

pilatesK 新宿店		【 04/01 ~ 04/08 】					スケジュール		2026/03/20 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		close		10:30 ~ 11:30		10:30 ~ 11:30	
Hip Punch		Back & Arm 🌿		Release&Strength		Shape up waist		jump to burn				Reset Flow		Basic 🌿	
Kanna		NOERU.S		Mirai.B		Yuuki		Kanna				NOERU.S		Momoka.Y	
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	
Stretch & Conditioning 🌿		Waist 🌿		Back & Spine		Hip & Leg 🌿		Back & Arm 🌿				Stretch & Conditioning 🌿		Shape up waist	
Kanna		Rio.Y		NOERU.S		Momoka.Y		Yuuki				Yuuki		Kanna	
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	
Pilates Cardio		Reset Flow		Pre Basic 🌿		jump to burn		Hip Punch				Basic 🌿		Animal Stretch	
Rio.Y		NOERU.S		Mirai.B		NOERU.S		Kanna				Momoka.Y		Yuuki	
close		close		close		15:00 ~ 16:00		16:30 ~ 17:30				close		close	
						Back & Spine		Animal Stretch							
						Yuuki		Yuuki							
						16:30 ~ 17:30		close							
						Basic 🌿									
						Momoka.Y									
						18:00 ~ 19:00									
Back & Arm 🌿															
NOERU.S															
18:00 ~ 19:00		18:00 ~ 19:00		18:00 ~ 19:00		close		close				18:00 ~ 19:00		18:00 ~ 19:00	
Animal Stretch		Basic 🌿		jump to burn								Pilates Cardio		Pre Basic 🌿	
Yuuki		Momoka.Y		NOERU.S								Rio.Y		Mirai.B	
19:30 ~ 20:30		19:30 ~ 20:30		19:30 ~ 20:30								19:30 ~ 20:30		19:30 ~ 20:30	
Basic 🌿		Release&Strength		Basic 🌿								jump to burn		Hip & Leg 🌿	
Momoka.Y		Rio.Y		Momoka.Y								Kanna		Rio.Y	
21:00 ~ 22:00		21:00 ~ 22:00		21:00 ~ 22:00								close		close	
Back & Arm 🌿		Hip & Leg 🌿		Hip Punch		Release&Strength		Reset Flow							
Yuuki		Momoka.Y		NOERU.S		Rio.Y		Mirai.B							

pilatesK 新宿店		【 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		
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		
Back & Spine	Waist 🇯🇵	Basic 🇯🇵	Pilates Cardio		jump to burn	Animal Stretch	Back & Arm 🇯🇵		
NOERU.S	NOERU.S	Kanna	Rio.Y		NOERU.S	Kanna	Miku.I		
12:00 ~ 13:00	12:00 ~ 13:00	12:00 ~ 13:00	12:30 ~ 13:30		12:00 ~ 13:00	12:00 ~ 13:00	12:00 ~ 13:00		
Basic 🇯🇵	Hip Punch	Waist 🇯🇵	Animal Stretch		Back & Spine	Basic 🇯🇵	Hip & Leg 🇯🇵		
Momoka.Y	Kanna	Rio.Y	Yuuki		Yuuki	Momoka.Y	Momoka.Y		
13:30 ~ 14:30	13:30 ~ 14:30	13:30 ~ 14:30	14:30 ~ 15:30		13:30 ~ 14:30	13:30 ~ 14:30	13:30 ~ 14:30		
jump to burn	Back & Arm 🇯🇵	Back & Spine	Hip & Leg 🇯🇵		Reset Flow	Pilates Cardio	Hip Punch		
NOERU.S	NOERU.S	Yuuki	Rio.Y		NOERU.S	Rio.Y	Kanna		
close	close	15:00 ~ 16:00	16:30 ~ 17:30		15:00 ~ 16:00	15:00 ~ 16:00	close		
		Animal Stretch	Back & Spine		Basic 🇯🇵	Back & Spine			
		Kanna	Yuuki		Momoka.Y	NOERU.S			
		16:30 ~ 17:30	close		close	close			
		Hip & Leg 🇯🇵			17:30 ~ 18:30	Reset Flow			
		Rio.Y							
		18:00 ~ 19:00			close	close			
		Shape up waist							
		Yuuki							
18:00 ~ 19:00	18:00 ~ 19:00	close	close				18:00 ~ 19:00		
Stretch & Conditioning 🇯🇵	Basic 🇯🇵						Back & Spine		
Reina.I	Rio.Y						Yuuki		
19:30 ~ 20:30	19:30 ~ 20:30						19:30 ~ 20:30		
Hip Punch	Animal Stretch						Basic 🇯🇵		
Kanna	Yuuki						Kanna		
21:00 ~ 22:00	21:00 ~ 22:00						21:00 ~ 22:00		
Pre Basic 🇯🇵	Pilates Cardio						Shape up waist		
Reina.I	Rio.Y						Yuuki		

🟢：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 新宿店		【 04/17 ~ 04/24 】 スケジュール						2026/03/20 更新							
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		10:30 ~ 11:30		10:30 ~ 11:30		10:30 ~ 11:30		10:30 ~ 11:30		10:30 ~ 11:30	
Shape up waist		Hip & Leg 🏊		jump to burn		Stretch & Conditioning 🏊		Hip & Leg 🏊		Pilates Cardio		Basic 🏊		Hip Punch	
Kanna		Momoka.Y		NOERU.S		Miku.i		Momoka.Y		Rio.Y		Momoka.Y		Kanna	
12:00 ~ 13:00		12:00 ~ 13:00		12:30 ~ 13:30		12:00 ~ 13:00		12:00 ~ 13:00		12:00 ~ 13:00		12:00 ~ 13:00		12:00 ~ 13:00	
Back & Spine		Hip Punch		Basic 🏊		Reset Flow		Shape up waist		Back & Arm 🏊		Animal Stretch		Basic 🏊	
NOERU.S		Kanna		Momoka.Y		NOERU.S		Yuuki		Yuuki		Yuuki		Momoka.Y	
13:30 ~ 14:30		13:30 ~ 14:30		14:30 ~ 15:30		13:30 ~ 14:30		13:30 ~ 14:30		13:30 ~ 14:30		13:30 ~ 14:30		13:30 ~ 14:30	
Basic 🏊		Waist 🏊		Back & Spine		Hip & Leg 🏊		Basic 🏊		Release&Strength		Hip & Leg 🏊		jump to burn	
Kanna		Rio.Y		NOERU.S		Miku.i		Momoka.Y		Rio.Y		Momoka.Y		Kanna	
close	15:00 ~ 16:00		16:30 ~ 17:30		close	close	close	close	close	close	close	close	close	close	
	Basic 🏊		Hip & Leg 🏊												
	Momoka.Y		Momoka.Y												
	16:30 ~ 17:30														
	jump to burn														
	Kanna														
	18:00 ~ 19:00														
Pilates Cardio															
Rio.Y															
18:00 ~ 19:00				close	close	close	close	close	close	close	close	close	close		
Waist 🏊															
Yuuki															
19:30 ~ 20:30															
jump to burn															
NOERU.S															
21:00 ~ 22:00															
Stretch & Conditioning 🏊				close	close	close	close	close	close	close	close	close			
Yuuki															
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pilatesK 新宿店		【 04/25 ~ 04/30 】 スケジュール				
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	10:30 ~ 11:30	10:30 ~ 11:30	10:30 ~ 11:30	10:30 ~ 11:30	
Shape up waist	Hip & Leg 🏊	Animal Stretch	Shape up waist	Back & Spine	Release&Strength	
Kanna	Momoka.Y	Yuuki	Kanna	NOERU.S	Rio.Y	
12:00 ~ 13:00	12:30 ~ 13:30	12:00 ~ 13:00	12:00 ~ 13:00	12:00 ~ 13:00	12:00 ~ 13:00	
Release&Strength	Back & Arm 🏊	jump to burn	Basic 🏊	Waist 🏊	Reset Flow	
Mirai.B	Yuuki	Kanna	Yuuki	Rio.Y	NOERU.S	
13:30 ~ 14:30	14:30 ~ 15:30	13:30 ~ 14:30	13:30 ~ 14:30	13:30 ~ 14:30	13:30 ~ 14:30	
Back & Arm 🏊	Basic 🏊	Stretch & Conditioning 🏊	Hip Punch	Hip & Leg 🏊	Waist 🏊	
NOERU.S	Momoka.Y		Kanna	Momoka.Y	Rio.Y	
15:00 ~ 16:00	16:30 ~ 17:30		close	close	15:00 ~ 16:00	close
Hip Punch	Back & Spine				Pilates Cardio	
Kanna	Yuuki				Rio.Y	
16:30 ~ 17:30	close				16:30 ~ 17:30	
Reset Flow					Basic 🏊	
NOERU.S					Momoka.Y	
18:00 ~ 19:00					18:00 ~ 19:00	
Pre Basic 🏊		Hip Punch				
Mirai.B		NOERU.S				
close	close	18:00 ~ 19:00	18:00 ~ 19:00	close	18:00 ~ 19:00	
		Basic 🏊	Hip & Leg 🏊		Back & Spine	
		Momoka.Y	Momoka.Y		Yuuki	
		19:30 ~ 20:30	19:30 ~ 20:30		19:30 ~ 20:30	
		Hip Punch	Back & Spine		jump to burn	
		Kanna	Yuuki		Kanna	
		21:00 ~ 22:00	21:00 ~ 22:00		21:00 ~ 22:00	
Hip & Leg 🏊	Basic 🏊	Shape up waist				
Momoka.Y	Momoka.Y	Yuuki				

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