

pilatesK 町田店		【 01/01 ~ 01/08 】 スケジュール						2025/12/17	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	Shape up waist	Waist	Basic			
		Reset Flow	Sae	Sae	Sae	Sae			
		12:00 ~ 13:00	12:30 ~ 13:30	Hip & Leg	Pre Basic	Animal Stretch			
		jump to burn	Maari	Maari	Haru	Haru			
		13:30 ~ 14:30	14:30 ~ 15:30	Back & Arm	Basic	Release&Strength	Hip & Leg		
		YUKA.I	Sae	Sae	Sae	Sae			
		15:00 ~ 16:00	16:30 ~ 17:30	Pilates Cardio	Body Balance				close
		Maari	Maari						
		16:30 ~ 17:30							
		Waist	Sae						
close	close	18:00 ~ 19:00	Basic	YUKA.I	18:00 ~ 19:00	Hip & Leg	Body Balance	Reset Flow	
						YUKA.I	Maari	Sae	
		19:30 ~ 20:30	Back & Spine	Haru	19:30 ~ 20:30	Back & Arm	Back & Spine	Hip Punch	
		12:00 ~ 13:00	Leg Lines	Sae	12:00 ~ 13:00	Pilates Cardio	YUKA.I	Maari	
		13:30 ~ 14:30	Hip Punch	Maari	13:30 ~ 14:30	Pre Basic	Advance	19:30 ~ 20:30	
		14:30 ~ 15:30	Back & Arm	Sae	14:30 ~ 15:30	Haru	Haru	19:30 ~ 20:30	
		15:00 ~ 16:00	Basic	YUKA.I	15:00 ~ 16:00	Back & Spine	Body Balance	19:30 ~ 20:30	
		16:30 ~ 17:30	Animal Stretch	Haru	16:30 ~ 17:30	Back & Arm	Back & Spine	Hip Punch	
			YUKA.I						
close	close	18:00 ~ 19:00	Body Balance	Maari	18:00 ~ 19:00	Waist	Waist	Waist	
		19:30 ~ 20:30	jump to burn	Sae	19:30 ~ 20:30	YUKA.I	YUKA.I	YUKA.I	
		21:00 ~ 22:00			21:00 ~ 22:00	Maari	Maari	Maari	

pilatesK 町田店		【 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	10:30 ~ 11:30	10:30 ~ 11:30	Back & Arm	Hip Punch	Waist			
		Hip & Leg	Pilates Workout	Back & Arm	Haru	Haru			
		YUKA.I	Haru	Haru					
		12:00 ~ 13:00	12:00 ~ 13:00	12:30 ~ 13:30					
		Hip Punch	Leg Lines	Pilates Cardio					
		Maari	Maari	Sae					
		13:30 ~ 14:30	13:30 ~ 14:30	14:30 ~ 15:30					
		Back & Arm	Basic	Animal Stretch					
		YUKA.I	YUKA.I	Haru					
		15:00 ~ 16:00	16:30 ~ 17:30						
close	close	Back & Spine	Basic	Back & Spine	Hip Punch	Waist			
		Haru	Sae	YUKA.I	Haru	Haru			
		16:30 ~ 17:30							
		Back & Arm	YUKA.I	12:00 ~ 13:00					
		18:00 ~ 19:00	Body Balance	Pilates Cardio					
		Maari		YUKA.I					
		18:00 ~ 19:00		13:30 ~ 14:30					
		Waist	Sae	Pre Basic					
				13:30 ~ 14:30					
				14:30 ~ 15:30					
close	close	18:00 ~ 19:00	Body Balance	Advance	Back & Spine	Body Balance			
		Maari		Haru	YUKA.I	YUKA.I			
		18:00 ~ 19:00		14:30 ~ 15:30					
		Waist	Sae	15:00 ~ 16:00					
				16:30 ~ 17:30					
				Back & Arm					
				YUKA.I					
				18:00 ~ 19:00					
				19:30 ~ 20:30					
				21:00 ~ 22:00					
close	close	18:00 ~ 19:00	jump to burn	Pilates Workout	Back & Arm	Basic	Animal Stretch		
		19:30 ~ 20:30	Maari	Sae	Sae	YUKA.I	Haru		
		21:00 ~ 22:00							
		jump to burn	Maari						
		21:00 ~ 22:00	Pilates Cardio	Sae					

■ : 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 町田店		[ 01/17 ~ 01/24 ]				スケジュール		2025/12/17 更新	
01/17	01/18	01/19	01/20	01/21	01/22	01/23	01/24	金	土
10:30 ~ 11:30	10:30 ~ 11:30	月	火	水	木	10:30 ~ 11:30	10:30 ~ 11:30	10:30 ~ 11:30	10:30 ~ 11:30
Advance	Pilates Cardio		Hip & Leg	Animal Stretch		Hip Punch	Leg Lines		
Haru	Sae		Sae	Haru		Haru	Maari		
12:00 ~ 13:00	12:30 ~ 13:30		Leg Lines	Body Balance		12:00 ~ 13:00	12:00 ~ 13:00		
Waist	Body Balance		Maari	Sae		Basic	Shape up waist		
Sae	Maari		13:30 ~ 14:30	13:30 ~ 14:30		YUKA.I	Sae		
13:30 ~ 14:30	14:30 ~ 15:30		jump to burn	Back & Arm		13:30 ~ 14:30	13:30 ~ 14:30		
Hip & Leg	Basic		Sae	Haru		Waist	Hip Punch		
YUKA.I	Sae		15:00 ~ 16:00	15:00 ~ 16:00		Haru	Maari		
15:00 ~ 16:00	16:30 ~ 17:30		Pre Basic	Hip Punch		15:00 ~ 16:00	Basic		
Release&Strength	Hip Punch		Haru	Maari		YUKA.I			
Sae	Maari		16:30 ~ 17:30	16:30 ~ 17:30		16:30 ~ 17:30	Pilates Cardio		
Basic			Pilates Cardio	Reset Flow		18:00 ~ 19:00	Sae		
YUKA.I			Maari	Sae		18:00 ~ 19:00	18:00 ~ 19:00		
18:00 ~ 19:00	Shape up waist		18:00 ~ 19:00	18:00 ~ 19:00		18:00 ~ 19:00	Hip & Leg		
Haru			Release&Strength	Basic		YUKA.I			
18:00 ~ 19:00	Shape up waist		Haru	Maari		18:00 ~ 19:00	18:00 ~ 19:00		
Haru			18:00 ~ 19:00	Leg Lines		18:00 ~ 19:00	Shape up waist		
18:00 ~ 19:00	Shape up waist		Haru	Maari		19:30 ~ 20:30	Body Balance		
18:00 ~ 19:00	Shape up waist		18:00 ~ 19:00	Back & Arm		19:30 ~ 20:30	Maari		
18:00 ~ 19:00	Shape up waist		18:00 ~ 19:00	Back & Spine		21:00 ~ 22:00	YUKA.I		
18:00 ~ 19:00	Shape up waist		18:00 ~ 19:00	Body Balance		21:00 ~ 22:00	Haru		
18:00 ~ 19:00	Shape up waist		18:00 ~ 19:00	Body Balance		18:00 ~ 19:00	Sae		

pilatesK 町田店		[ 01/25 ~ 01/31 ]				スケジュール		01/31	
01/25	01/26	01/27	01/28	01/29	01/30	01/31	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		
Basic		Waist	Basic		Body Balance	Body Balance	Hip & Leg		
Sae		Haru	Maari		Maari	Maari	YUKA.I		
12:30 ~ 13:30	jump to burn		12:00 ~ 13:00	12:00 ~ 13:00	12:00 ~ 13:00	12:00 ~ 13:00	12:00 ~ 13:00		
Maari		Basic	Advance		Hip & Leg	Basic			
14:30 ~ 15:30	Back & Arm		Maari	Haru	YUKA.I	Haru			
Haru		Back & Spine	Pilates Cardio		13:30 ~ 14:30	13:30 ~ 14:30	jump to burn		
16:30 ~ 17:30	Pilates Workout		Haru	Maari	Maari	Sae			
Sae		close	close		15:00 ~ 16:00	Back & Arm			
16:30 ~ 17:30	Pilates Workout				16:30 ~ 17:30	Leg Lines			
Sae					16:30 ~ 17:30	Leg Lines			
16:30 ~ 17:30	Pilates Workout				18:00 ~ 19:00	Reset Flow			
Sae					18:00 ~ 19:00	Sae			
16:30 ~ 17:30	Pilates Workout				18:00 ~ 19:00	Back & Arm			
Sae					18:00 ~ 19:00	Body Balance			
16:30 ~ 17:30	Pilates Workout				18:00 ~ 19:00	Body Balance			
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