

| pilatesK MEGAドン・ホ-UNY 浜松泉町 | | | | | | | | 【 02/01 ~ 02/08 】 スケジュール | | | | 2026/01/27 更新 | | | |
|----------------------------|------------------------|------------|--------------|-------|----------------|----------------|-----------------|--------------------------|---------------|---------------|---------------|---------------|---------------|-------|--|
| 02/01 | 02/02 | 02/03 | 02/04 | 02/05 | 02/06 | 02/07 | 02/08 | 02/07 | 02/08 | 02/07 | 02/08 | 02/07 | 02/08 | | |
| 日 | 月 | 火 | 水 | 木 | 金 | 土 | 日 | 10:30 ~ 11:30 | 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 | Back & Arm | Basic | | Hip & Leg | Basic | Back & Arm | | | | | | | | |
| Erina.K | | yun | yun | | nana.f | Erina.K | yun | | | | | | | | |
| 12:30 ~ 13:30 | Hip & Leg | Hip & Leg | Body Balance | | Basic | Shape up waist | Basic | | | | | | | | |
| nana.f | | Erina.K | Erina.K | | yun | Erina.K | Sana.H | | | | | | | | |
| 14:30 ~ 15:30 | Body Balance | Basic | | | Shape up waist | Hip & Leg | Waist | | | | | | | | |
| Erina.K | | Erina.K | | | nana.f | Erina.K | Sana.H | | | | | | | | |
| 16:30 ~ 17:30 | Stretch & Conditioning | | | | 15:00 ~ 16:00 | Basic | Pilates Workout | | | | | | | | |
| nana.f | | | | | yun | yun | yun | | | | | | | | |
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| pilatesK MEGAドン・ホ-UNY 浜松泉町 | | 【 02/17 ~ 02/24 】 スケジュール | | | | | | 2026/01/27 更新 | |
|----------------------------|-----------------|--------------------------|---------------|---------------|-----------------|------------------------|-------|-----------------|---------------|
| 02/17 | 02/18 | 02/19 | 02/20 | 02/21 | 02/22 | 02/23 | 02/24 | 02/25 | 02/26 |
| 火 | 水 | 木 | 金 | 土 | 日 | 月 | 火 | 10:30 ~ 11:30 | Back & Arm |
| 10:30 ~ 11:30 | 10:30 ~ 11:30 | | 10:30 ~ 11:30 | Waist | Pilates Workout | Stretch & Conditioning | | 10:30 ~ 11:30 | Back & Arm |
| Basic | Back & Arm | | Sana.H | yun | nana.f | | | Basic | yun |
| yun | nana.f | | | | | | | 12:00 ~ 13:00 | Basic |
| 12:00 ~ 13:00 | 12:30 ~ 13:30 | | 12:00 ~ 13:00 | Hip & Leg | Body Balance | Basic | | 12:00 ~ 13:00 | Basic |
| Hip & Leg | Basic | | Erina.K | Erina.K | Erina.K | | | 13:30 ~ 14:30 | Erina.K |
| nana.f | Sana.H | | | | | | | 13:30 ~ 14:30 | Hip & Leg |
| 13:30 ~ 14:30 | Pilates Workout | | Basic | Waist | Shape up waist | | | 13:30 ~ 14:30 | |
| yun | | | Sana.H | Erina.K | nana.f | | | 15:00 ~ 16:00 | Body Balance |
| | close | | | close | close | close | close | 16:30 ~ 17:30 | yun |
| 18:00 ~ 19:00 | 18:00 ~ 19:00 | 18:00 ~ 19:00 | 18:00 ~ 19:00 | 18:00 ~ 19:00 | 17:30 ~ 18:30 | close | close | 18:00 ~ 19:00 | Waist |
| Basic | Hip & Leg | Shape up waist | Hip & Leg | Back & Arm | | | | | Sana.H |
| Sana.H | Erina.K | nana.f | nana.f | yun | | | | | 19:30 ~ 20:30 |
| 19:30 ~ 20:30 | 19:30 ~ 20:30 | 19:30 ~ 20:30 | 19:30 ~ 20:30 | 19:30 ~ 20:30 | | | | Pilates Workout | yun |
| Waist | Basic | Hip & Leg | Back & Arm | | | | | 21:00 ~ 22:00 | Basic |
| Sana.H | Sana.H | nana.f | nana.f | | | | | | Sana.H |
| 21:00 ~ 22:00 | 21:00 ~ 22:00 | 21:00 ~ 22:00 | 21:00 ~ 22:00 | 21:00 ~ 22:00 | | | | | |
| Stretch & Conditioning | Waist | Body Balance | Basic | | | | | | |
| nana.f | Erina.K | Erina.K | Erina.K | | | | | | |

| pilatesK MEGAドン・ホ-UNY 浜松泉町 | | 【 02/25 ~ 02/28 】 スケジュール | | | | | |
|----------------------------|------------------------|--------------------------|------------------------|-------|-------|-------|--|
| 02/25 | 02/26 | 02/27 | 02/28 | 02/29 | 03/01 | 03/02 | |
| 水 | 木 | 金 | 土 | | | | |
| 10:30 ~ 11:30 | | 10:30 ~ 11:30 | 10:30 ~ 11:30 | | | | |
| Hip & Leg | | Pilates Workout | Basic | | | | |
| nana.f | | yun | Sana.H | | | | |
| 12:30 ~ 13:30 | | 12:00 ~ 13:00 | 12:00 ~ 13:00 | | | | |
| Body Balance | | Basic | Stretch & Conditioning | | | | |
| Erina.K | | Sana.H | nana.f | | | | |
| | close | | close | close | close | close | |
| 18:00 ~ 19:00 | 18:00 ~ 19:00 | 18:00 ~ 19:00 | 17:30 ~ 18:30 | | | | |
| Basic | Stretch & Conditioning | Basic | Shape up waist | | | | |
| yun | nana.f | Erina.K | nana.f | | | | |
| 19:30 ~ 20:30 | 19:30 ~ 20:30 | 19:30 ~ 20:30 | | | | | |
| Waist | Shape up waist | Waist | | | | | |
| Sana.H | nana.f | Sana.H | | | | | |
| 21:00 ~ 22:00 | 21:00 ~ 22:00 | 21:00 ~ 22:00 | | | | | |
| Back & Arm | Basic | Body Balance | | | | | |
| yun | Sana.H | Erina.K | | | | | |

■ : 体験可レッスン
 - 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。