

pilatesK_smart 江古田店 【 05/01 ~ 05/08 】 スケジュール

2026/04/14 更新

05/01 金	05/02 土	05/03 日	05/04 月	05/05 火	05/06 水	05/07 木	05/08 金
10:30 ~ 11:00 Basic B Saki.i	10:30 ~ 11:00 Jump A MAYUKI.H		10:30 ~ 11:00 Hip A Saki.i	10:30 ~ 11:00 Stretch A MEGUMI.M	10:30 ~ 11:00 Basic A MAYUKI.H		10:30 ~ 11:00 Stretch A MEGUMI.M
11:30 ~ 12:00 Balance A MEGUMI.M	11:30 ~ 12:00 Basic A Saki.i		11:30 ~ 12:00 Jump A MAYUKI.H	11:30 ~ 12:00 Basic B MAYUKI.H	11:30 ~ 12:00 Balance A MEGUMI.M		11:30 ~ 12:00 Hip A Saki.i
12:30 ~ 13:00 Waist A Saki.i	12:30 ~ 13:00 Hip B MAYUKI.H		12:30 ~ 13:00 Basic A Saki.i	12:30 ~ 13:00 Waist A Saki.i	12:30 ~ 13:00 Leg A MAYUKI.H		12:30 ~ 13:00 Leg A MEGUMI.M
13:30 ~ 14:00 Hip A MEGUMI.M	13:30 ~ 14:00 Basic B Saki.i		13:30 ~ 14:00 Stretch A MAYUKI.H	13:30 ~ 14:00 Balance A MEGUMI.M	13:30 ~ 14:00 Hip B MEGUMI.M		13:30 ~ 14:00 Basic A Saki.i
close	14:30 ~ 15:00 Leg A MAYUKI.H	close	14:30 ~ 15:00 Basic B MAYUKI.H	14:30 ~ 15:00 Hip B MAYUKI.H	14:30 ~ 15:00 Jump A MAYUKI.H	close	close
	15:30 ~ 16:00 Hip A Saki.i		15:30 ~ 16:00 Waist A Saki.i	15:30 ~ 16:00 Basic A Saki.i	15:30 ~ 16:00 Leg A MEGUMI.M		
	16:30 ~ 17:00 Stretch A MAYUKI.H		16:30 ~ 17:00 Leg A MAYUKI.H	16:30 ~ 17:00 Hip A MEGUMI.M	16:30 ~ 17:00 Basic B MAYUKI.H		
17:30 ~ 18:00 Waist A MAYUKI.H	close	close	close	close	close	close	17:30 ~ 18:00 Hip B MEGUMI.M
18:30 ~ 19:00 Basic A MEGUMI.M							18:30 ~ 19:00 Waist A Saki.i
19:30 ~ 20:00 Leg A MAYUKI.H							19:30 ~ 20:00 Hip A Saki.i
20:30 ~ 21:00 Hip B MEGUMI.M							20:30 ~ 21:00 Jump A MEGUMI.M
							20:30 ~ 21:00 Basic B Saki.i

pilatesK_smart 江古田店 【 05/09 ~ 05/16 】 スケジュール

2026/04/14 更新

05/09 土	05/10 日	05/11 月	05/12 火	05/13 水	05/14 木	05/15 金	05/16 土
10:30 ~ 11:00 Waist A Saki.i			10:30 ~ 11:00 Basic A Saki.i	10:30 ~ 11:00 Balance A MEGUMI.M			
11:30 ~ 12:00 Stretch A MEGUMI.M			11:30 ~ 12:00 Leg A MEGUMI.M	11:30 ~ 12:00 Basic B Saki.i			
12:30 ~ 13:00 Basic B Saki.i			12:30 ~ 13:00 Basic B Saki.i	12:30 ~ 13:00 Jump A MEGUMI.M			
13:30 ~ 14:00 Jump A MEGUMI.M			13:30 ~ 14:00 Balance A MEGUMI.M	13:30 ~ 14:00 Hip A Saki.i			
14:30 ~ 15:00 Basic A Saki.i	close	close	close	close	close	close	close
15:30 ~ 16:00 Hip B MEGUMI.M							
16:30 ~ 17:00 Balance A MEGUMI.M							
close			17:30 ~ 18:00 Basic A Saki.i	17:30 ~ 18:00 Hip B MAYUKI.H	17:30 ~ 18:00 Stretch A MEGUMI.M		
			18:30 ~ 19:00 Hip A MEGUMI.M	18:30 ~ 19:00 Basic A Saki.i	18:30 ~ 19:00 Hip B MAYUKI.H		
			19:30 ~ 20:00 Waist A Saki.i	19:30 ~ 20:00 Stretch A MAYUKI.H	19:30 ~ 20:00 Basic A MEGUMI.M		
			20:30 ~ 21:00 Hip B MEGUMI.M	20:30 ~ 21:00 Basic B Saki.i	20:30 ~ 21:00 Leg A MAYUKI.H		

05/17 日	05/18 月	05/19 火	05/20 水	05/21 木	05/22 金	05/23 土	05/24 日
close	close	10:30 ~ 11:00 Jump A MAYUKI.H	10:30 ~ 11:00 Basic B Saki.i	close	10:30 ~ 11:00 Waist A Saki.i	10:30 ~ 11:00 Basic B MAYUKI.H	close
		11:30 ~ 12:00 Waist A Saki.i	11:30 ~ 12:00 Hip A MAYUKI.H		11:30 ~ 12:00 Basic A MAYUKI.H	11:30 ~ 12:00 Jump A MEGUMI.M	
		12:30 ~ 13:00 Hip B MAYUKI.H	12:30 ~ 13:00 Basic A Saki.i		12:30 ~ 13:00 Hip A Saki.i	12:30 ~ 13:00 Leg A MAYUKI.H	
		13:30 ~ 14:00 Basic B Saki.i	13:30 ~ 14:00 Stretch A MAYUKI.H		13:30 ~ 14:00 Jump A MAYUKI.H	13:30 ~ 14:00 Basic A MEGUMI.M	
		17:30 ~ 18:00 Hip A MAYUKI.H	17:30 ~ 18:00 Jump A MEGUMI.M		17:30 ~ 18:00 Hip B MEGUMI.M	17:30 ~ 18:00 Basic B Saki.i	
		18:30 ~ 19:00 Basic A MEGUMI.M	18:30 ~ 19:00 Hip B MAYUKI.H		18:30 ~ 19:00 Waist A Saki.i	18:30 ~ 19:00 Leg A MAYUKI.H	
		19:30 ~ 20:00 Leg A MAYUKI.H	19:30 ~ 20:00 Basic B MEGUMI.M		19:30 ~ 20:00 Balance A MEGUMI.M	19:30 ~ 20:00 Basic A Saki.i	
		20:30 ~ 21:00 Waist A MEGUMI.M	20:30 ~ 21:00 Hip A MAYUKI.H		20:30 ~ 21:00 Basic A Saki.i	20:30 ~ 21:00 Stretch A MAYUKI.H	

05/25 月	05/26 火	05/27 水	05/28 木	05/29 金	05/30 土	05/31 日	
close	10:30 ~ 11:00 Balance A MEGUMI.M	close	close	10:30 ~ 11:00 Basic B MAYUKI.H	10:30 ~ 11:00 Hip A Saki.i	close	
	11:30 ~ 12:00 Basic A MAYUKI.H			11:30 ~ 12:00 Waist A Saki.i	11:30 ~ 12:00 Basic A MAYUKI.H		
	12:30 ~ 13:00 Leg A MEGUMI.M			12:30 ~ 13:00 Hip B MAYUKI.H	12:30 ~ 13:00 Balance A MEGUMI.M		
	13:30 ~ 14:00 Hip B MAYUKI.H			13:30 ~ 14:00 Basic A Saki.i	13:30 ~ 14:00 Basic B Saki.i		
	14:30 ~ 15:00 Basic B MEGUMI.M			14:30 ~ 15:00 Stretch A MAYUKI.H	14:30 ~ 15:00 Stretch A MAYUKI.H		
	15:30 ~ 16:00 Stretch A MAYUKI.H			15:30 ~ 16:00 Jump A MEGUMI.M	15:30 ~ 16:00 Jump A MEGUMI.M		
	16:30 ~ 17:00 Leg A MEGUMI.M			16:30 ~ 17:00 Waist A Saki.i	16:30 ~ 17:00 Waist A Saki.i		
				15:30 ~ 16:00 Basic B MAYUKI.H			
				16:30 ~ 17:00 Waist A MEGUMI.M			
				17:30 ~ 18:00 Leg A MAYUKI.H	17:30 ~ 18:00 Basic B MEGUMI.M		17:30 ~ 18:00 Balance A MEGUMI.M
				18:30 ~ 19:00 Basic A MEGUMI.M	18:30 ~ 19:00 Jump A MAYUKI.H		18:30 ~ 19:00 Hip A Saki.i
				19:30 ~ 20:00 Hip B MAYUKI.H	19:30 ~ 20:00 Stretch A MEGUMI.M		19:30 ~ 20:00 Waist A MEGUMI.M
	20:30 ~ 21:00 Leg A MEGUMI.M	20:30 ~ 21:00 Hip A MAYUKI.H	20:30 ~ 21:00 Basic B Saki.i				