

pilatesK_smart 仙台店 【 04/01 ~ 04/08 】 スケジュール

2026/03/13 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 ~ 11:00 Waist A Hinata.i	close	10:30 ~ 11:00 Basic B Hinata.i	10:30 ~ 11:00 Basic A Hinata.i	close	close	10:30 ~ 11:00 Stretch A NATSUMI.A	10:30 ~ 11:00 Basic A NATSUMI.A
11:30 ~ 12:00 Basic B Kico		11:30 ~ 12:00 Stretch A NATSUMI.A	11:30 ~ 12:00 Hip B NATSUMI.A			11:30 ~ 12:00 Basic A Hinata.i	11:30 ~ 12:00 Waist A Kico
12:30 ~ 13:00 Basic A Hinata.i		12:30 ~ 13:00 Hip A Hinata.i	12:30 ~ 13:00 Basic B Hinata.i			12:30 ~ 13:00 Leg A NATSUMI.A	12:30 ~ 13:00 Basic B NATSUMI.A
13:30 ~ 14:00 Leg A Kico		13:30 ~ 14:00 Basic A NATSUMI.A	13:30 ~ 14:00 Waist A NATSUMI.A			13:30 ~ 14:00 Basic B Hinata.i	13:30 ~ 14:00 Hip A Kico
close		close	14:30 ~ 15:00 Leg A Hinata.i			15:30 ~ 16:00 Stretch A NATSUMI.A	close
17:30 ~ 18:00 Hip A Hinata.i		17:30 ~ 18:00 Leg A NATSUMI.A	17:30 ~ 18:00 Basic A Hinata.i			17:30 ~ 18:00 Basic B Hinata.i	17:30 ~ 18:00 Waist A NATSUMI.A
18:30 ~ 19:00 Stretch A Kico		18:30 ~ 19:00 Basic B Hinata.i	18:30 ~ 19:00 Hip B NATSUMI.A			18:30 ~ 19:00 Leg A Kico	18:30 ~ 19:00 Basic A Kico
19:30 ~ 20:00 Basic A Hinata.i		19:30 ~ 20:00 Waist A Hinata.i	19:30 ~ 20:00 Basic B Hinata.i			19:30 ~ 20:00 Hip A Hinata.i	19:30 ~ 20:00 Stretch A NATSUMI.A
20:30 ~ 21:00 Hip B Kico		20:30 ~ 21:00 Basic A NATSUMI.A	20:30 ~ 21:00 Leg A NATSUMI.A			20:30 ~ 21:00 Stretch A Kico	20:30 ~ 21:00 Leg A Kico

pilatesK_smart 仙台店 【 04/09 ~ 04/16 】 スケジュール

2026/03/13 更新

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 ~ 11:00 Hip A NATSUMI.A	10:30 ~ 11:00 Leg A Hinata.i	close	close	10:30 ~ 11:00 Hip B Kico	10:30 ~ 11:00 Basic B Kico	close
	11:30 ~ 12:00 Basic B NATSUMI.A	11:30 ~ 12:00 Basic A Hinata.i			11:30 ~ 12:00 Stretch A Kico	11:30 ~ 12:00 Hip A Hinata.i	
	12:30 ~ 13:00 Basic A Kico	12:30 ~ 13:00 Hip B Kico			12:30 ~ 13:00 Waist A Hinata.i	12:30 ~ 13:00 Basic A Kico	
	13:30 ~ 14:00 Leg A NATSUMI.A	13:30 ~ 14:00 Waist A Hinata.i			13:30 ~ 14:00 Basic A Kico	13:30 ~ 14:00 Leg A Hinata.i	
	14:30 ~ 15:00 Basic B Kico	14:30 ~ 15:00 Hip A Hinata.i			14:30 ~ 15:00 Stretch A Kico	14:30 ~ 15:00 Hip A Hinata.i	
	15:30 ~ 16:00 Hip A Hinata.i	15:30 ~ 16:00 Basic B Kico			15:30 ~ 16:00 Basic A Hinata.i	15:30 ~ 16:00 Basic A Hinata.i	
	16:30 ~ 17:00 Basic A Kico	16:30 ~ 17:00 Leg A Hinata.i			16:30 ~ 17:00 Leg A Hinata.i	16:30 ~ 17:00 Waist A Hinata.i	
	17:30 ~ 18:00 Basic A Hinata.i	17:30 ~ 18:00 Hip B Kico			17:30 ~ 18:00 Basic A Kico	17:30 ~ 18:00 Basic A Kico	
	18:30 ~ 19:00 Waist A NATSUMI.A	18:30 ~ 19:00 Stretch A Kico			18:30 ~ 19:00 Hip B Kico	18:30 ~ 19:00 Hip B Kico	
	19:30 ~ 20:00 Leg A Hinata.i	19:30 ~ 20:00 Basic A Hinata.i			19:30 ~ 20:00 Basic B Kico	19:30 ~ 20:00 Basic B Kico	
20:30 ~ 21:00 Basic B NATSUMI.A	20:30 ~ 21:00 Waist A Hinata.i	20:30 ~ 21:00 Leg A Kico	20:30 ~ 21:00 Leg A Kico				

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 ~ 11:00 Leg A NATSUMI.A	10:30 ~ 11:00 Basic B NATSUMI.A	close	close	10:30 ~ 11:00 Waist A Hinata.i	10:30 ~ 11:00 Basic A Hinata.i	close	10:30 ~ 11:00 Stretch A Kico			
11:30 ~ 12:00 Basic A Kico	11:30 ~ 12:00 Leg A Kico			11:30 ~ 12:00 Basic A NATSUMI.A	11:30 ~ 12:00 Basic B Kico		11:30 ~ 12:00 Hip B Kico			
12:30 ~ 13:00 Hip B NATSUMI.A	12:30 ~ 13:00 Stretch A NATSUMI.A			12:30 ~ 13:00 Basic B Hinata.i	12:30 ~ 13:00 Hip A Hinata.i		12:30 ~ 13:00 Basic B Hinata.i			
13:30 ~ 14:00 Basic B Kico	13:30 ~ 14:00 Basic A Kico			13:30 ~ 14:00 Hip B NATSUMI.A	13:30 ~ 14:00 Stretch A Kico		13:30 ~ 14:00 Basic A Hinata.i			
close	14:30 ~ 15:00 Hip B NATSUMI.A			close	close		close	close	close	
close	15:30 ~ 16:00 Waist A Kico			close	close		close	close	close	
close	16:30 ~ 17:00 Basic B NATSUMI.A			close	close		close	close	close	
17:30 ~ 18:00 Stretch A NATSUMI.A	close			close	close		17:30 ~ 18:00 Hip A Hinata.i	17:30 ~ 18:00 Basic B Hinata.i	17:30 ~ 18:00 Basic A Kico	17:30 ~ 18:00 Waist A NATSUMI.A
18:30 ~ 19:00 Basic B Kico	close			close	close		18:30 ~ 19:00 Stretch A Kico	18:30 ~ 19:00 Waist A NATSUMI.A	18:30 ~ 19:00 Basic B NATSUMI.A	18:30 ~ 19:00 Basic A Kico
19:30 ~ 20:00 Hip B NATSUMI.A	close			close	close		19:30 ~ 20:00 Basic B Hinata.i	19:30 ~ 20:00 Basic A Hinata.i	19:30 ~ 20:00 Leg A Kico	19:30 ~ 20:00 Basic B NATSUMI.A
20:30 ~ 21:00 Basic B NATSUMI.A	close	close	close	20:30 ~ 21:00 Leg A Kico	20:30 ~ 21:00 Hip B NATSUMI.A	20:30 ~ 21:00 Stretch A NATSUMI.A	20:30 ~ 21:00 Hip A Kico			

04/25	04/26	04/27	04/28	04/29	04/30		
土	日	月	火	水	木		
10:30 ~ 11:00 Hip A NATSUMI.A	close	close	10:30 ~ 11:00 Basic A NATSUMI.A	10:30 ~ 11:00 Basic B NATSUMI.A	close		
11:30 ~ 12:00 Basic B Kico			11:30 ~ 12:00 Waist A Kico	11:30 ~ 12:00 Stretch A NATSUMI.A			
12:30 ~ 13:00 Basic A NATSUMI.A			12:30 ~ 13:00 Leg A NATSUMI.A	12:30 ~ 13:00 Basic B Hinata.i			
13:30 ~ 14:00 Waist A Kico			13:30 ~ 14:00 Basic B Kico	13:30 ~ 14:00 Hip A NATSUMI.A			
14:30 ~ 15:00 Basic A NATSUMI.A			close	close		14:30 ~ 15:00 Basic A Hinata.i	
15:30 ~ 16:00 Stretch A Kico			close	close		15:30 ~ 16:00 Leg A NATSUMI.A	
16:30 ~ 17:00 Hip B NATSUMI.A			close	close		16:30 ~ 17:00 Basic A Hinata.i	
close			close	close		17:30 ~ 18:00 Hip B NATSUMI.A	17:30 ~ 18:00 Leg A Kico
close			close	close		18:30 ~ 19:00 Basic B Hinata.i	18:30 ~ 19:00 Basic A Hinata.i
close			close	close		19:30 ~ 20:00 Stretch A NATSUMI.A	19:30 ~ 20:00 Basic B Kico
close	close	close	20:30 ~ 21:00 Basic B Hinata.i	20:30 ~ 21:00 Waist A Hinata.i			