

【 03/01 ~ 03/08 】 スケジュール								2026/02/14 更新	
03/01	03/02	03/03	03/04	03/05	03/06	03/07	03/08		
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		
Pilates Barre		Pilates Cardio	Back & Arm	Basic	Body Balance	Back & Arm	Basic		
Mahiro.J		Kotone.W	Konoka.k	Mahiro.J	Maho.F	Konoka.k	Maho.F		
12:30 ~ 13:30		12:00 ~ 13:00	12:00 ~ 13:00	12:00 ~ 13:00	12:00 ~ 13:00	12:00 ~ 13:00	12:30 ~ 13:30		
Pilates Workout		Basic	jump to burn	Back & Arm	Hip & Leg	Shape up waist	Waist		
Yuna		Maho.F	Yuna	Konoka.k	Maho.F	Honoka.g	Honoka.g		
14:30 ~ 15:30		13:30 ~ 14:30	13:30 ~ 14:30	13:30 ~ 14:30	13:30 ~ 14:30	13:30 ~ 14:30	14:30 ~ 15:30		
Basic		Hip & Leg	Waist	Pilates Barre	Shape up waist	Stretch & Conditioning	Body Balance		
Mahiro.J		Kotone.W	Konoka.k	Mahiro.J	Honoka.g	Yuna	Maho.F		
16:30 ~ 17:30						15:00 ~ 16:00	16:30 ~ 17:30		
Back & Spine						Basic	Hip & Leg		
Yuna						Maho.F	Honoka.g		
close		close		close		close		close	
close		close		close		close		close	
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close		close		close		close		close	
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close		close		close		close		close	
close		close		close		close		close	

【 03/17 ~ 03/24 】 スケジュール								2026/02/14	更新
03/17	03/18	03/19	03/20	03/21	03/22	03/23	03/24		
火	水	木	金	土	日	月	火		
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	10:30 ~ 11:30	10:30 ~ 11:30
Pilates Cardio	Basic	Hip & Leg	Stretch & Conditioning	Waist	Pilates Cardio				
Kotone.W	Konoka.k	Honoka.g	Yuna	未定	Yuna				
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			
Waist	Back & Arm	Basic	Waist	Basic	Waist				
未定	Konoka.k	Honoka.g	Konoka.k	Maho.F	未定				
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			
Back & Arm	Hip & Leg	Body Balance	Pilates Workout	Pilates Barre	Body Balance				
Konoka.k	Honoka.g	Maho.F	Yuna	Mahiro.J	Maho.F				
				15:00 ~ 16:00	16:30 ~ 17:30				
close	close	close	close	Body Balance	Back & Spine			close	close
				Maho.F	Yuna				
				16:30 ~ 17:30	Waist				
					未定				
				18:00 ~ 19:00	jump to burn				
					Mahiro.J				
18:00 ~ 19:00	18:00 ~ 19:00	18:00 ~ 19:00	18:00 ~ 19:00	18:00 ~ 19:00					
Hip & Leg	Basic	Waist	jump to burn						
Konoka.k	Honoka.g	未定	Mahiro.J						
19:30 ~ 20:30	19:30 ~ 20:30	19:30 ~ 20:30	19:30 ~ 20:30	19:30 ~ 20:30					
Shape up waist	Waist	Back & Arm	Basic						
Honoka.g	未定	Konoka.k	Honoka.g						
21:00 ~ 22:00	21:00 ~ 22:00	21:00 ~ 22:00	21:00 ~ 22:00	21:00 ~ 22:00					
Stretch & Conditioning	Shape up waist	Hip & Leg	Pilates Barre						
Yuna	Honoka.g	Maho.F	Mahiro.J						
				18:00 ~ 19:00	Shape up waist				
					Honoka.g				
				19:30 ~ 20:30	Waist				
					未定				
				21:00 ~ 22:00	Hip & Leg				
					Honoka.g				

【 03/25 ~ 03/31 】 スケジュール								03/31
03/25	03/26	03/27	03/28	03/29	03/30	03/31		
水	木	金	土	日	月	火		
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	
jump to burn	Basic	Waist	Pilates Barre	Back & Arm				
Yuna	Maho.F	未定	Mahiro.J	Maho.J				
12:00 ~ 13:00	12:00 ~ 13:00	12:00 ~ 13:00	12:00 ~ 13:00	12:00 ~ 13:00	12:30 ~ 13:30			
Shape up waist	Body Balance	Pilates Cardio	Waist	jump to burn				
Honoka.g	Maho.F	Kotone.W	未定	Mahiro.J				
13:30 ~ 14:30	13:30 ~ 14:30	13:30 ~ 14:30	13:30 ~ 14:30	13:30 ~ 14:30	14:30 ~ 15:30			
Pre Basic	Waist	Back & Arm	Body Balance	Waist				
Yuna	Konoka.k	Konoka.k	Maho.F	Konoka.k				
			15:00 ~ 16:00	Pre Basic				
close	close	close		Honoka.g	Yuna			
			16:30 ~ 17:30	Back & Spine			close	close
				Yuna				
			18:00 ~ 19:00	Hip & Leg				
				Maho.F				
18:00 ~ 19:00	18:00 ~ 19:00	18:00 ~ 19:00						
Back & Arm	Stretch & Conditioning	Pre Basic						
Konoka.k	Mahiro.J	Yuna						
19:30 ~ 20:30	19:30 ~ 20:30	19:30 ~ 20:30						
Body Balance	Shape up waist	Hip & Leg						
Maho.F	Honoka.g	Maho.F						
21:00 ~ 22:00	21:00 ~ 22:00	21:00 ~ 22:00						
Waist	Pilates Barre	Pilates Workout						
未定	Mahiro.J	Yuna						
			18:00 ~ 19:00	Body Balance				
				Maho.F				
			19:30 ~ 20:30	Pilates Cardio				
				Yuna				
			21:00 ~ 22:00	Back & Arm				
				Konoka.k				

■ : 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。