


pilatesK		綾瀬		【 01/17 ~ 01/24 】		スケジュール		2025/12/23 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					
close	close	close	10:30 ~ 11:30	10:30 ~ 11:30	close	10:30 ~ 11:30	10:30 ~ 11:30					
			Basic 🍌	Stretch & Conditioning 🍌		Back & Arm 🍌	Stretch & Conditioning 🍌					
			airi.m	Rio		Rio	Rio					
			12:30 ~ 13:30	12:30 ~ 13:30		12:30 ~ 13:30	12:30 ~ 13:30	12:30 ~ 13:30	12:30 ~ 13:30			
			Hip & Leg 🍌	Waist 🍌		Basic 🍌	Hip & Leg 🍌					
			airi.m	airi.m		MOMOKA.I	airi.m					
			close	close		close	close	close	close	14:30 ~ 15:30		
										Basic 🍌		
										Rio		
										16:30 ~ 17:30		
										Waist 🍌		
			airi.m									
			close	close		close	close	close	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							
Stretch & Conditioning 🍌	Basic 🍌	Waist 🍌	Hip & Leg 🍌									
Rio	airi.m	Rio	airi.m									
20:30 ~ 21:30	20:30 ~ 21:30	20:30 ~ 21:30	20:30 ~ 21:30	20:30 ~ 21:30	20:30 ~ 21:30							
Waist 🍌	Back & Arm 🍌	Basic 🍌	Waist 🍌									
MOMOKA.I	Rio	MOMOKA.I	MOMOKA.I									

pilatesK		綾瀬		【 01/25 ~ 01/31 】		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										
close	close	10:30 ~ 11:30	10:30 ~ 11:30	close	10:30 ~ 11:30	10:30 ~ 11:30										
		Basic 🌈	Hip & Leg 🌈		Waist 🌈	Back & Arm 🌈										
		MOMOKA.I	airi.m		Rio	MOMOKA.I										
		12:30 ~ 13:30	12:30 ~ 13:30		12:30 ~ 13:30	12:30 ~ 13:30										
		Waist 🌈	Stretch & Conditioning 🌈		Back & Arm 🌈	Basic 🌈										
		Rio	Rio		MOMOKA.I	MOMOKA.I										
		close	close		close	close	close	14:30 ~ 15:30								
								Stretch & Conditioning 🌈								
								Rio								
								16:30 ~ 17:30								
								Hip & Leg 🌈								
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 : 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、翌月の予約可能回数が1回に制限されます。