pilatesK 宮崎店		ľ	12/01 ~	12/08]	スケジュール		2025/11/12 更多
12/01	12/02	12/03	12/04	12/05	12/06	12/07	12/08
月	火	*	*	金	±	Ħ	月
	10:30 ~ 11:30 Back & Arm	10:30 ~ 11:30 Body Balance		10:30 ~ 11:30 Waist spXmas	10:30 ~ 11:30 Basic	10:30 ~ 11:30 Hip&Leg	
	haruka.Y	Nazu.Y		Nazu.Y	Rena	Rena	
	12:00 ~ 13:00	12:30 ~ 13:30		12:00 ~ 13:00	12:00 ~ 13:00	12:30 ~ 13:30	
	Pilates Barre	Pilates Cardio		Basic	Back & Arm	Basic	
	Nazu.Y	haruka.Y		Mizuki.T	haruka.Y	Mizuki.T	
	13:30 ~ 14:30			13:30 ~ 14:30	13:30 ~ 14:30	14:30 ~ 15:30	
	Shape up waist			Stretch & Conditioning	Pilates Cardio	Hip & Leg	
	haruka.Y		close	Nazu.Y	haruka.Y	Rena	
			0,000		15:00 ~ 16:00	16:30 ~ 17:30	
					Hip&Leg	Basic	
		close			Rena	Mizuki.T	
close	olose			close	17:30 ~ 18:30		close
					Basic		
					Rena		
	18:00 ~ 19:00	18:00 ~ 19:00	18:00 ~ 19:00	18:00 ~ 19:00			
	Hip & Leg	Basic	Back & Arm	Basic		close	
	Nazu.Y	Mizuki.T	haruka.Y	Rena			
	19:30 ~ 20:30	19:30 ~ 20:30	19:30 ~ 20:30	19:30 ~ 20:30			
	Basic	Release&Strength	Basic	Hip & Leg	close		
	Mizuki.T	haruka.Y	Mizuki.T	Rena			
	21:00 ~ 22:00	21:00 ~ 22:00	21:00 ~ 22:00	21:00 ~ 22:00			
	jump to burn	Basic	Hip & Leg	Basic			
	Nazu.Y	Mizuki.T	haruka.Y	Mizuki.T			

pilates	к	宮崎店					ľ	12/0	19	~	12/1	16	1	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			±			日		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					
В	asic		Releas	Release&Strength			Release&Strength			Release&Strength				Pila	Pilates Barre		Waist spXmas		E	Basic			Pilat	Pilates Workou	
	Mizuki.T		ŀ	naruka.`	ſ					Koharu.K				Mizuki.1	г			Nazu.Y							
12:00	~	13:00	12:30	~	13:30			12:00	~	13:00	12:00	~	13:00	12:30	~	13:30		12:00	~	13:00					
Hip	Hip & Leg		Pilates Barre					Bod	y Balar	ice	jun	jump to burn			st spX	mas		1	Basic						
h	aruka.Y			Nazu.Y				к	oharu.K		P	Coharu.K			Nazu.Y				Mizuki.	Г					
13:30	~	14:30						13:30	~	14:30	13:30	~	14:30	14:30	~	15:30		13:30	~	14:30					
В	Basic							Hip & Leg			Body Balance			Basic				Hip & Leg							
	Mizuki.T							Nazu.Y				Nazu.Y			Mizuki.T				Nazu.Y						
							close				15:00	~	16:00	16:30	~	17:30									
												pe up waist Pilates Barre			arre										
				close								naruka.Y		Nazu.Y			i								
	close							close			17:30	~ eg Line:					close		close						
												-													
												naruka.Y													
18:00	~	19:00	18:00	~	19:00	18:00	~ 19:00	18:00	~	19:00								18:00	~	19:00					
Pilate	Pilates Workout		Hip	Hip & Leg Wa			st spXmas	t spXmas Release&Strength				close						1	Basic						
	Nazu.Y			Nazu.Y Koharu.			Koharu.K		aruka.Y										Mizuki.						
19:30	~	20:30	19:30	~	20:30	19:30	~ 20:30	19:30	~	20:30								19:30	~	20:30					
Baci	Back & Arm		Basic			Pila	tes Cardio	Back & Arm		close							Wai	Waist spXmas							
	haruka.Y			Mizuki.1			haruka.Y		oharu.K										Nazu.Y						
21:00	~	22:00	21:00	~	22:00	21:00	~ 22:00	21:00	~	22:00								21:00	~	22:00					
Stretch & Conditioning		Waist spXmas		Pila	Pilates Barre		Shape up waist									1	Basic								
										haruka.Y															

pilate	sK	宫崎店						12/1	17	~	12/	24]	スケジュール				2025/1	1/12	更新
	12/17			12/18	12/19					12/21			12/22	12/23			12/24			
	水			木		±			土			Ħ		月	火					
	~ Basic Mizuki.T					~ 11 &Leg Riri.0	:30		~ Basic Mizuki.T			~ ck & Arn haruka.Y	n		L	10:30 ~ 11:30 Leg Lines haruka.Y		10:30 ~ 11:30 Waist spXmas Nazu.Y		mas
12:30	~	13:30			12:00	~ 13	:00	12:00	~	13:00	12:30	~	13:30		12:00 ~ 13:00				~	13:30
Stretch &	Condit	tioning			В	asic		Hip	o&Leg		Basic				Release&Strength			Basic		
	Nazu.Y					Mizuki.T			haruka.Y	,		Mizuki.T	•			haruka.	Y		Mizuki.1	Г
					13:30	~ 14	:30	13:30	~	14:30	14:30	~	15:30		13:30 ~ 14:30					
					Wais	st spXmas		E	Basic		Pilates Cardio		rdio		Basic					
				close		Riri.O		Mizuki.T			haruka.Y	′			Mizuki.	т				
			Cioso					~ ly Bala	16:00		~ Basic	17:30								
								haruka.Y			Mizuki.T									
	close							пагика. т				WIIZUKI. I						close		
					close			17:30	~	18:30				close	close					
								Basic												
									Mizuki.T											
18:00	~	19:00	18:00	~ 19:00	18:00	~ 19	:00								18:00	~	19:00	18:00	~	19:00
Pila	Pilates Cardio		Pila	Pilates Barre Bas			Basic								Back & Arm			Pilates Workout		
	Nazu.Y			Nazu.Y	,	Mizuki.T										haruka.	Υ		Nazu.Y	
19:30	~	20:30	19:30	~ 20:30	19:30	~ 20	:30								19:30	~	20:30	19:30	~	20:30
В	Basic		Wais	st spXmas Stretch & Conditioning			ing	close							Basic			Back & Arm		n
	Riri.O		Riri.O			Nazu.Y										Mizuki.			haruka.\	
21:00	~	22:00	21:00	~ 22:00	21:00	~ 22	2:00								21:00	~	22:00	21:00	~	22:00
•	&Leg		Leg Lines		-	jump to burn										Basic			ly Bala	
Riri.O ha			naruka.Y		Nazu.Y									Mizuki.	т	haruka.Y				

pilatesK	宮崎店						ľ	12/2	25	~	12/31	1	スケジュール		
				12/26 12/2				12/28			12/29		12/30	12/31	
*		±				土			B		月		火	*	
		12:00 Pila	e pe up haruka.	11:30 waist Y 13:00	12/27			12/28			12/29 月		12/30	*	
			close			∼ ites Ba	arre				close	close	close	close	
18:00 ~	19:00	18:00	~	19:00											
Basic		Release&Strength							close						
Mizuki			Mei.N		1										
19:30 ~	20:30	19:30	~	20:30											
Stretch & Cond	Stretch & Conditioning		Basic			close									
Mei.N	Mei.N		Mei.N												
21:00 ~ Basic		21:00 ~ 22:00 Stretch & Conditioning													
Mizuki	т		Mizuki.	т											
:体験可能レッス・クラスの種別およ	٧	·											•		