

03/01 日	03/02 月	03/03 火	03/04 水	03/05 木	03/06 金	03/07 土	03/08 日
close	close	10:30 ~ 11:00 Basic B MAYUKI.H	10:30 ~ 11:00 Leg A MAYUKI.H	close	10:30 ~ 11:00 Jump A MEGUMI.M	10:30 ~ 11:00 Basic B Saki.i	close
		11:30 ~ 12:00 Hip B MEGUMI.M	11:30 ~ 12:00 Basic A Saki.i		11:30 ~ 12:00 Basic B MAYUKI.H	11:30 ~ 12:00 Hip B MEGUMI.M	
		12:30 ~ 13:00 Waist A MAYUKI.H	12:30 ~ 13:00 Jump A MAYUKI.H		12:30 ~ 13:00 Leg A MEGUMI.M	12:30 ~ 13:00 Basic A Saki.i	
		13:30 ~ 14:00 Stretch A MEGUMI.M	13:30 ~ 14:00 Basic B Saki.i		13:30 ~ 14:00 Hip B MAYUKI.H	13:30 ~ 14:00 Jump A MEGUMI.M	
		17:30 ~ 18:00 Waist A MAYUKI.H	17:30 ~ 18:00 Stretch A MEGUMI.M		17:30 ~ 18:00 Basic B Saki.i	17:30 ~ 18:00 Basic A Saki.i	
		18:30 ~ 19:00 Leg A MEGUMI.M	18:30 ~ 19:00 Basic A Saki.i		18:30 ~ 19:00 Hip B MEGUMI.M	18:30 ~ 19:00 Leg A MAYUKI.H	
		19:30 ~ 20:00 Jump A MAYUKI.H	19:30 ~ 20:00 Waist A MEGUMI.M		19:30 ~ 20:00 Basic A Saki.i	19:30 ~ 20:00 Hip A Saki.i	
		20:30 ~ 21:00 Basic B MEGUMI.M	20:30 ~ 21:00 Hip A Saki.i		20:30 ~ 21:00 Stretch A MEGUMI.M	20:30 ~ 21:00 Waist A MAYUKI.H	

03/09 月	03/10 火	03/11 水	03/12 木	03/13 金	03/14 土	03/15 日	03/16 月
close	10:30 ~ 11:00 Leg A MEGUMI.M	10:30 ~ 11:00 Stretch A MEGUMI.M	close	10:30 ~ 11:00 Basic A MAYUKI.H	10:30 ~ 11:00 Jump A MAYUKI.H	close	close
	11:30 ~ 12:00 Hip A Saki.i	11:30 ~ 12:00 Basic B Saki.i		11:30 ~ 12:00 Waist A MEGUMI.M	11:30 ~ 12:00 Basic A Saki.i		
	12:30 ~ 13:00 Jump A MEGUMI.M	12:30 ~ 13:00 Waist A MEGUMI.M		12:30 ~ 13:00 Hip B MAYUKI.H	12:30 ~ 13:00 Leg A MEGUMI.M		
	13:30 ~ 14:00 Basic A Saki.i	13:30 ~ 14:00 Hip A Saki.i		13:30 ~ 14:00 Basic B MEGUMI.M	13:30 ~ 14:00 Stretch A MAYUKI.H		
	17:30 ~ 18:00 Basic B Saki.i	17:30 ~ 18:00 Hip B MAYUKI.H		17:30 ~ 18:00 Waist A MEGUMI.M	17:30 ~ 18:00 Leg A MAYUKI.H		
	18:30 ~ 19:00 Waist A MAYUKI.H	18:30 ~ 19:00 Jump A MEGUMI.M		18:30 ~ 19:00 Basic A MAYUKI.H	18:30 ~ 19:00 Stretch A MEGUMI.M		
	19:30 ~ 20:00 Basic A Saki.i	19:30 ~ 20:00 Leg A MAYUKI.H		19:30 ~ 20:00 Hip B MEGUMI.M	19:30 ~ 20:00 Basic B MAYUKI.H		
	20:30 ~ 21:00 Hip B MAYUKI.H	20:30 ~ 21:00 Basic A MEGUMI.M		20:30 ~ 21:00 Jump A MAYUKI.H	20:30 ~ 21:00 Hip A MEGUMI.M		

pilatesK_smart 江古田店

【 03/17 ~ 03/24 】 スケジュール

2026/02/13 更新

03/17 火	03/18 水	03/19 木	03/20 金	03/21 土	03/22 日	03/23 月	03/24 火	
10:30 ~ 11:00 Basic A Saki.i	10:30 ~ 11:00 Jump A MAYUKI.H	close	10:30 ~ 11:00 Stretch A MAYUKI.H	10:30 ~ 11:00 Basic A Saki.i	close	close	10:30 ~ 11:00 Hip B MEGUMI.M	
11:30 ~ 12:00 Waist A MEGUMI.M	11:30 ~ 12:00 Hip A Saki.i		11:30 ~ 12:00 Leg A MEGUMI.M	11:30 ~ 12:00 Jump A MAYUKI.H			11:30 ~ 12:00 Basic A MAYUKI.H	
12:30 ~ 13:00 Basic B Saki.i	12:30 ~ 13:00 Leg A MAYUKI.H		12:30 ~ 13:00 Basic B Saki.i	12:30 ~ 13:00 Waist A MEGUMI.M			12:30 ~ 13:00 Waist A MEGUMI.M	
13:30 ~ 14:00 Hip B MEGUMI.M	13:30 ~ 14:00 Basic A Saki.i		13:30 ~ 14:00 Waist A MAYUKI.H	13:30 ~ 14:00 Hip A Saki.i			13:30 ~ 14:00 Hip A MAYUKI.H	
close	close		14:30 ~ 15:00 Hip B MEGUMI.M	14:30 ~ 15:00 Leg A MAYUKI.H			close	
			15:30 ~ 16:00 Basic A Saki.i	15:30 ~ 16:00 Stretch A MEGUMI.M				
			16:30 ~ 17:00 Jump A MAYUKI.H	16:30 ~ 17:00 Basic B Saki.i				
			17:30 ~ 18:00 Stretch A MAYUKI.H	17:30 ~ 18:00 Waist A MEGUMI.M				17:30 ~ 18:00 Hip B Saki.i
			18:30 ~ 19:00 Hip A Saki.i	18:30 ~ 19:00 Basic B MAYUKI.H				18:30 ~ 19:00 Hip B MAYUKI.H
			19:30 ~ 20:00 Leg A MAYUKI.H	19:30 ~ 20:00 Stretch A MEGUMI.M				19:30 ~ 20:00 Basic B Saki.i
20:30 ~ 21:00 Basic A Saki.i	20:30 ~ 21:00 Leg A MAYUKI.H	20:30 ~ 21:00 Hip A MAYUKI.H	20:30 ~ 21:00 Hip A Saki.i	20:30 ~ 21:00 Leg A MAYUKI.H				

pilatesK_smart 江古田店

【 03/25 ~ 03/31 】 スケジュール

2026/02/13 更新

03/25 水	03/26 木	03/27 金	03/28 土	03/29 日	03/30 月	03/31 火			
10:30 ~ 11:00 Basic A MEGUMI.M	close	10:30 ~ 11:00 Hip A Saki.i	10:30 ~ 11:00 Leg A MAYUKI.H	close	close	10:30 ~ 11:00 Hip A Saki.i			
11:30 ~ 12:00 Leg A MAYUKI.H		11:30 ~ 12:00 Jump A MEGUMI.M	11:30 ~ 12:00 Hip A Saki.i			11:30 ~ 12:00 Stretch A MAYUKI.H			
12:30 ~ 13:00 Basic B MEGUMI.M		12:30 ~ 13:00 Basic A Saki.i	12:30 ~ 13:00 Stretch A MAYUKI.H			12:30 ~ 13:00 Basic B Saki.i			
13:30 ~ 14:00 Waist A MAYUKI.H		13:30 ~ 14:00 Stretch A MEGUMI.M	13:30 ~ 14:00 Basic A Saki.i			13:30 ~ 14:00 Leg A MAYUKI.H			
close		close	14:30 ~ 15:00 Jump A MAYUKI.H			15:30 ~ 16:00 Basic B Saki.i	close		
			16:30 ~ 17:00 Waist A MAYUKI.H			close			
			17:30 ~ 18:00 Hip B MEGUMI.M					17:30 ~ 18:00 Stretch A MAYUKI.H	17:30 ~ 18:00 Jump A MEGUMI.M
			18:30 ~ 19:00 Basic A Saki.i					18:30 ~ 19:00 Jump A MEGUMI.M	18:30 ~ 19:00 Basic A MAYUKI.H
			19:30 ~ 20:00 Waist A MEGUMI.M					19:30 ~ 20:00 Leg A MAYUKI.H	19:30 ~ 20:00 Hip B MEGUMI.M
			20:30 ~ 21:00 Hip A Saki.i					20:30 ~ 21:00 Basic B MEGUMI.M	20:30 ~ 21:00 Hip B MEGUMI.M
20:30 ~ 21:00 Hip A Saki.i	20:30 ~ 21:00 Basic B MEGUMI.M	20:30 ~ 21:00 Hip B MEGUMI.M	20:30 ~ 21:00 Waist A MAYUKI.H						