

## スケジュール

2026/02/13

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          |  | close         |  | 10:30 ~ 11:30          |  | 10:30 ~ 11:30  |  | 10:30 ~ 11:30  |  |               |  |       |  |
| Pilates Cardio         |  | Basic                  |  | Back & Arm    |  | Waist                  |  |               |  | Basic                  |  | Back & Arm     |  | Shape up waist |  |               |  |       |  |
| Rise.H                 |  | Madoka.T               |  | Madoka.T      |  | Nanako.K               |  |               |  | Madoka.T               |  | Madoka.T       |  | Natsume        |  |               |  |       |  |
| 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  |  |               |  |       |  |
| Waist                  |  | Stretch & Conditioning |  | Waist         |  | Pilates Barre          |  |               |  | Back & Arm             |  | Basic          |  | Back & Arm     |  |               |  |       |  |
| Nanako.K               |  | megumi.Y               |  | megumi.Y      |  | Natsume                |  |               |  | Madoka.T               |  | Madoka.T       |  | megumi.Y       |  |               |  |       |  |
| 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  |  |               |  |       |  |
| Pre Basic              |  | Waist                  |  | Basic         |  | jump to burn           |  |               |  | Stretch & Conditioning |  | Pilates Cardio |  | Hip & Leg      |  |               |  |       |  |
| Rise.H                 |  | megumi.Y               |  | Madoka.T      |  | Nanako.K               |  |               |  | Nanako.K               |  | Rise.H         |  | Natsume        |  |               |  |       |  |
| 16:30 ~ 17:30          |  | close                  |  | close         |  | close                  |  |               |  | close                  |  | 15:00 ~ 16:00  |  | 16:30 ~ 17:30  |  |               |  |       |  |
| Stretch & Conditioning |  |                        |  |               |  |                        |  | Pre Basic     |  |                        |  | Basic          |  |                |  |               |  |       |  |
| Nanako.K               |  |                        |  |               |  |                        |  | Rise.H        |  |                        |  | Madoka.T       |  |                |  |               |  |       |  |
| close                  |  |                        |  |               |  |                        |  | 16:30 ~ 17:30 |  |                        |  | close          |  |                |  |               |  |       |  |
|                        |  |                        |  |               |  |                        |  | Body Balance  |  |                        |  |                |  |                |  |               |  |       |  |
|                        |  |                        |  |               |  |                        |  | Natsume       |  |                        |  |                |  |                |  |               |  |       |  |
|                        |  |                        |  |               |  |                        |  | 18:00 ~ 19:00 |  |                        |  |                |  |                |  |               |  |       |  |
|                        |  |                        |  |               |  |                        |  | Waist         |  |                        |  |                |  |                |  |               |  |       |  |
| Nanako.K               |  |                        |  |               |  |                        |  | 18:00 ~ 19:00 |  |                        |  | 18:00 ~ 19:00  |  | 18:00 ~ 19:00  |  | 18:00 ~ 19:00 |  | close |  |
| Hip & Leg              |  |                        |  |               |  |                        |  | Pilates Barre |  |                        |  | Pilates Cardio |  | Back & Arm     |  | Hip & Leg     |  |       |  |
| Rise.H                 |  | Natsume                |  | Rise.H        |  | megumi.Y               |  | Natsume       |  |                        |  |                |  |                |  |               |  |       |  |
| 19:30 ~ 20:30          |  | 19:30 ~ 20:30          |  | 19:30 ~ 20:30 |  | 19:30 ~ 20:30          |  | 19:30 ~ 20:30 |  |                        |  |                |  |                |  |               |  |       |  |
| Basic                  |  | Body Balance           |  | Back & Arm    |  | jump to burn           |  | Body Balance  |  |                        |  |                |  |                |  |               |  |       |  |
| Madoka.T               |  | Natsume                |  | Madoka.T      |  | Nanako.K               |  | Natsume       |  |                        |  |                |  |                |  |               |  |       |  |
| 21:00 ~ 22:00          |  | 21:00 ~ 22:00          |  | 21:00 ~ 22:00 |  | 21:00 ~ 22:00          |  | 21:00 ~ 22:00 |  | 21:00 ~ 22:00          |  |                |  |                |  |               |  |       |  |
| Shape up waist         |  | Basic                  |  | Hip & Leg     |  | Stretch & Conditioning |  | Waist         |  |                        |  |                |  |                |  |               |  |       |  |
| Rise.H                 |  | Nanako.K               |  | Rise.H        |  | megumi.Y               |  | megumi.Y      |  |                        |  |                |  |                |  |               |  |       |  |

## スケジュール

03/

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| 03/09<br>月               | 03/10<br>火    | 03/11<br>水     | 03/12<br>木               | 03/13<br>金    | 03/14<br>土     | 03/15<br>日     | 03/16<br>月    |
|--------------------------|---------------|----------------|--------------------------|---------------|----------------|----------------|---------------|
| 10:30 ~ 11:30            | close         | 10:30 ~ 11:30  | close                    | 10:30 ~ 11:30 | 10:30 ~ 11:30  | 10:30 ~ 11:30  | 10:30 ~ 11:30 |
| Hip & Leg 🌟              |               | Body Balance   |                          | jump to burn  | Basic 🌟        | Back & Arm 🌟   | Pre Basic 🌟   |
| Natsume                  |               | Natsume        |                          | Nanako.K      | Madoka.T       | megumi.Y       | Rise.H        |
| 12:00 ~ 13:00            |               | 12:00 ~ 13:00  |                          | 12:00 ~ 13:00 | 12:00 ~ 13:00  | 12:30 ~ 13:30  | 12:00 ~ 13:00 |
| Pilates Barre            |               | Basic 🌟        |                          | Waist 🌟       | Pilates Barre  | Waist 🌟        | Back & Arm 🌟  |
| Natsume                  |               | Madoka.T       |                          | megumi.Y      | Natsume        | Nanako.K       | megumi.Y      |
| 13:30 ~ 14:30            |               | 13:30 ~ 14:30  |                          | 13:30 ~ 14:30 | 13:30 ~ 14:30  | 14:30 ~ 15:30  | 13:30 ~ 14:30 |
| Stretch & Conditioning 🌟 |               | Back & Arm 🌟   |                          | Back & Arm 🌟  | Back & Arm 🌟   | Pilates Cardio | Waist 🌟       |
| megumi.Y                 |               | Madoka.T       |                          | megumi.Y      | Madoka.T       | Rise.H         | megumi.Y      |
| close                    |               | close          |                          | close         | close          | close          | 15:00 ~ 16:00 |
|                          | jump to burn  |                | Stretch & Conditioning 🌟 |               |                |                |               |
|                          | Nanako.K      |                | Nanako.K                 |               |                |                |               |
|                          | 16:30 ~ 17:30 |                | close                    |               |                |                |               |
|                          | Waist 🌟       |                |                          |               |                |                |               |
|                          | megumi.Y      |                |                          |               |                |                |               |
| 18:00 ~ 19:00            | 18:00 ~ 19:00 | 18:00 ~ 19:00  | 18:00 ~ 19:00            | close         | 18:00 ~ 19:00  |                |               |
| Waist 🌟                  | jump to burn  | Pre Basic 🌟    | Back & Arm 🌟             |               | Shape up waist |                |               |
| megumi.Y                 | Nanako.K      | Rise.H         | Natsume                  |               | Rise.H         |                |               |
| 19:30 ~ 20:30            | 19:30 ~ 20:30 | 19:30 ~ 20:30  | 19:30 ~ 20:30            |               | 19:30 ~ 20:30  |                |               |
| Back & Arm 🌟             | Waist 🌟       | Pilates Barre  | Basic 🌟                  |               | Basic 🌟        |                |               |
| Madoka.T                 | megumi.Y      | Natsume        | Madoka.T                 |               | Madoka.T       |                |               |
| 21:00 ~ 22:00            | 21:00 ~ 22:00 | 21:00 ~ 22:00  | 21:00 ~ 22:00            | 21:00 ~ 22:00 | close          | 21:00 ~ 22:00  |               |
| Basic 🌟                  | Pre Basic 🌟   | Shape up waist | Body Balance             | Back & Arm 🌟  |                |                |               |
| Madoka.T                 |               | Rise.H         | Rise.H                   | Natsume       |                | Madoka.T       |               |

：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1時間前を切った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。

| pilatesK 久屋大通パーク店        |                 | 【 03/17 ~ 03/24 】 |               | スケジュール                   |               | 2026/02/13 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   | close             | 10:30 ~ 11:30 | 10:30 ~ 11:30            | 10:30 ~ 11:30 | 10:30 ~ 11:30            | 10:30 ~ 11:30 |
| Stretch & Conditioning 🌱 | Pilates Workout |                   | Back & Arm 🌱  | jump to burn             | Body Balance  | Waist 🌱                  | Body Balance  |
| Nanako.K                 | Rise.H          |                   | megumi.Y      | Nanako.K                 | Natsume       | megumi.Y                 | Natsume       |
| 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 |
| Pilates Cardio           | Pre Basic 🌱     |                   | Body Balance  | Waist 🌱                  | Basic 🌱       | jump to burn             | Pre Basic 🌱   |
| Rise.H                   | Rise.H          |                   | Natsume       | megumi.Y                 | Nanako.K      | Nanako.K                 | Rise.H        |
| 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 |
| Basic 🌱                  | Shape up waist  |                   | Basic 🌱       | Hip & Leg 🌱              | Waist 🌱       | Stretch & Conditioning 🌱 | Hip & Leg 🌱   |
| Rise.H                   | Natsume         |                   | Nanako.K      | Natsume                  | Nanako.K      | megumi.Y                 | Natsume       |
| close                    | close           |                   | 15:00 ~ 16:00 | 15:00 ~ 16:00            | 16:30 ~ 17:30 | close                    | close         |
|                          |                 |                   | Hip & Leg 🌱   | Back & Arm 🌱             | Hip & Leg 🌱   |                          |               |
|                          |                 |                   | Natsume       | megumi.Y                 | Natsume       |                          |               |
|                          |                 |                   | 16:30 ~ 17:30 | 16:30 ~ 17:30            |               |                          |               |
|                          |                 |                   | jump to burn  | Stretch & Conditioning 🌱 |               |                          |               |
|                          |                 |                   | Nanako.K      | Nanako.K                 |               |                          |               |
| 18:00 ~ 19:00            | 18:00 ~ 19:00   | 18:00 ~ 19:00     | 18:00 ~ 19:00 | 18:00 ~ 19:00            | 18:00 ~ 19:00 | 18:00 ~ 19:00            |               |
| Back & Arm 🌱             | Waist 🌱         | Shape up waist    | close         | close                    | Basic 🌱       | Waist 🌱                  |               |
| megumi.Y                 | Nanako.K        | Natsume           |               |                          | Nanako.K      | megumi.Y                 |               |
| 19:30 ~ 20:30            | 19:30 ~ 20:30   | 19:30 ~ 20:30     |               |                          | 19:30 ~ 20:30 | 19:30 ~ 20:30            |               |
| jump to burn             | Body Balance    | Back & Arm 🌱      |               |                          | Hip & Leg 🌱   | Pilates Cardio           |               |
| Nanako.K                 | Natsume         | megumi.Y          |               |                          | Rise.H        | Rise.H                   |               |
| 21:00 ~ 22:00            | 21:00 ~ 22:00   | 21:00 ~ 22:00     |               |                          | 21:00 ~ 22:00 | 21:00 ~ 22:00            |               |
| Waist 🌱                  | Basic 🌱         | Pilates Barre     |               | Pilates Workout          | Basic 🌱       |                          |               |
| megumi.Y                 | Nanako.K        | Natsume           |               |                          | Rise.H        | 未定                       |               |

| pilatesK 久屋大通パーク店        |               | 【 03/25 ~ 03/31 】 |                          | スケジュール        |                |                          |       |
|--------------------------|---------------|-------------------|--------------------------|---------------|----------------|--------------------------|-------|
| 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            | close         | 10:30 ~ 11:30     | 10:30 ~ 11:30            | 10:30 ~ 11:30 | 10:30 ~ 11:30  | 10:30 ~ 11:30            |       |
| Hip & Leg 🌱              |               | Waist 🌱           | Pilates Workout          | Hip & Leg 🌱   | Shape up waist | Stretch & Conditioning 🌱 |       |
| Rise.H                   |               | megumi.Y          | Rise.H                   | Rise.H        | Rise.H         | megumi.Y                 |       |
| 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 🌱                  |               | Basic 🌱           | Body Balance             | Basic 🌱       | Back & Arm 🌱   | Pilates Workout          |       |
| Nanako.K                 |               | 未定                | Natsume                  | 未定            | megumi.Y       | Rise.H                   |       |
| 13:30 ~ 14:30            |               | 13:30 ~ 14:30     | 13:30 ~ 14:30            | 14:30 ~ 15:30 | 13:30 ~ 14:30  | 13:30 ~ 14:30            |       |
| Pilates Cardio           |               | Back & Arm 🌱      | Pilates Barre            | Body Balance  | Pilates Cardio | Waist 🌱                  |       |
| Rise.H                   |               | megumi.Y          | Natsume                  | Natsume       | Rise.H         | Rise.H                   |       |
| close                    |               | close             | close                    | 15:00 ~ 16:00 | 16:30 ~ 17:30  | close                    | close |
|                          |               |                   |                          | Basic 🌱       | Shape up waist |                          |       |
|                          |               |                   |                          | 未定            | Rise.H         |                          |       |
|                          |               |                   |                          | 16:30 ~ 17:30 | close          |                          |       |
|                          |               |                   |                          | Hip & Leg 🌱   |                |                          |       |
|                          |               |                   |                          | Rise.H        |                |                          |       |
|                          | 18:00 ~ 19:00 |                   |                          |               |                |                          |       |
| 18:00 ~ 19:00            | 18:00 ~ 19:00 | 18:00 ~ 19:00     | 18:00 ~ 19:00            | 18:00 ~ 19:00 |                |                          |       |
| Basic 🌱                  | jump to burn  | Basic 🌱           | Stretch & Conditioning 🌱 | Basic 🌱       |                |                          |       |
| 未定                       | Nanako.K      | Nanako.K          | megumi.Y                 | 未定            |                |                          |       |
| 19:30 ~ 20:30            | 19:30 ~ 20:30 | 19:30 ~ 20:30     | close                    | 19:30 ~ 20:30 | 19:30 ~ 20:30  |                          |       |
| Stretch & Conditioning 🌱 | Pilates Barre | Hip & Leg 🌱       |                          | Waist 🌱       | Hip & Leg 🌱    |                          |       |
| megumi.Y                 | Natsume       | Natsume           |                          | megumi.Y      | Rise.H         |                          |       |
| 21:00 ~ 22:00            | 21:00 ~ 22:00 | 21:00 ~ 22:00     |                          | 21:00 ~ 22:00 | 21:00 ~ 22:00  |                          |       |
| Pilates Barre            | Waist 🌱       | jump to burn      |                          | Basic 🌱       | jump to burn   |                          |       |
| Natsume                  | Nanako.K      | Nanako.K          | Nanako.K                 | Nanako.K      |                |                          |       |

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※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。