |                  |                  |                        |                 |               |
|                  | Maori           |                          | minami.S       |                  |                  |                        |                 |               |
| 17:30 ~ 18:30    | 18:00 ~ 19:00   |                          |                |                  |                  |                        |                 |               |
| Hip & Leg        | Waist spXmas    |                          |                |                  |                  |                        |                 |               |
| Hiori.O          | Hiori.O         |                          |                |                  |                  |                        |                 |               |
| 18:00 ~ 19:00    | 18:00 ~ 19:00   | 18:00 ~ 19:00            | 19:00 ~ 20:00  | close            | 18:00 ~ 19:00    | 18:00 ~ 19:00          | 18:00 ~ 19:00   |               |
| Waist spXmas     | Pilates Workout | jump to burn             | Advance        |                  | Release&Strength | Body Balance           | Advance         |               |
| Hiori.O          | Reona           | minami.S                 | mai.M          |                  | Reona            | Sayaka.T               | Maori           |               |
| 19:30 ~ 20:30    | 19:30 ~ 20:30   | 19:30 ~ 20:30            | close          |                  | 19:30 ~ 20:30    | 19:30 ~ 20:30          | 19:30 ~ 20:30   |               |
| Leg Lines        | Basic           | Waist spXmas             |                |                  | Leg Lines        | Back & Spine           | Waist spXmas    |               |
| Karin.Y          | Karin.Y         | Hiori.O                  |                |                  | Karin.Y          | Maori                  | Hiori.O         |               |
| 21:00 ~ 22:00    | 21:00 ~ 22:00   | 21:00 ~ 22:00            |                | 21:00 ~ 22:00    | 21:00 ~ 22:00    | 21:00 ~ 22:00          | 21:00 ~ 22:00   |               |
| Pilates Barre    | Leg Lines       | Hip & Leg                |                | Power up Control | Basic            | Shape up waist         |                 |               |
| Karin.Y          | Karin.Y         | Hiori.O                  |                | Reona            | Sayaka.T         | mai.M                  |                 |               |

| pilatesK なんば店    |                        | 【 12/25 ~ 12/31 】 スケジュール |               |                        |       |       |
|------------------|------------------------|--------------------------|---------------|------------------------|-------|-------|
| 12/25            | 12/26                  | 12/27                    | 12/28         | 12/29                  | 12/30 | 12/31 |
| 木                | 金                      | 土                        | 日             | 月                      | 火     | 水     |
| 10:00 ~ 11:00    | 10:30 ~ 11:30          | 10:00 ~ 11:00            | 10:30 ~ 11:30 | 10:30 ~ 11:30          | close | close |
| Power up Control | Leg Lines              | Pilates Barre            | Hip Punch     | Stretch & Conditioning |       |       |
| Reona            | Karin.Y                | Sayaka.T                 | Maori         | minami.S               |       |       |
| 11:30 ~ 12:30    | 12:00 ~ 13:00          | 11:30 ~ 12:30            | 12:00 ~ 13:00 | 12:00 ~ 13:00          |       |       |
| Hip & Leg        | Stretch & Conditioning | Animal Stretch           | Back & Spine  | Hip & Leg              |       |       |
| Hiori.O          | minami.S               | Reona                    | Reona         | Hiori.O                |       |       |
| 13:00 ~ 14:00    | 13:30 ~ 14:30          | 13:00 ~ 14:00            | 13:30 ~ 14:30 | 13:30 ~ 14:30          |       |       |
| Back & Spine     | Pilates Barre          | Hip & Leg                | Back & Arm    | Shape up waist         |       |       |
| Reona            | Karin.Y                | Hiori.O                  | mai.M         | mai.M                  |       |       |
| 14:30 ~ 15:30    | close                  | 14:30 ~ 15:30            | 15:00 ~ 16:00 | 15:00 ~ 16:00          |       |       |
| Waist spXmas     |                        | Release&Strength         | Reset Flow    | Waist                  |       |       |
| Hiori.O          |                        | Reona                    | Maori         | Hiori.O                |       |       |
| close            |                        | 16:00 ~ 17:00            | 16:30 ~ 17:30 | 16:30 ~ 17:30          |       |       |
|                  |                        | Pilates Workout          | Basic         | jump to burn           |       |       |
|                  |                        | Reona                    | mai.M         | minami.S               |       |       |
|                  |                        | 17:30 ~ 18:30            | 18:00 ~ 19:00 | 18:00 ~ 19:00          |       |       |
|                  | Body Balance           | Power up Control         | Advance       |                        |       |       |
|                  | Sayaka.T               | Reona                    | mai.M         |                        |       |       |
| 18:00 ~ 19:00    | 18:00 ~ 19:00          | 19:00 ~ 20:00            | close         | close                  |       |       |
| Basic            | jump to burn           | Waist                    |               |                        |       |       |
| Karin.Y          | minami.S               | Hiori.O                  |               |                        |       |       |
| 19:30 ~ 20:30    | 19:30 ~ 20:30          | close                    |               |                        |       |       |
| Pilates Cardio   | Hip & Leg              |                          |               |                        |       |       |
| Karin.Y          | Maori                  |                          |               |                        |       |       |
| 21:00 ~ 22:00    | 21:00 ~ 22:00          |                          |               |                        |       |       |
| Back & Arm       | Reset Flow             |                          |               |                        |       |       |
| minami.S         | Maori                  |                          |               |                        |       |       |

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