

【 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	close	10:30 ~ 11:30	10:30 ~ 11:30	Basic 🌱	Stretch & Conditioning 🌱	10:30 ~ 11:30	10:30 ~ 11:30	Hip & Leg 🌱	
			Saki.n	Leika.K			Saki.n	Leika.K		
			12:00 ~ 13:00	12:30 ~ 13:30	Waist 🌱	Basic 🌱	12:00 ~ 13:00	12:30 ~ 13:30	Body Balance	
			ASUKA.K	ASUKA.K			Satomi.N	Saki.n		
			13:30 ~ 14:30	14:30 ~ 15:30	Hip & Leg 🌱	Back & Arm 🌱	13:30 ~ 14:30	Hip & Leg 🌱		
			Saki.n	Leika.K			Saki.n			
			15:00 ~ 16:00	16:30 ~ 17:30	Basic 🌱	Waist 🌱	18:00 ~ 19:00	Waist 🌱	Basic 🌱	
			ASUKA.K	ASUKA.K			ASUKA.K	Satomi.N	Saki.n	
			17:30 ~ 18:30	Back & Arm 🌱	Saki.n	19:30 ~ 20:30	Release&Strength	Basic 🌱	Body Balance	
				close	close	Satomi.N	ASUKA.K	Satomi.N		
			18:00 ~ 19:00	18:00 ~ 19:00	Basic 🌱	19:30 ~ 20:30	19:30 ~ 20:30	19:30 ~ 20:30	19:30 ~ 20:30	
			ASUKA.K	ASUKA.K		Release&Strength	ASUKA.K	Satomi.N		
			21:00 ~ 22:00	21:00 ~ 22:00	Waist 🌱	21:00 ~ 22:00	21:00 ~ 22:00	21:00 ~ 22:00	21:00 ~ 22:00	
			ASUKA.K	ASUKA.K		ASUKA.K	Satomi.N	Satomi.N	Saki.n	

【 01/09 ~ 01/16 】 スケジュール								01/15	01/16	
01/09	01/10	01/11	01/12	01/13	01/14	01/15	01/16			
金	土	日	月	火	水	木	金			
close	close	close	10:30 ~ 11:30	10:30 ~ 11:30	10:30 ~ 11:30	10:30 ~ 11:30	10:30 ~ 11:30	10:30 ~ 11:30	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	12:30 ~ 13:30	12:00 ~ 13:00	
			Stretch & Conditioning 🌱	Back & Arm 🌱	Body Balance	Back & Arm 🌱	Body Balance	Satomi.N	ASUKA.K	
			Leika.K	Leika.K	Satomi.N	Leika.K	Satomi.N		Leika.K	
			13:30 ~ 14:30	13:30 ~ 14:30	14:30 ~ 15:30	13:30 ~ 14:30	Release&Strength	Satomi.N	13:30 ~ 14:30	
			Satomi.N	ASUKA.K	Saki.n	Satomi.N			Back & Arm 🌱	
			15:00 ~ 16:00	16:30 ~ 17:30	Stretch & Conditioning 🌱	Release&Strength	close	close	Leika.K	
			Leika.K	Satomi.N					close	
			17:30 ~ 18:30	Hip & Leg 🌱	Leika.K	18:00 ~ 19:00	18:00 ~ 19:00	18:00 ~ 19:00	18:00 ~ 19:00	
				close	close	ASUKA.K	ASUKA.K	Satomi.N	Satomi.N	
			18:00 ~ 19:00	Waist 🌱	Saki.n	19:30 ~ 20:30	19:30 ~ 20:30	19:30 ~ 20:30	19:30 ~ 20:30	
				close	close	Stretch & Conditioning 🌱	Hip & Leg 🌱	Basic 🌱	Waist 🌱	
			19:30 ~ 20:30	Back & Arm 🌱	Leika.K	Leika.K	Satomi.N	ASUKA.K	ASUKA.K	
			21:00 ~ 22:00	Basic 🌱	Saki.n	21:00 ~ 22:00	21:00 ~ 22:00	21:00 ~ 22:00	21:00 ~ 22:00	
				close	close	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 モレラ岐阜店		【 01/17 ~ 01/24 】 スケジュール						2025/12/14 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	10:30 ~ 11:30		10:30 ~ 11:30	10:30 ~ 11:30		10:30 ~ 11:30	10:30 ~ 11:30		
Hip & Leg	Basic		Waist	Hip & Leg		Basic	Release&Strength		
Leika.K	ASUKA.K		ASUKA.K	Leika.K		ASUKA.K	Satomi.N		
12:00 ~ 13:00	12:30 ~ 13:30		12:00 ~ 13:00	12:00 ~ 13:00		12:00 ~ 13:00	12:00 ~ 13:00		
Basic	Back & Arm		Hip & Leg	Basic		Hip & Leg	Waist		
Satomi.N	Leika.K		Leika.K	ASUKA.K		Saki.n	ASUKA.K		
13:30 ~ 14:30	14:30 ~ 15:30		13:30 ~ 14:30	13:30 ~ 14:30		13:30 ~ 14:30	13:30 ~ 14:30		
Back & Arm	Waist		Basic	Waist		Basic	Hip & Leg		
Leika.K	ASUKA.K		ASUKA.K	Saki.n		ASUKA.K	Satomi.N		
15:00 ~ 16:00	16:30 ~ 17:30		15:00 ~ 16:00	15:00 ~ 16:00		15:00 ~ 16:00	15:00 ~ 16:00		
Waist	Hip & Leg		Back & Arm	Stretch & Conditioning		Basic	ASUKA.K		
Satomi.N	Leika.K		Saki.n	Leika.K		Leika.K	ASUKA.K		
close		close	Stretch & Conditioning	Basic		close	close		
17:30 ~ 18:30	Stretch & Conditioning		Leika.K	ASUKA.K		17:30 ~ 18:30	Body Balance		
Leika.K			18:00 ~ 19:00	18:00 ~ 19:00		Saki.n	Satomi.N		
close		close	Basic	Back & Arm		Basic	Body Balance		
close		close	Saki.n	Saki.n		ASUKA.K	Satomi.N		
			18:00 ~ 19:00	18:00 ~ 19:00		19:30 ~ 20:30	19:30 ~ 20:30		
			Back & Arm	Stretch & Conditioning		Hip & Leg	Back & Arm		
			Saki.n	Saki.n		Saki.n	Saki.n		
			close	close		21:00 ~ 22:00	21:00 ~ 22:00		
			19:30 ~ 20:30	19:30 ~ 20:30		Waist	Basic		
			ASUKA.K	ASUKA.K		ASUKA.K	Satomi.N		
			close	close		15:00 ~ 16:00	Hip & Leg		
			18:00 ~ 19:00	18:00 ~ 19:00		Saki.n			
			Basic	Back & Arm		close			
			ASUKA.K	Leika.K		17:30 ~ 18:30	Basic		
			close	close		Saki.n	ASUKA.K		
			18:00 ~ 19:00	18:00 ~ 19:00		close			
			Back & Arm	Waist		19:30 ~ 20:30	19:30 ~ 20:30		
			Saki.n	Leika.K		Hip & Leg	Stretch & Conditioning		
			close	close		Leika.K	Satomi.N		
			19:30 ~ 20:30	19:30 ~ 20:30		21:00 ~ 22:00	21:00 ~ 22:00		
			Hip & Leg	Waist		Waist	Back & Arm		
			Leika.K	ASUKA.K		ASUKA.K	Saki.n		
			close	close		21:00 ~ 22:00	21:00 ~ 22:00		
			21:00 ~ 22:00	21:00 ~ 22:00		ASUKA.K	Satomi.N		
			ASUKA.K	Leika.K		close			
			Saki.n	Saki.n		18:00 ~ 19:00	18:00 ~ 19:00		
			close	close		Back & Arm	Basic		
			21:00 ~ 22:00	21:00 ~ 22:00		Saki.n	ASUKA.K		
			ASUKA.K	Leika.K		close			
			Saki.n	Saki.n		19:30 ~ 20:30	19:30 ~ 20:30		
			close	close		Hip & Leg	Waist		
			19:30 ~ 20:30	19:30 ~ 20:30		Leika.K	ASUKA.K		
			ASUKA.K	ASUKA.K		21:00 ~ 22:00	21:00 ~ 22:00		
			close	close		ASUKA.K	Satomi.N		
			21:00 ~ 22:00	21:00 ~ 22:00		close			
			ASUKA.K	Leika.K		18:00 ~ 19:00	18:00 ~ 19:00		
			Saki.n	Saki.n		Back & Arm	Basic		
			close	close		Saki.n	ASUKA.K		
			21:00 ~ 22:00	21:00 ~ 22:00		close			
			ASUKA.K	Leika.K		19:30 ~ 20:30	19:30 ~ 20:30		
			Saki.n	Saki.n		Hip & Leg	Waist		
			close	close		Leika.K	ASUKA.K		
			19:30 ~ 20:30	19:30 ~ 20:30		21:00 ~ 22:00	21:00 ~ 22:00		
			ASUKA.K	ASUKA.K		ASUKA.K	Satomi.N		
			close	close		close			
			19:30 ~ 20:30	19:30 ~ 20:30		18:00 ~ 19:00	18:00 ~ 19:00		
			ASUKA.K	ASUKA.K		Back & Arm	Basic		
			close	close		Saki.n	ASUKA.K		
			19:30 ~ 20:30	19:30 ~ 20:30		close			
			ASUKA.K	ASUKA.K		18:00 ~ 19:00	18:00 ~ 19:00		
			close	close		Back & Arm	Basic		
			19:30 ~ 20:30	19:30 ~ 20:30		Saki.n	ASUKA.K		
			ASUKA.K	ASUKA.K		close			
			close	close		18:00 ~ 19:00	18:00 ~ 19:00		
			19:30 ~ 20:30	19:30 ~ 20:30		Back & Arm	Basic		
			ASUKA.K	ASUKA.K		Saki.n	ASUKA.K		
			close	close		close			
			19:30 ~ 20:30	19:30 ~ 20:30		18:00 ~ 19:00	18:00 ~ 19:00		
			ASUKA.K	ASUKA.K		Back & Arm	Basic		
			close	close		Saki.n	ASUKA.K		
			19:30 ~ 20:30	19:30 ~ 20:30		close			
			ASUKA.K	ASUKA.K		18:00 ~ 19:00	18:00 ~ 19:00		
			close	close		Back & Arm	Basic		
			19:30 ~ 20:30	19:30 ~ 20:30		Saki.n	ASUKA.K		
			ASUKA.K	ASUKA.K		close			
			close	close		18:00 ~ 19:00	18:00 ~ 19:00		
			19:30 ~ 20:30	19:30 ~ 20:30		Back & Arm	Basic		
			ASUKA.K	ASUKA.K		Saki.n	ASUKA.K		
			close	close		close			
			19:30 ~ 20:30	19:30 ~ 20:30		18:00 ~ 19:00	18:00 ~ 19:00		
			ASUKA.K	ASUKA.K		Back & Arm	Basic		
			close	close		Saki.n	ASUKA.K		
			19:30 ~ 20:30	19:30 ~ 20:30		close			
			ASUKA.K	ASUKA.K		18:00 ~ 19:00	18:00 ~ 19:00		
			close	close		Back & Arm	Basic		
			19:30 ~ 20:30	19:30 ~ 20:30		Saki.n	ASUKA.K		
			ASUKA.K	ASUKA.K		close			
			close	close		18:00 ~ 19:00	18:00 ~ 19:00		
			19:30 ~ 20:30	19:30 ~ 20:30		Back & Arm	Basic		
			ASUKA.K	ASUKA.K		Saki.n	ASUKA.K		
			close	close		close			
			19:30 ~ 20:30	19:30 ~ 20:30		18:00 ~ 19:00	18:00 ~ 19:00		
			ASUKA.K	ASUKA.K		Back & Arm	Basic		
			close	close		Saki.n	ASUKA.K		
			19:30 ~ 20:30	19:30 ~ 20:30		close			
			ASUKA.K	ASUKA.K		18:00 ~ 19:00	18:00 ~ 19:00		
			close	close		Back & Arm	Basic		
			19:30 ~ 20:30	19:30 ~ 20:30		Saki.n	ASUKA.K		
			ASUKA.K	ASUKA.K		close			
			close	close		18:00 ~ 19:00	18:00 ~ 19:00		
			19:30 ~ 20:30	19:30 ~ 20:30		Back & Arm	Basic		
			ASUKA.K	ASUKA.K		Saki.n	ASUKA.K		
			close	close		close			
			19:30 ~ 20:30	19:30 ~ 20:30		18:00 ~ 19:00	18:00 ~ 19:00		
			ASUKA.K	ASUKA.K		Back & Arm	Basic		
			close	close		Saki.n	ASUKA.K		
			19:30 ~ 20:30	19:30 ~ 20:30		close			
			ASUKA.K	ASUKA.K		18:00 ~ 19:00	18:00 ~ 19:00		
			close	close		Back & Arm	Basic		
			19:30 ~ 20:30	19:30 ~ 20:30		Saki.n	ASUKA.K		
			ASUKA.K	ASUKA.K		close			
			close	close		18:00 ~ 19:00	18:00 ~ 19:00		
			19:30 ~ 20:30	19:30 ~ 20:30		Back & Arm	Basic		
			ASUKA.K	ASUKA.K		Saki.n	ASUKA.K		
			close	close		close			
			19:30 ~ 20:30	19:30 ~ 20:30		18:00 ~ 19:00	18:00 ~ 19:00		
			ASUKA.K	ASUKA.K		Back & Arm	Basic		
			close	close		Saki.n	ASUKA.K		
			19:30 ~ 20:30	19:30 ~ 20:30		close			
			ASUKA.K	ASUKA.K		18:00 ~ 19:00	18:00 ~ 19:00		
			close	close		Back & Arm	Basic		
			19:30 ~ 20:30	19:30 ~ 20:30		Saki.n	ASUKA.K		
			ASUKA.K	ASUKA.K		close			
			close	close		18:00 ~ 19:00	18:00 ~ 19:00		
			19:30 ~ 20:30	19:30 ~ 20:30		Back & Arm	Basic		
			ASUKA.K	ASUKA.K		Saki.n	ASUKA.K		
			close	close		close			
			19:30 ~ 20:30	19:30 ~ 20:30		18:00 ~ 19:00	18:00 ~ 19:00		
			ASUKA.K	ASUKA.K		Back & Arm	Basic		
			close	close		Saki.n	ASUKA.K		
			19:30 ~ 20:30	19:30 ~ 20:30		close			
			ASUKA.K	ASUKA.K		18:00 ~ 19:00	18:00 ~ 19:00		
			close	close		Back & Arm	Basic		
			19:30 ~ 20:30	19:30 ~ 20:30		Saki.n	ASUKA.K		
			ASUKA.K	ASUKA.K		close			
			close	close		18:00 ~ 19:00	18:00 ~ 19:00		
			19:30 ~ 20:30	19:30 ~ 20:30		Back & Arm	Basic		
			ASUKA.K	ASUKA.K		Saki.n	ASUKA.K		
			close	close		close			
			19:30 ~ 20:30	19:30 ~ 20:30		18:00 ~ 19:00	18:00 ~ 19:00		
			ASUKA.K	ASUKA.K		Back & Arm	Basic		
			close	close		Saki.n	ASUKA.K		
			19:30 ~ 20:30	19:30 ~ 20:30		close			
			ASUKA.K	ASUKA.K		18:00 ~ 19:00	18:00 ~ 19:00		
			close	close		Back & Arm	Basic		
			19:30 ~ 20:30	19:30 ~ 20:30		Saki.n	ASUKA.K		
			ASUKA.K	ASUKA.K		close			
			close	close		18:00 ~ 19:00	18:00 ~ 19:00		
			19:30 ~ 20:30	19:30 ~ 20:30		Back & Arm	Basic		
			ASUKA.K	ASUKA.K		Saki.n	ASUKA.K		
			close	close		close			
			19:30 ~ 20:30	19:30 ~ 20:30		18:00 ~ 19:00	18:00 ~ 19:00		
			ASUKA.K	ASUKA.K		Back & Arm	Basic		
			close	close		Saki.n	ASUKA.K		
			19:30 ~ 20:30	19:30 ~ 20:30		close			
			ASUKA.K	ASUKA.K		18:00 ~ 19			