

| pilatesK | | モリ崎卓店 | | 【 | | 01/01 | | ～ | | 01/08 | | 】 | | スケジュール | | 2025/12/14 | | 更新 | | | |
|----------|-------|---------------|--|--------------------------|--|-------|--|------------------|--|------------------|--|-------|--|--------|--|------------|--|---------------|--|--|--|
| 01/01 | | 01/02 | | 01/03 | | 01/04 | | 01/05 | | 01/06 | | 01/07 | | 01/08 | | | | | | | |
| 木 | | 金 | | 土 | | 日 | | 月 | | 火 | | 水 | | 木 | | | | | | | |
| close | close | 10:30 ~ 11:30 | | 10:30 ~ 11:30 | | close | | 10:30 ~ 11:30 | | 10:30 ~ 11:30 | | close | | close | | close | | | | | |
| | | Basic 🌱 | | Stretch & Conditioning 🌱 | | | | Back & Arm 🌱 | | Hip & Leg 🌱 | | | | | | | | | | | |
| | | Saki.n | | Leika.K | | | | Saki.n | | Leika.K | | | | | | | | | | | |
| | | 12:00 ~ 13:00 | | 12:30 ~ 13:30 | | | | 12:00 ~ 13:00 | | 12:30 ~ 13:30 | | | | | | | | | | | |
| | | Waist 🌱 | | Basic 🌱 | | | | Body Balance | | Basic 🌱 | | | | | | | | | | | |
| | | ASUKA.K | | ASUKA.K | | | | Satomi.N | | Saki.n | | | | | | | | | | | |
| | | 13:30 ~ 14:30 | | 14:30 ~ 15:30 | | | | 13:30 ~ 14:30 | | close | | | | | | | | | | | |
| | | Hip & Leg 🌱 | | Back & Arm 🌱 | | | | Hip & Leg 🌱 | | | | | | | | | | | | | |
| | | Saki.n | | Leika.K | | | | Saki.n | | | | | | | | | | | | | |
| | | 15:00 ~ 16:00 | | 16:30 ~ 17:30 | | | | close | | | | | | | | | | | | | |
| | | Basic 🌱 | | Waist 🌱 | | | | | | | | | | | | | | | | | |
| | | ASUKA.K | | ASUKA.K | | | | | | | | | | | | | | | | | |
| | | close | | close | | | | | | | | | | | | | | | | | |
| | | 17:30 ~ 18:30 | | | | | | | | | | | | | | | | | | | |
| | | Back & Arm 🌱 | | | | | | | | | | | | | | | | | | | |
| | | Saki.n | | | | | | | | | | | | | | | | | | | |
| | | close | | | | | | | | | | | | | | | | | | | |
| | | close | | close | | | | 18:00 ~ 19:00 | | 18:00 ~ 19:00 | | | | | | | | 18:00 ~ 19:00 | | | |
| | | | | | | | | Basic 🌱 | | Waist 🌱 | | | | | | | | Basic 🌱 | | | |
| | | | | | | | | ASUKA.K | | Satomi.N | | | | | | | | Saki.n | | | |
| | | | | | | | | 19:30 ~ 20:30 | | 19:30 ~ 20:30 | | | | | | | | 19:30 ~ 20:30 | | | |
| | | | | | | | | Release&Strength | | Basic 🌱 | | | | | | | | Body Balance | | | |
| | | | | | | | | Satomi.N | | ASUKA.K | | | | | | | | Satomi.N | | | |
| | | | | | | | | 21:00 ~ 22:00 | | 21:00 ~ 22:00 | | | | | | | | 21:00 ~ 22:00 | | | |
| | | | | | | | | Waist 🌱 | | Release&Strength | | | | | | | | Hip & Leg 🌱 | | | |
| | | | | | | | | ASUKA.K | | Satomi.N | | | | | | | | Saki.n | | | |

| pilatesK 岐阜岐阜店 | | | 【 01/09 ~ 01/16 】 | スケジュール | | | |
|--------------------------|--------------------------|------------------|-------------------|--------------------------|------------------|------------------|------------------|
| 01/09 | 01/10 | 01/11 | 01/12 | 01/13 | 01/14 | 01/15 | 01/16 |
| 金 | 土 | 日 | 月 | 火 | 水 | 木 | 金 |
| 10:30 ~ 11:30 | 10:30 ~ 11:30 | 10:30 ~ 11:30 | close | 10:30 ~ 11:30 | 10:30 ~ 11:30 | close | 10:30 ~ 11:30 |
| Basic 🌱 | Waist 🌱 | Back & Arm 🌱 | | Basic 🌱 | Release&Strength | | Hip & Leg 🌱 |
| Satomi.N | ASUKA.K | Saki.n | | Satomi.N | Mei | | Leika.K |
| 12:00 ~ 13:00 | 12:00 ~ 13:00 | 12:30 ~ 13:30 | | 12:00 ~ 13:00 | 12:30 ~ 13:30 | | 12:00 ~ 13:00 |
| Stretch & Conditioning 🌱 | Back & Arm 🌱 | Body Balance | | Back & Arm 🌱 | Body Balance | | Basic 🌱 |
| Leika.K | Leika.K | Satomi.N | | Leika.K | Satomi.N | | ASUKA.K |
| 13:30 ~ 14:30 | 13:30 ~ 14:30 | 14:30 ~ 15:30 | | 13:30 ~ 14:30 | close | | 13:30 ~ 14:30 |
| Hip & Leg 🌱 | Basic 🌱 | Basic 🌱 | | Release&Strength | | | Back & Arm 🌱 |
| Satomi.N | ASUKA.K | Saki.n | | Satomi.N | | | Leika.K |
| close | 15:00 ~ 16:00 | 16:30 ~ 17:30 | | close | | | close |
| | Stretch & Conditioning 🌱 | Release&Strength | | | | | |
| | Leika.K | Satomi.N | | | | | |
| | close | | | | | | |
| | 17:30 ~ 18:30 | | | | | | |
| | Hip & Leg 🌱 | | | | | | |
| | Leika.K | | | | | | |
| 18:00 ~ 19:00 | close | close | | 18:00 ~ 19:00 | 18:00 ~ 19:00 | 18:00 ~ 19:00 | 18:00 ~ 19:00 |
| Waist 🌱 | | | | Waist 🌱 | Basic 🌱 | Release&Strength | Basic 🌱 |
| Saki.n | | | | ASUKA.K | ASUKA.K | Satomi.N | Satomi.N |
| 19:30 ~ 20:30 | | | | 19:30 ~ 20:30 | 19:30 ~ 20:30 | 19:30 ~ 20:30 | 19:30 ~ 20:30 |
| Back & Arm 🌱 | | | | Stretch & Conditioning 🌱 | Hip & Leg 🌱 | Basic 🌱 | Waist 🌱 |
| Leika.K | | | | Leika.K | Satomi.N | ASUKA.K | ASUKA.K |
| 21:00 ~ 22:00 | | | | 21:00 ~ 22:00 | 21:00 ~ 22:00 | 21:00 ~ 22:00 | 21:00 ~ 22:00 |
| Basic 🌱 | | | | Basic 🌱 | Waist 🌱 | Body Balance | Release&Strength |
| Saki.n | | | | ASUKA.K | ASUKA.K | Satomi.N | Satomi.N |

🌱：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時間前を切っ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。

スケジュール

更新

| 01/17 | 01/18 | 01/19 | 01/20 | 01/21 | 01/22 | 01/23 | 01/24 | | |
|--|--|-------|--|--|-------|--------------------------------------|---|-----------------------------------|-----------------------------------|
| 土 | 日 | 月 | 火 | 水 | 木 | 金 | 土 | | |
| 10:30 ~ 11:30 Hip & Leg Leika.K | 10:30 ~ 11:30 Basic ASUKA.K | close | 10:30 ~ 11:30 Waist ASUKA.K | 10:30 ~ 11:30 Hip & Leg Leika.K | close | 10:30 ~ 11:30 Basic ASUKA.K | 10:30 ~ 11:30 Release&Strength Satomi.N | | |
| 12:00 ~ 13:00 Basic Satomi.N | 12:30 ~ 13:30 Back & Arm Leika.K | | 12:00 ~ 13:00 Hip & Leg Leika.K | 12:00 ~ 13:00 Basic ASUKA.K | | 12:00 ~ 13:00 Hip & Leg Saki.n | 12:00 ~ 13:00 Waist ASUKA.K | | |
| 13:30 ~ 14:30 Back & Arm Leika.K | 14:30 ~ 15:30 Waist ASUKA.K | | 13:30 ~ 14:30 Basic ASUKA.K | 13:30 ~ 14:30 Waist Saki.n | | 13:30 ~ 14:30 Waist ASUKA.K | 13:30 ~ 14:30 Hip & Leg Satomi.N | | |
| 15:00 ~ 16:00 Waist Satomi.N | 16:30 ~ 17:30 Hip & Leg Leika.K | | 15:00 ~ 16:00 Back & Arm Saki.n | 15:00 ~ 16:00 Stretch & Conditioning Leika.K | | close | close | 15:00 ~ 16:00 Basic ASUKA.K | |
| close | close | | 16:30 ~ 17:30 Stretch & Conditioning Leika.K | 16:30 ~ 17:30 Basic ASUKA.K | | | | close | close |
| | | | 18:00 ~ 19:00 Basic Saki.n | 18:00 ~ 19:00 Back & Arm Saki.n | | | | | |
| 17:30 ~ 18:30 Stretch & Conditioning Leika.K | close | | close | close | | | | close | 18:00 ~ 19:00 Basic ASUKA.K |
| close | | | | | | 19:30 ~ 20:30 Hip & Leg Saki.n | 19:30 ~ 20:30 Back & Arm Saki.n | | close |
| | | | | | | 21:00 ~ 22:00 Waist ASUKA.K | 21:00 ~ 22:00 Basic Satomi.N | | |
| | | | | | | | | | |
| | | | | | | | | | |

スケジュール

| 01/25 | 01/26 | 01/27 | 01/28 | 01/29 | 01/30 | 01/31 | | | |
|------------------|---------------|--------------------------|---------------|---------------|------------------|------------------------|---------------|-------|---------------|
| 日 | 月 | 火 | 水 | 木 | 金 | 土 | | | |
| 10:30 ~ 11:30 | close | 10:30 ~ 11:30 | 10:30 ~ 11:30 | close | 10:30 ~ 11:30 | 10:30 ~ 11:30 | | | |
| Back & Arm 🌿 | | Basic 🌿 | Basic 🌿 | | Waist 🌿 | Back & Arm 🌿 | | | |
| Leika.K | | Saki.n | ASUKA.K | | ASUKA.K | Saki.n | | | |
| 12:30 ~ 13:30 | | 12:00 ~ 13:00 | 12:30 ~ 13:30 | | 12:00 ~ 13:00 | 12:00 ~ 13:00 | | | |
| Basic 🌿 | | Stretch & Conditioning 🌿 | Body Balance | | Release&Strength | Stretch & Conditioning | | | |
| Satomi.N | | Leika.K | Satomi.N | | Satomi.N | Leika.K | | | |
| 14:30 ~ 15:30 | | 13:30 ~ 14:30 | close | | 13:30 ~ 14:30 | 13:30 ~ 14:30 | | | |
| Hip & Leg 🌿 | | Back & Arm 🌿 | | | Basic 🌿 | Waist 🌿 | | | |
| Leika.K | | Saki.n | | | ASUKA.K | ASUKA.K | | | |
| 16:30 ~ 17:30 | | close | | | close | close | 15:00 ~ 16:00 | | |
| Release&Strength | | | | | | | Hip & Leg 🌿 | | |
| Satomi.N | | | | | | | Saki.n | | |
| close | | | | | | | close | close | 17:30 ~ 18:30 |
| | | | | | | | close | close | Basic 🌿 |
| | close | | | close | | | ASUKA.K | | |
| | 18:00 ~ 19:00 | 18:00 ~ 19:00 | | 18:00 ~ 19:00 | 18:00 ~ 19:00 | close | | | |
| | Basic 🌿 | Back & Arm 🌿 | Waist 🌿 | Basic 🌿 | | | | | |
| | ASUKA.K | Leika.K | Saki.n | Saki.n | | | | | |
| 19:30 ~ 20:30 | 19:30 ~ 20:30 | 19:30 ~ 20:30 | 19:30 ~ 20:30 | | | | | | |
| Hip & Leg 🌿 | Waist 🌿 | Stretch & Conditioning 🌿 | Body Balance | | | | | | |
| Leika.K | ASUKA.K | Leika.K | Satomi.N | | | | | | |
| 21:00 ~ 22:00 | 21:00 ~ 22:00 | 21:00 ~ 22:00 | 21:00 ~ 22:00 | 21:00 ~ 22:00 | | | | | |
| Waist 🌿 | Hip & Leg 🌿 | Basic 🌿 | Back & Arm 🌿 | | | | | | |
| ASUKA.K | Leika.K | Saki.n | Saki.n | | | | | | |

※**体験可能レッスン**

- ・クラスの振替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週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、翌月の体験可能回数1回に制限されます。