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pilatesK 津田沼ヒート店		【 02/01 ~ 02/08 】 スケジュール						2026/01/16 更新		
02/01	02/02	02/03	02/04	02/05	02/06	02/07	02/08			
日	月	火	水	木	金	土	日			
10:30 ~ 11:30	close	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	10:30 ~ 11:30	
Pilates Barre		Stretch & Conditioning	Basic	Release&Strength	Hip & Leg	Pilates Workout	Basic			
minorori.T		runa	Satomi.K	Miho.N	runa	minorori.T	Maki.H			
12:30 ~ 13:30		12:00 ~ 13:00	12:00 ~ 13:00	12:00 ~ 13:00	12:00 ~ 13:00	12:00 ~ 13:00	12:00 ~ 13:00	12:30 ~ 13:30	12:30 ~ 13:30	
Basic		Leg Lines	Hip Punch	Basic	Shape up waist	Waist	Advance			
Miho.N		Miho.N	minorori.T	Satomi.K	Miho.N	Maki.H	Miho.N			
14:30 ~ 15:30		13:30 ~ 14:30	13:30 ~ 14:30	13:30 ~ 14:30	13:30 ~ 14:30	13:30 ~ 14:30	13:30 ~ 14:30	14:30 ~ 15:30	14:30 ~ 15:30	
Hip & Leg		Basic	Back & Arm	Advance	Animal Stretch	Basic	Back & Arm			
minorori.T		Satomi.K	Satomi.K	Miho.N	runa	Satomi.K	Maki.H			
16:30 ~ 17:30		close	close	close	close	close	15:00 ~ 16:00	16:30 ~ 17:30	16:30 ~ 17:30	
Shape up waist							Hip Punch	Leg Lines		
Miho.N							minorori.T	Miho.N		
close							16:30 ~ 17:30	close	close	
							Back & Arm			
							Maki.H			
	18:00 ~ 19:00									
	Release&Strength									
	Satomi.K									
	18:00 ~ 19:00						close			close
	Back & Arm									
	Pilates Workout									
	Waist									
	Body Balance									
	minorori.T									
	19:30 ~ 20:30									
19:30 ~ 20:30										
19:30 ~ 20:30	close	close								
20:30 ~ 21:30										
21:30 ~ 22:30										
22:30 ~ 23:30										
23:30 ~ 00:30										
00:30 ~ 01:30										
01:30 ~ 02:30										
02:30 ~ 03:30										

pilatesK 津田沼ヒート店		【 02/17 ~ 02/24 】 スケジュール						2026/01/16 更新			
02/17	02/18	02/19	02/20	02/21	02/22	02/23	02/24				
火	水	木	金	土	日	月	火				
10:30 ~ 11:30	10:30 ~ 11:30	close	10:30 ~ 11:30	10:30 ~ 11:30	10:30 ~ 11:30	10:30 ~ 11:30	10:30 ~ 11:30				
Hip & Leg 🌱	Back & Arm 🌱		Release&Strength	Basic 🌱	Leg Lines	Back & Spine	Pilates Barre				
runa	Maki.H		Miho.N	Satomi.K	Miho.N	minori.T	runa				
12:00 ~ 13:00	12:00 ~ 13:00		12:00 ~ 13:00	12:00 ~ 13:00	12:30 ~ 13:30	12:00 ~ 13:00	12:00 ~ 13:00				
Basic 🌱	Waist 🌱		Back & Arm 🌱	Pilates Barre	Waist 🌱	Basic 🌱	Back & Spine				
Maki.H	Maki.H		Satomi.K	minori.T	Maki.H	Miho.N	minori.T				
13:30 ~ 14:30	13:30 ~ 14:30		13:30 ~ 14:30	13:30 ~ 14:30	14:30 ~ 15:30	13:30 ~ 14:30	13:30 ~ 14:30				
Animal Stretch	Pilates Workout		Leg Lines	Hip & Leg 🌱	Advance	Pilates Barre	Hip & Leg 🌱				
runa	minori.T		Miho.N	runa	Miho.N	minori.T	runa				
close	close		close	close	15:00 ~ 16:00	16:30 ~ 17:30	15:00 ~ 16:00	close			
					Back & Arm 🌱	Basic 🌱	Back & Spine				
					Satomi.K	Maki.H	minori.T				
					16:30 ~ 17:30	close	16:30 ~ 17:30				
		Body Balance			Pilates Barre						
		minori.T			minori.T						
18:00 ~ 19:00	18:00 ~ 19:00										
18:00 ~ 19:00	18:00 ~ 19:00	18:00 ~ 19:00	close	close	close	18:00 ~ 19:00					
						Animal Stretch	Hip & Leg 🌱				
						runa	Kaori				
						19:30 ~ 20:30	close	close	18:00 ~ 19:00		
19:30 ~ 20:30	19:30 ~ 20:30										
Advance	Pilates Workout										
Miho.N	minori.T										
21:00 ~ 22:00	21:00 ~ 22:00										
Back & Arm 🌱	Basic 🌱										
Miho.N	Satomi.K										
21:00 ~ 22:00	21:00 ~ 22:00	21:00 ~ 22:00	close	close	close	21:00 ~ 22:00					
										Back & Arm 🌱	Basic 🌱
										Miho.N	Satomi.K
										21:00 ~ 22:00	21:00 ~ 22:00
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							Back & Arm 🌱	Basic 🌱			
							Miho.N	Satomi.K			
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							Back & Arm 🌱	Basic 🌱			
							Miho.N	Satomi.K			
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							Back & Arm 🌱	Basic 🌱			
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							Back & Arm 🌱	Basic 🌱			
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							Back & Arm 🌱	Basic 🌱			
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							Back & Arm 🌱	Basic 🌱			
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							Back & Arm 🌱	Basic 🌱			
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							Back & Arm 🌱	Basic 🌱			
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							Back & Arm 🌱	Basic 🌱			
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							Back & Arm 🌱	Basic 🌱			
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							Back & Arm 🌱	Basic 🌱			
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							Back & Arm 🌱	Basic 🌱			
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