atesK 南大沢店			12/01 ~	12/08	スケジュール		2025/11/14]	
12/01 12/02		12/03	12/04	12/05	12/06	12/07	12/08	
月	火	*	*	±	±	B	月	
		10:30 ~ 11:30 Waist spXmas		10:30 ~ 11:30 Basic	10:30 ~ 11:30 Back&Arm	10:30 ~ 11:30 Release&Strength		
		sumire.a		yumika.o	sumire.a	yukika.s		
		12:30 ~ 13:30		12:00 ~ 13:00	12:00 ~ 13:00	12:30 ~ 13:30		
		Pilates Barre		Hip & Leg	Pilates Barre	Basic		
		yumika.o		Miku.I	yumika.o	Miku.I		
				13:30 ~ 14:30	13:30 ~ 14:30	14:30 ~ 15:30		
				jump to burn	Waist spXmas	jump to burn		
			close	Miku.I	yumika.o	Miku.I		
			GIOSO		15:00 ~ 16:00	16:30 ~ 17:30		
		close			Basic	Hip & Leg		
		CIOSO			sumire.a	yukika.s		
close	close			close	17:30 ~ 18:30		close	
					Stretch & Conditioning			
					yumika.o			
		18:00 ~ 19:00 jump to burn	18:00 ~ 19:00 Back & Arm	18:00 ~ 19:00 Waist spXmas		close		
		Miku.l	sumire.a	yumika.o				
		19:30 ~ 20:30	19:30 ~ 20:30	19:30 ~ 20:30	1 .			
		Basic	Release&Strength	Leg Lines	close			
		Miku.I	yukino	yukino				
		21:00 ~ 22:00	21:00 ~ 22:00	21:00 ~ 22:00				
		Back & Arm	Basic	Pilates Cardio				
		sumire.a	sumire.a	yukino				

12/09	pilates	к	南大沢店	ī				ľ	12/0	09	~	12/1	16	1	スケ	ジュ-	ール									
10:30		12/09			12/10			12/11		12/12			12/13			12/14			12/15			12/16				
		火			水			木		金						Ħ			月			火				
Miku yumika yumika	10:30	~	11:30	10:30	~	11:30			10:30	~	11:30	10:30	~	11:30	10:30	~	11:30	10:30	~	11:30	10:30	~	11:30			
12:00 ~ 13:00 12:30 ~ 13:30 12:30 ~ 13:30 12:00 ~ 13:00 12:30 ~ 13:30 12:00 ~ 13:00 12:30 ~ 13:30 12:30 ~ 13:30 12:30 ~ 13:30 12:30 ~ 13:30 12:30 ~ 13:30 13:30 ~ 14:30 13:30 13:30 ~ 14:30 13:30 13:30 ~ 14:30 13:30 13:30 ~ 14:30 13:30 13:30 ~ 14:30 13:30 13:30 ~ 14:30 13:30 13:30 ~ 14:30 13:30 13:30 ~ 14:30 13:30 13:30 ~ 14:30 13:30 13:30 ~ 14:30 13:3	jum	p to b	urn	E	Basic				Hij	p&Leg		Wais	t spXm	as	Вас	k&Arn	1	Sha	pe up	waist	Pi	ates B	arre			
Basic Walst spXmas Miku.1		Miku.l		3	/umika.	0				Miku.l		3	yumika.c			sumire.a			yukino	,		yumika.	0			
Sumire a Miku.i Sumire a Sumire	12:00	~	13:00	12:30	~	13:30	1		12:00	~	13:00	12:00	~	13:00	12:30	~	13:30	12:00	~	13:00	12:00	~	13:00			
13:30	В	Basic		Wais	t spXm	nas			E	Basic		Pila	ites Cai	rdio	Hip	&Leg		Bac	k&Ar	m	ju	np to b	urn			
Hip&Leg Miku.i Sumire.a S	s	sumire.a	a		Miku.l					sumire.a	ı		yukino			Miku.l			sumire.	a		Miku.l				
Sumire a Shape up waist	13:30	~	14:30						13:30	~	14:30	13:30	~	14:30	14:30	~	15:30	13:30	~	14:30	13:30	~	14:30			
15:00 ~ 16:00 16:30 ~ 17:30	Hip	& Leg	I						Bac	k&Arn	n	E	Basic		Waist	spXm	as	ı	Basic		Stretch &	Condi	itioning			
15:00 ~ 16:30 ~ 17:30		Miku.l								sumire.a	ı	3	yumika.c			sumire.a			sumire.	a		yumika.	0			
Close Clos								close				15:00	~	16:00	16:30	~	17:30									
18:00 ~ 19:00 18:00 ~ 19:0					alaaa							L	eg Line	s	jum	p to bu	ırn									
18:00 ~ 19:00 18:00 ~ 19:00 18:00 ~ 19:00 18:00 ~ 19:00 18:00 ~ 19:00 18:00 ~ 19:00 Back & Arm					CIOSO								yukino			Miku.l										
Back & Arm yukino		close								close		17:30	~	18:30					close			close				
18:00 ~ 19:00 18:00 ~ 19:00 18:00 ~ 19:00 18:00 ~ 19:00 18:00 ~ 19:00																										
18:00 ~ 19:00 18:00 ~ 19:0															Date	K GLAIII										
Back & Arm Shape up waist Basic Release & Strength													yukino													
Back & Arm Shape up waist Basic Release & Strength Ayumi.S	18:00	~	19:00	18:00	~	19:00	18:00	~ 19:00	18:00	~	19:00					close		18:00	~	19:00	18:00	~	19:00			
19:30	Baci	k&Arr	n	Sha	pe up v	waist	В	Basic	Relea	se&Str	ength					0.000		Pila	ites Ca	ardio		Basic				
Pilates Barre Back&Arm Pilates Cardio Waist spXmas close Hip&Leg Shape up waist yumika.0 sumire.a yukino Miku.l miku.l yukino 21:00 ~ 22:00 21:00 ~ 22:00 21:00 ~ 22:00 21:00 ~ 22:00 21:00 ~ 22:00	s	sumire.a	1		yukino			Miku.l		Ayumi.S]							yukino	,		Miku.l				
Pilates Barre	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			
21:00 ~ 22:00 21:00 ~ 22:00 21:00 ~ 22:00 21:00 ~ 22:00	Pila	ites Ba	arre	Вас	k&Arı	m	Pilat	tes Cardio	Wais	t spXm	as		CiOSO					Hi	p&Le	9	Sha	pe up	waist			
	у	umika.d	0		sumire.	a		yukino		Miku.l									Miku.l			yukino				
Waist snYmas Log Lines Hin&Log Back&Arm Waist snYmas Belease Strength	21:00	~	22:00	21:00	~	22:00	21:00	~ 22:00	21:00	~	22:00]						21:00	~	22:00	21:00	~	22:00			
Trais spiritus Leg Lines Traises Sucrearill Traises spiritus spiri	Waist	spXm	ias	L	eg Line	es	Hip	&Leg	Bac	k & Arn	n							Wais	t spXn	nas	Rele	se&St	rength			
yumika.o yukino Miku.i Ayumi.S Miku.i yukino	у	umika.c	0		yukino			Miku.l		Ayumi.S]							Miku.l			yukino				

pilatesK 南大沢瓜	5	ľ	12/17 ~	12/24	スケジュール		2025/11/14 更新	
12/17	12/18	12/19	12/20	12/21	12/22	12/23	12/24	
*	*	±	±	Ш	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	
Back & Arm		Back & Arm	Basic	Hip & Leg		Hip &∟Leg	Leg Lines	
yukino		Ayumi.S	sumire.a	Miku.l		Miku.I	yukino	
12:30 ~ 13:30		12:00 ~ 13:00	12:00 ~ 13:00	12:30 ~ 13:30		12:00 ~ 13:00	12:30 ~ 13:30	
Pilates Barre		Release&Strength	Pilates Barre	Leg Lines		Pilates Cardio	Basic	
yumika.o		Ayumi.S	yumika.o	yukino		yumika.o	Miku.l	
		13:30 ~ 14:30	13:30 ~ 14:30	14:30 ~ 15:30		13:30 ~ 14:30		
		Basic	Back & Arm	Basic		Waist spXmas		
	close	yumika.o	sumire.a	Miku.l		Miku.l		
	GIOSE		15:00 ~ 16:00	16:30 ~ 17:30				
close			Stretch & Conditioning	Pilates Cardio			close	
Close			yumika.o	yukino			Close	
		close	17:30 ~ 18:30 Waist spXmas		close	close		
			sumire.a					
18:00 ~ 19:00 Leg Lines	18:00 ~ 19:00 Back & Arm	18:00 ~ 19:00 Waist spXmas		close		18:00 ~ 19:00 Release&Strength	18:00 ~ 19:00 Waist spXmas	
yukino	sumire.a	Miku.I				yukino	yumika.o	
19:30 ~ 20:30	19:30 ~ 20:30	19:30 ~ 20:30				19:30 ~ 20:30	19:30 ~ 20:30	
Basic	Hip & Leg	Pilates Barre	close			Basic	Pilates Cardio	
sumire.a	Miku.l	yumika.o				yumika.o	yukino	
21:00 ~ 22:00	21:00 ~ 22:00	21:00 ~ 22:00				21:00 ~ 22:00	21:00 ~ 22:00	
Waist spXmas	jump to burn	Hip & Leg				Back & Arm	Pilates Barre	
sumire.a	Miku.l	Miku.l				yukino	yumika.o	

pilatesK 南			12/26			12/27		12/2	12/28		12/3	12/29		スケジュール 12/30	12/31																			
木				±				±			12/20		月 月			火	水																	
<u>~</u>		10:30	~	11:30	10:30	~	11:30	10:30	~	11:30	10:30	~	11:30																					
		Basic			Hip & Leg			Pilates Cardio			Shape up waist																							
			∕liku.l			Miku.l		yumika.o			yukino																							
	1	12:00	~	13:00	12:00	~	13:00	12:30	~	13:30	12:30	~	13:30																					
		jump	to b	urn	Shape up waist		Basic		Pilates Barre		arre																							
		у	ukino		:	sumire.	a	:	sumire.	1	3	/umika.	0																					
	1	13:30	~	14:30	13:30	~	14:30	14:30	~	15:30	14:30	~	15:30																					
	S	Stretch & Conditioning			Basic		Back & Arm		Waist																									
close		yukino				Miku.l		:	sumire.	1	3	/umika.	0																					
0.000					15:00	~	16:00	16:30	~	17:30	16:30	~	17:30																					
		close			jump to burn			Waist		Leg Lines		es																						
					Miku.l			yumika.o			yukino																							
					close			close			close			close			close			close			close										close	close
					17:30 ~ 18:30																													
					Back & Arm																													
					:	sumire.	a																											
18:00 ~ 19	9:00	18:00	~	19:00					close			close																						
Basic		Back	&Arr	n																														
yukino 19:30 ~ 20:30			ımire.a																															
		19:30	~	20:30	close																													
Shape up wais	t	W	aist																															
sumire.a			ımire.a																															
21:00 ~ 22	2:00 2	21:00	~	22:00																														
Release&Streng	th	Pilate	s Ca	rdio																														
			mika.c		ı			ı					- 1		I																			

・クラスの種別およびインストラクターは予告なし、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 ・プラあされたレッスンをキャンセルされる場合は、1時間前立にお願いしております。 ・レッスン限時時刻、1時間ではつてのキャンセルは時間チャンセルとなります。