

| pilatesK 心斎橋店 | | 【 01/01 ~ 01/08 】 | | スケジュール | | | | 2026/01/21 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 | | |
| | | Leg Lines | Basic 🌿 | | Waist 🌿 | Pilates Workout | | | |
| | | chihiro.m | Azusa | | Marina.K | Azusa | | | |
| | | 12:00 ~ 13:00 | 12:30 ~ 13:30 | | 12:00 ~ 13:00 | 12:30 ~ 13:30 | | | |
| | | Back & Spine | Animal Stretch | | Basic 🌿 | Waist 🌿 | | | |
| | | Azusa | chihiro.m | | Azusa | Marina.K | | | |
| | | 13:30 ~ 14:30 | 14:30 ~ 15:30 | | 13:30 ~ 14:30 | close | | | |
| | | Pilates Cardio | Waist 🌿 | | Hip Punch | | | | |
| | | chihiro.m | Azusa | | Marina.K | | | | |
| | | 15:00 ~ 16:00 | 16:30 ~ 17:30 | | close | | | | |
| | | Advance | Leg Lines | | | | | | |
| | | Azusa | chihiro.m | | | | | | |
| | | close | close | | | | | | |
| | | 17:30 ~ 18:30 | | | | | | | |
| | | Animal Stretch | | | | | | | |
| | | chihiro.m | | | | | | | |
| | | close | | | close | close | | 18:00 ~ 19:00 | 18:00 ~ 19:00 |
| | | | Hip & Leg 🌿 | | | | | Basic 🌿 | Back & Arm 🌿 |
| | | | Kaco.F | | | | | Kaco.F | chihiro.m |
| 19:30 ~ 20:30 | 19:30 ~ 20:30 | | 19:30 ~ 20:30 | | | | | | |
| Pilates Barre | Pilates Cardio | | Advance | | | | | | |
| Azusa | chihiro.m | | Azusa | | | | | | |
| 21:00 ~ 22:00 | 21:00 ~ 22:00 | | 21:00 ~ 22:00 | | | | | | |
| Shape up waist | Leg Lines | | Animal Stretch | | | | | | |
| Kaco.F | chihiro.m | chihiro.m | | | | | | | |

| pilatesK 心斎橋店 | | | 【 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 |
| Release&Strength | Basic 🌿 | Hip Punch | | Hip & Leg 🌿 | Leg Lines | | Advance |
| Marina.K | Marina.K | Marina.K | | Azusa | chihiro.m | | Azusa |
| 12:00 ~ 13:00 | 12:00 ~ 13:00 | 12:30 ~ 13:30 | | 12:00 ~ 13:00 | 12:30 ~ 13:30 | | 12:00 ~ 13:00 |
| Animal Stretch | Pilates Workout | Basic 🌿 | | Pilates Cardio | Basic 🌿 | | Stretch&Conditioning 🌿 |
| chihiro.m | Kaco.F | Azusa | | chihiro.m | Marina.K | | Kaco.F |
| 13:30 ~ 14:30 | 13:30 ~ 14:30 | 14:30 ~ 15:30 | | 13:30 ~ 14:30 | close | 13:30 ~ 14:30 | |
| Waist 🌿 | Hip & Leg 🌿 | Release&Strength | | Advance | | Back & Arm 🌿 | |
| Marina.K | Kaco.F | Marina.K | | Azusa | | Azusa | |
| close | 15:00 ~ 16:00 | 16:30 ~ 17:30 | | close | | close | close |
| | jump to burn | Advance | | | | | |
| | Marina.K | Azusa | | | | | |
| | close | close | | | | | |
| 17:30 ~ 18:30 | | | | | | | |
| Waist 🌿 | | | | | | | |
| 18:00 ~ 19:00 | close | close | | 18:00 ~ 19:00 | 18:00 ~ 19:00 | 18:00 ~ 19:00 | 18:00 ~ 19:00 |
| Power up Control | | | | Shape up waist | Body Balance | Waist 🌿 | Basic 🌿 |
| Kaco.F | | | | Kaco.F | Kaco.F | Marina.K | Marina.K |
| 19:30 ~ 20:30 | | | 19:30 ~ 20:30 | 19:30 ~ 20:30 | 19:30 ~ 20:30 | 19:30 ~ 20:30 | |
| Basic 🌿 | | | Leg Lines | Pilates Workout | Shape up waist | Hip & Leg 🌿 | |
| chihiro.m | | | chihiro.m | Kaco.F | Kaco.F | Kaco.F | |
| 21:00 ~ 22:30 | close | close | 21:00 ~ 22:00 | 21:00 ~ 22:00 | 21:00 ~ 22:00 | 21:00 ~ 22:00 | |
| Body Balance | | | Power up Control | Waist 🌿 | Release&Strength | jump to burn | |
| Kaco.F | | | Kaco.F | Marina.K | Marina.K | Marina.K | |

🌿：体験可能レッスン
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 ・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。

| pilatesK 心斎橋店 | | 【 01/17 ~ 01/24 】 スケジュール | | | | | | 2026/01/21 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 | close | 10:30 ~ 11:30 | 10:30 ~ 11:30 | close | 10:30 ~ 11:30 | 10:30 ~ 11:30 | | |
| Hip & Leg 🟢 | Waist 🟢 | | Back & Arm 🟢 | jump to burn | | Basic 🟢 | jump to burn | | |
| Azusa | Marina.K | | Azusa | Marina.K | | Azusa | Marina.K | | |
| 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 🟢 | Power up Control | | Basic 🟢 | Hip & Leg 🟢 | | Hip & Leg 🟢 | Stretch & Conditioning 🟢 | | |
| Marina.K | Kaco.F | | saaya | Kaco.F | | Kaco.F | Kaco.F | | |
| 13:30 ~ 14:30 | 14:30 ~ 15:30 | | 13:30 ~ 14:30 | 13:30 ~ 14:30 | | 13:30 ~ 14:30 | 13:30 ~ 14:30 | | |
| Body Balance | Basic 🟢 | | Shape up waist | Basic 🟢 | | Power up Control | Hip Punch | | |
| Kaco.F | Marina.K | | Kaco.F | saaya | | Kaco.F | Marina.K | | |
| 15:00 ~ 16:00 | 16:30 ~ 17:30 | | 15:00 ~ 16:00 | 15:00 ~ 16:00 | | close | close | 15:00 ~ 16:00 | |
| Hip Punch | Hip & Leg 🟢 | Advance | Hip Punch | Basic 🟢 | | | | | |
| Marina.K | Kaco.F | Azusa | Marina.K | saaya | | | | | |
| close | close | 16:30 ~ 17:30 | 16:30 ~ 17:30 | close | close | | | close | |
| | | Body Balance | Power up Control | | | | | | |
| | | Kaco.F | Kaco.F | | | | | | |
| 17:30 ~ 18:30 | | 18:00 ~ 19:00 | 18:00 ~ 19:00 | | | | | 17:30 ~ 18:30 | |
| Pilates Workout | | Pilates Barre | Release&Strength | | | | | Shape up waist | |
| Azusa | | Azusa | Marina.K | | | Kaco.F | | | |
| close | | close | close | | | close | 18:00 ~ 19:00 | 18:00 ~ 19:00 | close |
| | | | | | | | Hip & Leg 🟢 | Pilates Barre | |
| | | | | Kaco.F | Azusa | | | | |
| | | | | 19:30 ~ 20:30 | 19:30 ~ 20:30 | | | | |
| | Basic 🟢 | | | Back & Arm 🟢 | | | | | |
| | saaya | | | Azusa | | | | | |
| | 21:00 ~ 22:00 | | | 21:00 ~ 22:00 | | | | | |
| Stretch & Conditioning 🟢 | Basic 🟢 | | | | | | | | |
| Kaco.F | saaya | | | | | | | | |

| pilatesK 心斎橋店 | | 【 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 | | | | |
| 10:30 ~ 11:30 | close | 10:30 ~ 11:30 | 10:30 ~ 11:30 | close | 10:30 ~ 11:30 | 10:30 ~ 11:30 | | | | |
| Back & Arm 🏋️ | | Hip Punch | Shape up waist | | Basic 🏋️ | Pilates Workout | | | | |
| Azusa | | Marina.K | Kaco.F | | saaya | Kaco.F | | | | |
| 12:30 ~ 13:30 | | 12:00 ~ 13:00 | 12:00 ~ 13:00 | | 12:00 ~ 13:00 | 12:00 ~ 13:00 | | | | |
| Basic 🏋️ | | Waist 🏋️ | Stretch & Conditioning 🏋️ | | Hip Punch | Advance | | | | |
| Marina.K | | Marina.K | Kaco.F | | Marina.K | Azusa | | | | |
| 14:30 ~ 15:30 | | 13:30 ~ 14:30 | close | | 13:30 ~ 14:30 | 13:30 ~ 14:30 | | | | |
| Back & Spine | | Advance | | | Waist 🏋️ | Hip & Leg 🏋️ | | | | |
| Azusa | | Azusa | | | Marina.K | Kaco.F | | | | |
| 16:30 ~ 17:30 | | close | | | close | close | 15:00 ~ 16:00 | | | |
| Hip Punch | | | | | | | Pilates Barre | | | |
| Marina.K | | | | | | | Azusa | | | |
| close | | | | | | | close | close | close | close |
| | | | | | | | | | | 17:30 ~ 18:30 |
| | | | | | | | | | | Leg Lines |
| | | | | | | | | | | chihiro.m |
| | 18:00 ~ 19:00 | | 18:00 ~ 19:00 | 18:00 ~ 19:00 | | | | | | 18:00 ~ 19:00 |
| | Basic 🏋️ | | Hip Punch | Basic 🏋️ | | | | | | Body Balance |
| | saaya | | Marina.K | saaya | | | | | | Kaco.F |
| | 19:30 ~ 20:30 | 19:30 ~ 20:30 | 19:30 ~ 20:30 | 19:30 ~ 20:30 | | | | | | |
| | Back & Spine | Basic 🏋️ | Shape up waist | Basic 🏋️ | | | | | | |
| | Azusa | saaya | Kaco.F | saaya | | | | | | |
| 21:00 ~ 22:00 | 21:00 ~ 22:00 | 21:00 ~ 22:00 | 21:00 ~ 22:00 | | | | | | | |
| Basic 🏋️ | Release&Strength | Hip & Leg 🏋️ | Power up Control | | | | | | | |
| saaya | Marina.K | Kaco.F | Kaco.F | | | | | | | |

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 ※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。