

| 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 | close | 10:30 ~ 11:30 | 10:30 ~ 11:30 | 10:30 ~ 11:30 | close | 10:30 ~ 11:30 | 10:30 ~ 11:30 |
| Release&Strength | | Waist | Pre Basic | Back&Spine | | jump to burn | Basic |
| arisa | | Hiromi.S | Hiromi.S | arisa | | RINA.O | Mahiro.K |
| 12:30 ~ 13:30 | | 12:00 ~ 13:00 | 12:00 ~ 13:00 | 12:30 ~ 13:30 | | 12:00 ~ 13:00 | 12:30 ~ 13:30 |
| Basic | | Basic | Pilates Cardio | Hip&Leg | | Basic | Waist |
| Mahiro.K | | Mahiro.K | arisa | RINA.O | | Mahiro.K | RINA.O |
| close | | 13:30 ~ 14:30 | 13:30 ~ 14:30 | 14:30 ~ 15:30 | | 13:30 ~ 14:30 | close |
| | | Back&Arm | Basic | Body Balance | | Waist | |
| | | Hiromi.S | Mahiro.K | arisa | | RINA.O | |
| | | close | 15:00 ~ 16:00 | 16:30 ~ 17:30 | | close | |
| | Stretch&Conditioning | | Basic | | | | |
| 17:30 ~ 18:30 | 17:30 ~ 18:30 | 17:30 ~ 18:30 | 17:30 ~ 18:30 | 17:30 ~ 18:30 | 17:30 ~ 18:30 | | |
| Pre Basic | Hip&Leg | Waist | close | Back&Arm | Advance | | |
| Hiromi.S | RINA.O | RINA.O | | Hiromi.S | arisa | | |
| 19:00 ~ 20:00 | 19:00 ~ 20:00 | 19:00 ~ 20:00 | | 19:00 ~ 20:00 | 19:00 ~ 20:00 | 19:00 ~ 20:00 | |
| Back&Spine | Stretch&Conditioning | Hip&Leg | | close | Pilates Barre | Hip&Leg | |
| arisa | Hiromi.S | RINA.O | | | arisa | RINA.O | |
| 20:30 ~ 21:30 | 20:30 ~ 21:30 | 20:30 ~ 21:30 | 20:30 ~ 21:30 | 20:30 ~ 21:30 | 20:30 ~ 21:30 | | |
| Back&Arm | jump to burn | Basic | Hiromi.S | Pre Basic | Body Balance | | |
| Hiromi.S | RINA.O | Mahiro.K | | Hiromi.S | arisa | | |

| 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 |
| | Hip&Leg | Waist | Basic | | Body Balance | Pilates Cardio | |
| | RINA.O | Hiromi.S | RINA.O | | arisa | arisa | |
| | 12:00 ~ 13:00 | 12:00 ~ 13:00 | 12:30 ~ 13:30 | | 12:00 ~ 13:00 | 12:30 ~ 13:30 | |
| | Stretch&Conditioning | Basic | Pre Basic | | Advance | Basic | |
| | Hiromi.S | Mahiro.K | Hiromi.S | | arisa | Mahiro.K | |
| | 13:30 ~ 14:30 | 13:30 ~ 14:30 | 14:30 ~ 15:30 | | 13:30 ~ 14:30 | close | |
| | Basic | Back&Spine | jump to burn | | Hip&Leg | | |
| | RINA.O | arisa | RINA.O | | RINA.O | | |
| | close | 15:00 ~ 16:00 | 16:30 ~ 17:30 | | close | | |
| Basic | | Back&Arm | | | | | |
| 17:30 ~ 18:30 | 17:30 ~ 18:30 | 17:30 ~ 18:30 | 17:30 ~ 18:30 | 17:30 ~ 18:30 | 17:30 ~ 18:30 | | |
| Basic | Back&Spine | close | Basic | jump to burn | Hip&Leg | | |
| RINA.O | arisa | | Mahiro.K | RINA.O | RINA.O | | |
| 19:00 ~ 20:00 | 19:00 ~ 20:00 | | 19:00 ~ 20:00 | 19:00 ~ 20:00 | 19:00 ~ 20:00 | 19:00 ~ 20:00 | |
| Back&Arm | Basic | | close | Back&Arm | Waist | Pre Basic | |
| Hiromi.S | Mahiro.K | | | Hiromi.S | Hiromi.S | Hiromi.S | |
| 20:30 ~ 21:30 | 20:30 ~ 21:30 | 20:30 ~ 21:30 | 20:30 ~ 21:30 | 20:30 ~ 21:30 | 20:30 ~ 21:30 | | |
| Waist | Pilates Cardio | Hiromi.S | Basic | Hip&Leg | jump to burn | | |
| RINA.O | arisa | | Mahiro.K | RINA.O | RINA.O | | |

🟢: 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週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 | | | | | | | |
| Basic | Release&Strength | Pilates Cardio | | Back&Arm | Basic | | jump to burn | | | | | | | |
| Mahiro.K | arisa | arisa | | Hiromi.S | Mahiro.K | | RINA.O | | | | | | | |
| 12:00 ~ 13:00 | 12:00 ~ 13:00 | 12:30 ~ 13:30 | | 12:00 ~ 13:00 | 12:30 ~ 13:30 | | 12:00 ~ 13:00 | | | | | | | |
| jump to burn | Pre Basic | Basic | | Waist | Back&Spine | | Advance | | | | | | | |
| RINA.O | Hiromi.S | Mahiro.K | | Hiromi.S | arisa | | arisa | | | | | | | |
| 13:30 ~ 14:30 | 13:30 ~ 14:30 | 14:30 ~ 15:30 | | 13:30 ~ 14:30 | close | | 13:30 ~ 14:30 | | | | | | | |
| Basic | Pilates Cardio | Hip&Leg | | Basic | | | Hip&Leg | | | | | | | |
| Mahiro.K | arisa | RINA.O | | Mahiro.K | | | RINA.O | | | | | | | |
| close | 15:00 ~ 16:00 | 16:30 ~ 17:30 | | close | | | close | close | | | | | | |
| | Back&Arm | Body Balance | | | | | | | | | | | | |
| | Hiromi.S | arisa | | | | | | | | | | | | |
| 17:30 ~ 18:30 | close | close | | | | | | | 17:30 ~ 18:30 | 17:30 ~ 18:30 | 17:30 ~ 18:30 | | | |
| Waist | | | | | | | | | Release&Strength | Waist | Back&Arm | Stretch&Conditioning | | |
| RINA.O | | | | | | | | | arisa | RINA.O | Hiromi.S | Hiromi.S | | |
| 19:00 ~ 20:00 | | | | | | | | | close | close | 19:00 ~ 20:00 | 19:00 ~ 20:00 | 19:00 ~ 20:00 | |
| Body Balance | | | Hip&Leg | | | Pilates Cardio | | | | | Basic | Basic | | |
| arisa | | | RINA.O | | | arisa | | | | | Mahiro.K | Mahiro.K | | |
| 20:30 ~ 21:30 | | | close | | | close | | | | | 20:30 ~ 21:30 | 20:30 ~ 21:30 | 20:30 ~ 21:30 | |
| Back&Spine | | | | | | | | | | | Pilates Barre | Hip&Leg | Pre Basic | Back&Arm |
| arisa | | | | | | | | | | | arisa | RINA.O | Hiromi.S | Hiromi.S |

| 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 | | | | | | | |
| Pilates Barre | Basic | | Release&Strength | Back&Spine | | | | | | | | |
| arisa | Mahiro.K | | arisa | arisa | | | | | | | | |
| 12:00 ~ 13:00 | 12:30 ~ 13:30 | | 12:00 ~ 13:00 | 12:30 ~ 13:30 | | | | | | | | |
| Basic | Stretch&Conditioning | | Pre Basic | Basic | | | | | | | | |
| RINA.O | Hiromi.S | | Hiromi.S | Mahiro.K | | | | | | | | |
| 13:30 ~ 14:30 | 14:30 ~ 15:30 | | 13:30 ~ 14:30 | close | | close | | | | | | |
| Waist | Basic | | Pilates Cardio | | | | | | | | | |
| Hiromi.S | Mahiro.K | | arisa | | | | | | | | | |
| 15:00 ~ 16:00 | 16:30 ~ 17:30 | | close | | | | close | close | | | | |
| Body Balance | Back&Arm | | | | | | | | | | | |
| arisa | Hiromi.S | | | | | | | | | | | |
| 17:30 ~ 18:30 | close | | | | | | | | close | 17:30 ~ 18:30 | 17:30 ~ 18:30 | |
| Hip&Leg | | | | | | | | | | Basic | Back&Arm | Pilates Cardio |
| RINA.O | | | | | | | | | | Mahiro.K | Hiromi.S | arisa |
| close | | | | | | | | | | close | close | 19:00 ~ 20:00 |
| | | Back&Arm | | | Basic | | | | | | | Waist |
| | | Hiromi.S | | | Mahiro.K | | | | | | | Hiromi.S |
| | | 20:30 ~ 21:30 | | | 20:30 ~ 21:30 | | | | | | | 20:30 ~ 21:30 |
| Basic | | Stretch&Conditioning | | | Basic | | | | | | | |
| Mahiro.K | | Hiromi.S | | | Mahiro.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。