

【 01/01 ~ 01/08 】 スケジュール										
pilatesK 横浜店		2026/01/27 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	10:00 ~ 11:00	10:00 ~ 11:00	close	10:00 ~ 11:00	10:30 ~ 11:30	10:00 ~ 11:00			
		Basic	Back & Spine		Waist	Release & Strength	Hip & Leg			
		Rika	Reika.A		Sana	Rika	Reika.A			
		11:30 ~ 12:30	11:30 ~ 12:30		Reset Flow	Hip Punch	Leg Lines			
		Leg Lines	Stretch & Conditioning		yuki	yuki	natsuko			
		natsuko	Rika		13:00 ~ 14:00	13:00 ~ 14:00	13:00 ~ 14:00			
		13:00 ~ 14:00	13:00 ~ 14:00		Animal Stretch	Power up Control	Back & Spine			
		Back & Arm	Shape up waist		Sana	Rika	Reika.A			
		Rina.T	yuki		14:30 ~ 15:30	13:30 ~ 14:30	13:00 ~ 14:00			
		14:30 ~ 15:30	14:30 ~ 15:30		Hip & Leg	Pilates Workout	natsuko			
		Hip & Leg	Basic		yuki					
		natsuko	Reika.A		close					
		16:00 ~ 17:00	16:00 ~ 17:00		close					
		Animal Stretch	Advance		close					
		Rika	Rika		close					
		17:30 ~ 18:30	17:30 ~ 18:30		close					
		Waist	Body Balance		close					
		Rina.T	yuki		close					
		19:00 ~ 20:00	Pilates Cardio		close					
		natsuko	close			close				
		close			close					
		close			close					
		close			close					
		close			close					
		close			close					
		close			close					
		close			close					
		close			close					
		close			close					
		close			close					
		close			close					
		close			close					
		close			close					
		close			close					
		close			close					
		close			close					
		close			close					
		close			close					
		close			close					
		close			close					
		close			close					
		close			close					
		close			close					
		close			close					
		close			close					
		close			close					
		close			close					
		close			close					
		close			close					
		close			close					
		close			close					
		close			close					
		close			close					
		close			close					
		close			close					
		close			close					
		close			close					
		close			close					
		close			close					
		close			close					
		close			close					
		close			close					
		close			close					
		close			close					
		close			close					
		close			close					
		close			close					
		close			close					
		close			close					
		close			close					
		close			close					
		close			close					
		close			close					
		close			close					
		close			close					
		close			close					
		close			close					
		close			close					
		close			close					
		close			close					
		close			close					
		close			close					
		close			close					
		close			close					
		close			close					
		close			close					
		close			close					
		close			close					
		close			close					
		close			close					
		close			close					
		close			close					
		close			close					
		close			close					
		close			close					
		close			close					
		close			close					
		close			close					
		close			close					
		close			close					
		close			close					
		close			close					
		close			close					
		close			close					
		close			close					
		close			close					
		close			close					
		close			close					
		close			close					
		close			close					
		close			close					
		close			close					
		close			close					
		close			close					
		close			close					
		close			close					
		close			close					
		close			close					
		close			close					
		close			close					
		close			close					
		close			close					
		close			close					
		close			close					
		close			close					

pilatesK 横浜店		【 01/17 ~ 01/24 】 スケジュール						2026/01/27 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			
10:00 ~ 11:00	10:00 ~ 11:00		10:00 ~ 11:00	10:30 ~ 11:30	10:00 ~ 11:00	10:30 ~ 11:30	10:00 ~ 11:00	10:00 ~ 11:00		
Release&Strength	Hip & Leg		Waist	Leg Lines	Pilates Workout	Waist	Back & Arm			
Minami	yuriko.K		Rina.T	natsuko	Rika	Rina.T	Rina.T			
11:30 ~ 12:30	11:30 ~ 12:30		11:30 ~ 12:30	12:00 ~ 13:00	11:30 ~ 12:30	12:00 ~ 13:00	11:30 ~ 12:30	11:30 ~ 12:30		
Basic	Power up Control		Hip & Leg	Shape up waist	Basic	Reset Flow	Hip Punch			
Reika.A	yuriko.K		Reika.A	yuki	Reika.A	Reika.A	yuki			
13:00 ~ 14:00	13:00 ~ 14:00		13:00 ~ 14:00	13:30 ~ 14:30	13:00 ~ 14:00	13:30 ~ 14:30	13:00 ~ 14:00	13:00 ~ 14:00		
Shape up waist	Basic		Animal Stretch	Back & Arm	Stretch & Conditioning	Back & Arm	Waist			
Minami	yuriko.K		Rika	Rina.T	Rika	Rina.T	Rina.T			
14:30 ~ 15:30	14:30 ~ 15:30		14:30 ~ 15:30	15:00 ~ 16:00	14:30 ~ 15:30	14:30 ~ 15:30	14:30 ~ 15:30	14:30 ~ 15:30		
Body Balance	Pilates Cardio		Leg Lines	Basic	Hip & Leg	Pilates Cardio			Reika.A	
Rika	Reika.A		natsuko	natsuko	Reika.A	Reika.A			16:00 ~ 17:00	
16:00 ~ 17:00	16:00 ~ 17:00		16:00 ~ 17:00	16:30 ~ 17:30	16:00 ~ 17:00	Body Balance			yuki	
Reset Flow	Hip Punch		Back & Spine	Waist	yuki			17:30 ~ 18:30		
Reika.A	yuki		Rika	Rina.T	Back & Arm			Rina.T		
17:30 ~ 18:30	17:30 ~ 18:30		17:30 ~ 18:30	18:00 ~ 19:00	17:30 ~ 18:30	Basic			19:00 ~ 20:00	
Pilates Workout	Back & Arm		Body Balance	Advance	Power up Control			yuki		
Minami	Reika.A		natsuko	natsuko	Hip Punch			Reika.A		
19:00 ~ 20:00					Basic					
Back & Spine					19:30 ~ 20:30			19:30 ~ 20:30		
Rika					Waist			Basic		
					Rina.T			Reika.A		
					21:00 ~ 22:00			21:00 ~ 22:00		
					Back & Arm			Shape up waist		
					Rina.T			yuki		

pilatesK 横浜店		【 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	土			
日	月	火	水	木	金	土				
10:00 ~ 11:00	10:30 ~ 11:30	10:00 ~ 11:00	10:30 ~ 11:30	10:00 ~ 11:00	10:30 ~ 11:30	10:00 ~ 11:00	10:00 ~ 11:00	Power up Control		
Basic	Leg Lines	Hip & Leg	Reset Flow	Waist	Basic	Power up Control			yuriko.K	
yuriko.K	natsuko	Reika.A	Reika.A	Rina.T	yuki	yuriko.K				
11:30 ~ 12:30	12:00 ~ 13:00	11:30 ~ 12:30	12:00 ~ 13:00	11:30 ~ 12:30	12:00 ~ 13:00	11:30 ~ 12:30	11:30 ~ 12:30	Basic		
Reset Flow	Hip & Leg	Back & Spine	Waist	Hip Punch	Shape up waist	Basic			yuriko.K	
yuriko.K	Reika.A	yuki	Nozomi.K	Rika	Rika	yuriko.K				
13:00 ~ 14:00	13:30 ~ 14:30	13:00 ~ 14:00	13:30 ~ 14:30	13:00 ~ 14:00	13:30 ~ 14:30	13:30 ~ 14:30	13:00 ~ 14:00	Pilates Workout		
Release&Strength	Advance	Basic	Hip & Leg	Back & Arm	Power up Control	Pilates Workout			natsuko	
Rika	natsuko	Reika.A	Nozomi.K	Rina.T	yuki	natsuko			14:30 ~ 15:30	
14:30 ~ 15:30			14:30 ~ 15:30		Release&Strength	Waist			Rina.T	
Advance			Body Balance		Rika	Rina.T			16:00 ~ 17:00	
natsuko			yuki			Stretch & Conditioning			Rika	
16:00 ~ 17:00		close		close		17:30 ~ 18:30			natsuko	
Shape up waist						Hip Punch			19:00 ~ 20:00	
Rika						natsuko			Back & Arm	
17:30 ~ 18:30	Leg Lines	natsuko				Back & Arm			18:00 ~ 19:00	
						Waist			Pilates Cardio	
						Pilates Cardio			18:00 ~ 19:00	
						Body Balance			18:00 ~ 19:00	
						Back & Arm			18:00 ~ 19:00	
						Release&Strength			18:00 ~ 19:00	
						Back & Arm			19:00 ~ 20:00	
						Back & Arm			19:00 ~ 20:00	
						Back & Arm			19:00 ~ 20:00	
						Back & Arm			19:00 ~ 20:00	
						Back & Arm			19:00 ~ 20:00	
						Back & Arm			19:00 ~ 20:00	
						Back & Arm			19:00 ~ 20:00	
						Back & Arm			19:00 ~ 20:00	
						Back & Arm			19:00 ~ 20:00	
						Back & Arm			19:00 ~ 20:00	
						Back & Arm			19:00 ~ 20:00	
						Back & Arm			19:00 ~ 20:00	
						Back & Arm			19:00 ~ 20:00	
						Back & Arm			19:00 ~ 20:00	
						Back & Arm			19:00 ~ 20:00	
						Back & Arm			19:00 ~ 20:00	
						Back & Arm			19:00 ~ 20:00	
						Back & Arm			19:00 ~ 20:00	
						Back & Arm			19:00 ~ 20:00	
						Back & Arm			19:00 ~ 20:00	
						Back & Arm			19:00 ~ 20:00	
						Back & Arm			19:00 ~ 20:00	
						Back & Arm			19:00 ~ 20:00	
						Back & Arm			19:00 ~ 20:00	
						Back & Arm			19:00 ~ 20:00	
						Back & Arm			19:00 ~ 20:00	
						Back & Arm			19:00 ~ 20:00	
						Back & Arm			19:00 ~ 20:00	
						Back & Arm			19:00 ~ 20:00	
						Back & Arm			19:00 ~ 20:00	
						Back & Arm			19:00 ~ 20:00	
						Back & Arm			19:00 ~ 20:00	
						Back & Arm			19:00 ~ 20:00	
						Back & Arm			19:00 ~ 20:00	
						Back & Arm			19:00 ~ 20:00	
						Back & Arm			19:00 ~ 20:00	
						Back & Arm			19:00 ~ 20:00	
						Back & Arm			19:00 ~ 20:00	
						Back & Arm			19:00 ~ 20:00	
						Back & Arm			19:00 ~ 20:00	
						Back & Arm			19:00 ~ 20:00	
						Back & Arm			19:00 ~ 20:00	
						Back & Arm			19:00 ~ 20:00	
						Back & Arm			19:00 ~ 20:00	
						Back & Arm			19:00 ~ 20:00	
						Back & Arm			19:00 ~ 20:00	
					</td					