

| pilatesK MEGAドン・ホーテUNY 浜松泉町 |                          | 【 04/01 ~ 04/08 】 |               |               | スケジュール          |                 |               | 2026/04/01 更新 |       |       |  |               |
|-----------------------------|--------------------------|-------------------|---------------|---------------|-----------------|-----------------|---------------|---------------|-------|-------|--|---------------|
| 04/01                       | 04/02                    | 04/03             | 04/04         | 04/05         | 04/06           | 04/07           | 04/08         |               |       |       |  |               |
| 水                           | 木                        | 金                 | 土             | 日             | 月               | 火               | 水             |               |       |       |  |               |
| 10:30 ~ 11:30               |                          | 10:30 ~ 11:30     | 10:30 ~ 11:30 | 10:30 ~ 11:30 |                 | 10:30 ~ 11:30   | 10:30 ~ 11:30 |               |       |       |  |               |
| Body Balance                |                          | Back & Arm 🌿      | Waist 🌿       | Pre Basic 🌿   |                 | Hip & Leg 🌿     | Waist 🌿       |               |       |       |  |               |
| Sana.H                      |                          | TOKO.J            | Erina.K       | Hiroyo.M      |                 | Hiroyo.M        | Sana.H        |               |       |       |  |               |
| 12:30 ~ 13:30               |                          | 12:00 ~ 13:00     | 12:00 ~ 13:00 | 12:30 ~ 13:30 |                 | 12:00 ~ 13:00   | 12:30 ~ 13:30 |               |       |       |  |               |
| Pre Basic 🌿                 |                          | Waist 🌿           | Basic 🌿       | Waist 🌿       |                 | Basic 🌿         | Body Balance  |               |       |       |  |               |
| Hiroyo.M                    |                          | Sana.H            | Sana.H        | Erina.K       |                 | Erina.K         | Erina.K       |               |       |       |  |               |
| close                       |                          | close             | 13:30 ~ 14:30 | 13:30 ~ 14:30 |                 | 14:30 ~ 15:30   | 13:30 ~ 14:30 | close         | close | close |  |               |
|                             |                          |                   | Basic 🌿       | Hip & Leg 🌿   |                 | Pilates Workout | Waist 🌿       |               |       |       |  |               |
|                             |                          |                   | Sana.H        | Erina.K       |                 | Hiroyo.M        | Sana.H        |               |       |       |  |               |
|                             |                          |                   | close         | 15:00 ~ 16:00 |                 | 16:30 ~ 17:30   | close         |               |       |       |  | close         |
|                             | Back & Arm 🌿             |                   |               | Body Balance  |                 |                 |               |               |       |       |  |               |
|                             | Sana.H                   |                   |               | Sana.H        |                 |                 |               |               |       |       |  |               |
|                             | 18:00 ~ 19:00            |                   | 18:00 ~ 19:00 | 18:00 ~ 19:00 | 17:30 ~ 18:30   | close           | 18:00 ~ 19:00 |               |       |       |  | 18:00 ~ 19:00 |
|                             | jump to burn             |                   | Back & Arm 🌿  | jump to burn  | Pilates Workout |                 | Back & Arm 🌿  |               |       |       |  | Pre Basic 🌿   |
|                             | Erina.K                  |                   | TOKO.J        | nana.f        | Hiroyo.M        |                 | TOKO.J        |               |       |       |  | Hiroyo.M      |
|                             | 19:30 ~ 20:30            |                   | 19:30 ~ 20:30 | 19:30 ~ 20:30 | close           |                 | 19:30 ~ 20:30 |               |       |       |  | 19:30 ~ 20:30 |
| Waist 🌿                     | Pre Basic 🌿              | Body Balance      | Pre Basic 🌿   | Back & Arm 🌿  |                 |                 |               |               |       |       |  |               |
| nana.f                      | nana.f                   | Erina.K           | nana.f        | TOKO.J        |                 |                 |               |               |       |       |  |               |
| 21:00 ~ 22:00               | 21:00 ~ 22:00            | 21:00 ~ 22:00     | 21:00 ~ 22:00 | 21:00 ~ 22:00 |                 |                 |               |               |       |       |  |               |
| Back & Arm 🌿                | Stretch & Conditioning 🌿 | Hip & Leg 🌿       | jump to burn  | Hip & Leg 🌿   |                 |                 |               |               |       |       |  |               |
| TOKO.J                      | nana.f                   | nana.f            | nana.f        | nana.f        |                 |                 |               |               |       |       |  |               |

| pilatesK MEGAドン・ホーテUNY 浜松泉町 |                 | 【 04/09 ~ 04/16 】        |               | スケジュール        |               |                          |       |
|-----------------------------|-----------------|--------------------------|---------------|---------------|---------------|--------------------------|-------|
| 04/09                       | 04/10           | 04/11                    | 04/12         | 04/13         | 04/14         | 04/15                    | 04/16 |
| 木                           | 金               | 土                        | 日             | 月             | 火             | 水                        | 木     |
| close                       | 10:30 ~ 11:30   | 10:30 ~ 11:30            | 10:30 ~ 11:30 | close         | 10:30 ~ 11:30 | 10:30 ~ 11:30            | close |
|                             | Basic 🍌         | Back & Arm 🍌             | Hip & Leg 🍌   |               | Waist 🍌       | Stretch & Conditioning 🍌 |       |
|                             | Sana.H          | TOKO.J                   | Hiroyo.M      |               | Sana.H        | Hiroyo.M                 |       |
|                             | 12:00 ~ 13:00   | 12:00 ~ 13:00            | 12:30 ~ 13:30 |               | 12:00 ~ 13:00 | 12:00 ~ 13:00            |       |
|                             | jump to burn    | Stretch & Conditioning 🍌 | Back & Arm 🍌  |               | Back & Arm 🍌  | Basic 🍌                  |       |
|                             | Erina.K         | Hiroyo.M                 | TOKO.J        |               | TOKO.J        | Sana.H                   |       |
|                             | 13:30 ~ 14:30   | 13:30 ~ 14:30            | 14:30 ~ 15:30 |               | 13:30 ~ 14:30 | 13:30 ~ 14:30            |       |
|                             | Hip & Leg 🍌     | Back & Arm 🍌             | Pre Basic 🍌   |               | Pre Basic 🍌   | Waist 🍌                  |       |
|                             | nana.f          | TOKO.J                   | Hiroyo.M      |               | nana.f        | Sana.H                   |       |
|                             | close           | 15:00 ~ 16:00            | 16:30 ~ 17:30 |               | 15:00 ~ 16:00 | 15:00 ~ 16:00            |       |
|                             |                 | Pre Basic 🍌              | Back & Arm 🍌  |               | Hip & Leg 🍌   | jump to burn             |       |
|                             |                 | Hiroyo.M                 | TOKO.J        |               | nana.f        | nana.f                   |       |
| 18:00 ~ 19:00               | 18:00 ~ 19:00   | 17:30 ~ 18:30            | close         | 17:30 ~ 18:30 | 17:30 ~ 18:30 | 18:00 ~ 19:00            |       |
| Basic 🍌                     | Pilates Workout | Hip & Leg 🍌              |               | Body Balance  | Hip & Leg 🍌   | Pre Basic 🍌              |       |
| Sana.H                      | Hiroyo.M        | Hiroyo.M                 |               | Erina.K       | nana.f        | nana.f                   |       |
| 19:30 ~ 20:30               | 19:30 ~ 20:30   | close                    |               | close         | close         | 19:30 ~ 20:30            |       |
| Hip & Leg 🍌                 | Pre Basic 🍌     |                          |               |               |               | Back & Arm 🍌             |       |
| Erina.K                     | Hiroyo.M        |                          |               |               |               | TOKO.J                   |       |
| 21:00 ~ 22:00               | 21:00 ~ 22:00   |                          | 21:00 ~ 22:00 |               |               |                          |       |
| Pre Basic 🍌                 | Back & Arm 🍌    | jump to burn             |               |               |               |                          |       |
| nana.f                      | TOKO.J          | nana.f                   |               |               |               |                          |       |

：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。

| 04/17         | 04/18           | 04/19                    | 04/20 | 04/21                    | 04/22         | 04/23         | 04/24           |  |  |  |  |  |  |  |  |
|---------------|-----------------|--------------------------|-------|--------------------------|---------------|---------------|-----------------|--|--|--|--|--|--|--|--|
| 金             | 土               | 日                        | 月     | 火                        | 水             | 木             | 金               |  |  |  |  |  |  |  |  |
| 10:30 ~ 11:30 | 10:30 ~ 11:30   | 10:30 ~ 11:30            | close | 10:30 ~ 11:30            | 10:30 ~ 11:30 | close         | 10:30 ~ 11:30   |  |  |  |  |  |  |  |  |
| Back & Arm 🌱  | Pilates Workout | Stretch & Conditioning 🌱 |       | Hip & Leg 🌱              | Waist 🌱       |               | Hip & Leg 🌱     |  |  |  |  |  |  |  |  |
| TOKO.J        | Hiroyo.M        | Hiroyo.M                 |       | Hiroyo.M                 | Hiroyo.M      |               | nana.f          |  |  |  |  |  |  |  |  |
| 12:00 ~ 13:00 | 12:00 ~ 13:00   | 12:30 ~ 13:30            |       | 12:00 ~ 13:00            | 12:30 ~ 13:30 |               | 12:00 ~ 13:00   |  |  |  |  |  |  |  |  |
| Hip & Leg 🌱   | Back & Arm 🌱    | Pre Basic 🌱              |       | Waist 🌱                  | jump to burn  |               | Pilates Workout |  |  |  |  |  |  |  |  |
| nana.f        | TOKO.J          | nana.f                   |       | nana.f                   | nana.f        |               | Hiroyo.M        |  |  |  |  |  |  |  |  |
| 13:30 ~ 14:30 | 13:30 ~ 14:30   | 14:30 ~ 15:30            |       | 13:30 ~ 14:30            | close         |               | 13:30 ~ 14:30   |  |  |  |  |  |  |  |  |
| Pre Basic 🌱   | Basic 🌱         | Hip & Leg 🌱              |       | Stretch & Conditioning 🌱 |               |               | Back & Arm 🌱    |  |  |  |  |  |  |  |  |
| nana.f        | Sana.H          | Hiroyo.M                 |       | nana.f                   |               |               | TOKO.J          |  |  |  |  |  |  |  |  |
| close         | 15:00 ~ 16:00   | 16:30 ~ 17:30            |       | close                    |               |               | close           |  |  |  |  |  |  |  |  |
|               | Hip & Leg 🌱     | Waist 🌱                  |       |                          |               |               |                 |  |  |  |  |  |  |  |  |
|               | Hiroyo.M        | nana.f                   |       |                          |               |               |                 |  |  |  |  |  |  |  |  |
|               | close           | close                    |       |                          |               |               |                 |  |  |  |  |  |  |  |  |
|               |                 |                          |       |                          |               |               |                 |  |  |  |  |  |  |  |  |
|               |                 |                          |       |                          |               |               |                 |  |  |  |  |  |  |  |  |
|               |                 |                          |       |                          |               |               |                 |  |  |  |  |  |  |  |  |
|               |                 |                          |       |                          |               |               |                 |  |  |  |  |  |  |  |  |
|               |                 |                          |       |                          |               |               |                 |  |  |  |  |  |  |  |  |
|               |                 |                          |       |                          |               |               |                 |  |  |  |  |  |  |  |  |
|               |                 |                          |       |                          |               |               |                 |  |  |  |  |  |  |  |  |
| 18:00 ~ 19:00 | 17:30 ~ 18:30   | close                    |       | 18:00 ~ 19:00            | 18:00 ~ 19:00 | 18:00 ~ 19:00 | 18:00 ~ 19:00   |  |  |  |  |  |  |  |  |
| Hip & Leg 🌱   | Body Balance    |                          |       | Pre Basic 🌱              | Back & Arm 🌱  | Hip & Leg 🌱   | Back & Arm 🌱    |  |  |  |  |  |  |  |  |
| Hiroyo.M      | Sana.H          |                          |       | nana.f                   | TOKO.J        | Hiroyo.M      | TOKO.J          |  |  |  |  |  |  |  |  |
| 19:30 ~ 20:30 | close           |                          |       | 19:30 ~ 20:30            | 19:30 ~ 20:30 | 19:30 ~ 20:30 | 19:30 ~ 20:30   |  |  |  |  |  |  |  |  |
| Basic 🌱       |                 |                          |       | Back & Arm 🌱             | Basic 🌱       | Waist 🌱       | Body Balance    |  |  |  |  |  |  |  |  |
| Sana.H        |                 |                          |       | TOKO.J                   | Sana.H        | nana.f        | Sana.H          |  |  |  |  |  |  |  |  |
| 21:00 ~ 22:00 |                 |                          |       | 21:00 ~ 22:00            | 21:00 ~ 22:00 | 21:00 ~ 22:00 | 21:00 ~ 22:00   |  |  |  |  |  |  |  |  |
| Body Balance  |                 |                          |       | Pilates Workout          | Body Balance  | Basic 🌱       | Waist 🌱         |  |  |  |  |  |  |  |  |
| Sana.H        |                 |                          |       | Hiroyo.M                 | Sana.H        | Sana.H        | Sana.H          |  |  |  |  |  |  |  |  |
|               |                 |                          |       |                          |               |               |                 |  |  |  |  |  |  |  |  |
|               |                 |                          |       |                          |               |               |                 |  |  |  |  |  |  |  |  |
|               |                 |                          |       |                          |               |               |                 |  |  |  |  |  |  |  |  |
|               |                 |                          |       |                          |               |               |                 |  |  |  |  |  |  |  |  |

| 04/25         | 04/26         | 04/27         | 04/28                    | 04/29         | 04/30 |               |       |               |                 |
|---------------|---------------|---------------|--------------------------|---------------|-------|---------------|-------|---------------|-----------------|
| 土             | 日             | 月             | 火                        | 水             | 木     |               |       |               |                 |
| 10:30 ~ 11:30 | 10:30 ~ 11:30 | close         | 10:30 ~ 11:30            | 10:30 ~ 11:30 | close |               |       |               |                 |
| Body Balance  | Back & Arm 🌱  |               | Waist 🌱                  | Back & Arm 🌱  |       |               |       |               |                 |
| Sana.H        | TOKO.J        |               | Lisa                     | TOKO.J        |       |               |       |               |                 |
| 12:00 ~ 13:00 | 12:30 ~ 13:30 |               | 12:00 ~ 13:00            | 12:00 ~ 13:00 |       |               |       |               |                 |
| Basic 🌱       | Waist 🌱       |               | Stretch & Conditioning 🌱 | Waist 🌱       |       |               |       |               |                 |
| Sana.H        | nana.f        |               | nana.f                   | Sana.H        |       |               |       |               |                 |
| 13:30 ~ 14:30 | 14:30 ~ 15:30 |               | 13:30 ~ 14:30            | 13:30 ~ 14:30 |       |               |       |               |                 |
| Back & Arm 🌱  | Pre Basic 🌱   |               | Hip & Leg 🌱              | Basic 🌱       |       |               |       |               |                 |
| TOKO.J        | nana.f        |               | Lisa                     | Sana.H        |       |               |       |               |                 |
| 15:00 ~ 16:00 | 16:30 ~ 17:30 |               | close                    | close         |       | 15:00 ~ 16:00 | close |               |                 |
| Basic 🌱       | Back & Arm 🌱  | Back & Arm 🌱  |                          |               |       |               |       |               |                 |
| Sana.H        | TOKO.J        | TOKO.J        |                          |               |       |               |       |               |                 |
| close         | close         | close         |                          |               | close |               |       |               |                 |
|               |               |               |                          |               |       |               |       |               |                 |
|               |               |               |                          |               |       |               |       |               |                 |
|               |               |               |                          |               |       |               |       |               |                 |
| 17:30 ~ 18:30 |               |               |                          |               |       | 18:00 ~ 19:00 |       | 17:30 ~ 18:30 | 18:00 ~ 19:00   |
| Back & Arm 🌱  |               |               |                          |               |       | Back & Arm 🌱  |       | Body Balance  | Pilates Workout |
| TOKO.J        |               |               |                          |               |       | TOKO.J        |       | Sana.H        | Hiroyo.M        |
| close         |               |               | 19:30 ~ 20:30            | close         |       | 19:30 ~ 20:30 |       |               |                 |
|               |               |               | jump to burn             |               |       | Back & Arm 🌱  |       |               |                 |
|               |               |               | nana.f                   |               |       | TOKO.J        |       |               |                 |
|               | 21:00 ~ 22:00 | 21:00 ~ 22:00 |                          |               |       |               |       |               |                 |
|               | Pre Basic 🌱   | Body Balance  |                          |               |       |               |       |               |                 |
| nana.f        | Sana.H        |               |                          |               |       |               |       |               |                 |

🌱 : 体験可能レッスン

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・ 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。