

| pilatesK 筑業野店 |                | 【 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 | close          | 10:30 ~ 11:30            | 10:30 ~ 11:30    | 10:30 ~ 11:30        | close | 10:30 ~ 11:30        | 10:30 ~ 11:30  |               |       |  |  |
| Hip&Leg       |                | Back&Arm                 | Release&Strength | Basic                |       | jump to burn         | Shape up waist |               |       |  |  |
| Rion.S        |                | Rion.S                   | Misaki.J         | rena.H               |       | Rion.S               | Rion.S         |               |       |  |  |
| 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     |                | Basic                    | Waist            | Shape up waist       |       | Hip&Leg              | Basic          |               |       |  |  |
| Misaki.J      |                | rena.H                   | Ayaka            | Misaki.J             |       | Rion.S               | rena.H         |               |       |  |  |
| close         |                | 13:30 ~ 14:30            | 13:30 ~ 14:30    | 14:30 ~ 15:30        |       | 13:30 ~ 14:30        | close          | 13:30 ~ 14:30 | close |  |  |
|               |                | jump to burn             | Basic            | Hip&Leg              |       | Release&Strength     |                |               |       |  |  |
|               |                | Rion.S                   | rena.H           | rena.H               |       | Misaki.J             |                |               |       |  |  |
|               |                | close                    | 15:00 ~ 16:00    | 16:30 ~ 17:30        |       | close                |                |               |       |  |  |
|               |                |                          | Waist            | Stretch&Conditioning |       |                      |                |               |       |  |  |
|               |                |                          | Ayaka            | Misaki.J             |       |                      |                |               |       |  |  |
|               |                |                          | close            |                      |       |                      |                |               |       |  |  |
|               |                | 17:30 ~ 18:30            |                  |                      |       |                      |                |               |       |  |  |
|               |                | Hip&Leg                  |                  |                      |       |                      |                |               |       |  |  |
|               |                | rena.H                   |                  |                      |       |                      |                |               |       |  |  |
| 18:00 ~ 19:00 | 18:00 ~ 19:00  | 18:00 ~ 19:00            | close            | close                | close | 18:00 ~ 19:00        | 18:00 ~ 19:00  |               |       |  |  |
| Body Balance  | Basic          | Waist                    |                  |                      |       | Pre Basic            | Waist          |               |       |  |  |
| rena.H        | Rion.S         | Ayaka                    |                  |                      |       | Misaki.J             | Ayaka          |               |       |  |  |
| 19:30 ~ 20:30 | 19:30 ~ 20:30  | 19:30 ~ 20:30            |                  |                      |       | 19:30 ~ 20:30        | 19:30 ~ 20:30  |               |       |  |  |
| Back&Arm      | Waist          | Body Balance             |                  |                      |       | Waist                | jump to burn   |               |       |  |  |
| Rion.S        | Ayaka          | rena.H                   |                  |                      |       | Ayaka                | Misaki.J       |               |       |  |  |
| 21:00 ~ 22:00 | 21:00 ~ 22:00  | 21:00 ~ 22:00            |                  |                      |       | 21:00 ~ 22:00        | 21:00 ~ 22:00  |               |       |  |  |
| Basic         | Shape up waist | Waist                    |                  |                      |       | Stretch&Conditioning | Waist          |               |       |  |  |
| rena.H        | Rion.S         | Ayaka                    |                  |                      |       | Misaki.J             | Ayaka          |               |       |  |  |

| pilatesK 筑業野店  |                      | 【 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     |
| 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              | Pilates Cardio    | Pre Basic            |        | Basic         | Hip&Leg       |       |
|                | Rion.S               | Rion.S            | Misaki.J             |        | Rion.S        | rena.H        |       |
|                | 12:00 ~ 13:00        | 12:00 ~ 13:00     | 12:30 ~ 13:30        |        | 12:00 ~ 13:00 | 12:00 ~ 13:00 |       |
|                | Body Balance         | Hip&Leg           | Waist                |        | jump to burn  | Waist         |       |
|                | rena.H               | rena.H            | Ayaka                |        | Misaki.J      | Ayaka         |       |
|                | 13:30 ~ 14:30        | 13:30 ~ 14:30     | 14:30 ~ 15:30        |        | 13:30 ~ 14:30 | 13:30 ~ 14:30 |       |
|                | Basic                | Waist             | jump to burn         |        | Body Balance  | Basic         |       |
|                | rena.H               | Ayaka             | Misaki.J             |        | rena.H        | Rion.S        |       |
|                | close                | 15:00 ~ 16:00     | 16:30 ~ 17:30        |        | 15:00 ~ 16:00 | 15:00 ~ 16:00 |       |
|                |                      | Basic             | Waist                |        | Hip&Leg       | Waist         |       |
|                |                      | rena.H            | Ayaka                |        | Rion.S        | Ayaka         |       |
|                |                      | close             | close                |        | close         | close         |       |
|                |                      | 17:30 ~ 18:30     | 17:30 ~ 18:30        |        | 17:30 ~ 18:30 |               |       |
|                | Waist                | Waist             | Stretch&Conditioning |        |               |               |       |
|                | Ayaka                | Ayaka             | Misaki.J             |        |               |               |       |
| 18:00 ~ 19:00  | 18:00 ~ 19:00        | close             | close                | close  | close         | 18:00 ~ 19:00 |       |
| Back&Arm       | Stretch&Conditioning |                   |                      |        |               | Hip&Leg       |       |
| Rion.S         | Misaki.J             |                   |                      |        |               | rena.H        |       |
| 19:30 ~ 20:30  | 19:30 ~ 20:30        |                   |                      |        |               | 19:30 ~ 20:30 |       |
| Basic          | Waist                |                   |                      |        |               | Body Balance  |       |
| rena.H         | Ayaka                |                   |                      |        |               | rena.H        |       |
| 21:00 ~ 22:00  | 21:00 ~ 22:00        | 21:00 ~ 22:00     |                      |        |               |               |       |
| Pilates Cardio | Shape up waist       | Pre Basic         |                      |        |               |               |       |
| Rion.S         | Misaki.J             | Misaki.J          |                      |        |               |               |       |

・体験可能レッスン  
 ・クラスの個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 週間前までにお申し込みください。  
 ・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。

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【 04/17 ~ 04/24 】 スケジュール

2026/04/01 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  | close | 10:30 ~ 11:30  | 10:30 ~ 11:30 | close         | 10:30 ~ 11:30  |       |  |  |  |  |  |  |  |  |  |  |  |
| Back&Arm         | Waist         | Pilates Cardio |       | Shape up waist | Waist         |               | Waist          |       |  |  |  |  |  |  |  |  |  |  |  |
| Rion.S           | Ayaka         | Rion.S         |       | Rion.S         | Ayaka         |               | Ayaka          |       |  |  |  |  |  |  |  |  |  |  |  |
| 12:00 ~ 13:00    | 12:00 ~ 13:00 | 12:30 ~ 13:30  |       | 12:00 ~ 13:00  | 12:30 ~ 13:30 |               | 12:00 ~ 13:00  |       |  |  |  |  |  |  |  |  |  |  |  |
| Waist            | jump to burn  | Body Balance   |       | Pre Basic      | Back&Arm      |               | Basic          |       |  |  |  |  |  |  |  |  |  |  |  |
| Ayaka            | Misaki.J      | rena.H         |       | Misaki.J       | Rion.S        |               | rena.H         |       |  |  |  |  |  |  |  |  |  |  |  |
| 13:30 ~ 14:30    | 13:30 ~ 14:30 | 14:30 ~ 15:30  |       | 13:30 ~ 14:30  | close         |               | 13:30 ~ 14:30  |       |  |  |  |  |  |  |  |  |  |  |  |
| Pilates Cardio   | Basic         | Waist          |       | Pilates Cardio |               |               | Waist          |       |  |  |  |  |  |  |  |  |  |  |  |
| Rion.S           | rena.H        | Ayaka          |       | Rion.S         |               |               | Ayaka          |       |  |  |  |  |  |  |  |  |  |  |  |
| close            | 15:00 ~ 16:00 | 16:30 ~ 17:30  |       | close          |               |               | close          | close |  |  |  |  |  |  |  |  |  |  |  |
|                  | Waist         | Basic          |       |                |               |               |                |       |  |  |  |  |  |  |  |  |  |  |  |
|                  | Ayaka         | rena.H         |       |                |               |               |                |       |  |  |  |  |  |  |  |  |  |  |  |
|                  | close         | close          |       |                |               |               |                |       |  |  |  |  |  |  |  |  |  |  |  |
| close            |               |                |       |                |               |               |                |       |  |  |  |  |  |  |  |  |  |  |  |
| 17:30 ~ 18:30    |               |                |       |                |               |               |                |       |  |  |  |  |  |  |  |  |  |  |  |
| Hip&Leg          |               |                |       |                |               |               |                |       |  |  |  |  |  |  |  |  |  |  |  |
| rena.H           |               |                |       |                |               |               |                |       |  |  |  |  |  |  |  |  |  |  |  |
| 18:00 ~ 19:00    | close         |                |       | 18:00 ~ 19:00  | 18:00 ~ 19:00 | 18:00 ~ 19:00 | 18:00 ~ 19:00  |       |  |  |  |  |  |  |  |  |  |  |  |
| Release&Strength |               |                |       | Waist          | Hip&Leg       | jump to burn  | Pre Basic      |       |  |  |  |  |  |  |  |  |  |  |  |
| Misaki.J         |               |                |       | Ayaka          | rena.H        | Misaki.J      | Misaki.J       |       |  |  |  |  |  |  |  |  |  |  |  |
| 19:30 ~ 20:30    |               |                |       | 19:30 ~ 20:30  | 19:30 ~ 20:30 | 19:30 ~ 20:30 | 19:30 ~ 20:30  |       |  |  |  |  |  |  |  |  |  |  |  |
| Basic            |               |                |       | Basic          | Waist         | Basic         | Shape up waist |       |  |  |  |  |  |  |  |  |  |  |  |
| rena.H           |               |                |       | rena.H         | Ayaka         | rena.H        | Rion.S         |       |  |  |  |  |  |  |  |  |  |  |  |
| 21:00 ~ 22:00    |               |                |       | 21:00 ~ 22:00  | 21:00 ~ 22:00 | 21:00 ~ 22:00 | 21:00 ~ 22:00  |       |  |  |  |  |  |  |  |  |  |  |  |
| jump to burn     |               |                |       | Waist          | Basic         | Waist         | Pilates Cardio |       |  |  |  |  |  |  |  |  |  |  |  |
| Misaki.J         |               |                |       | Ayaka          | rena.H        | Ayaka         | Rion.S         |       |  |  |  |  |  |  |  |  |  |  |  |
|                  |               |                |       |                |               |               |                |       |  |  |  |  |  |  |  |  |  |  |  |

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【 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        | close | 10:30 ~ 11:30  | 10:30 ~ 11:30    | close |       |       |
| Pre Basic        | Shape up waist       |       | Back&Arm       | Release&Strength |       |       |       |
| Misaki.J         | Rion.S               |       | Rion.S         | Misaki.J         |       |       |       |
| 12:00 ~ 13:00    | 12:30 ~ 13:30        |       | 12:00 ~ 13:00  | 12:00 ~ 13:00    |       |       |       |
| Waist            | Basic                |       | jump to burn   | Waist            |       |       |       |
| Ayaka            | Rion.S               |       | Misaki.J       | Ayaka            |       |       |       |
| 13:30 ~ 14:30    | 14:30 ~ 15:30        |       | 13:30 ~ 14:30  | 13:30 ~ 14:30    |       |       |       |
| Back&Arm         | Stretch&Conditioning |       | Shape up waist | Basic            |       |       |       |
| Rion.S           | Misaki.J             |       | Rion.S         | rena.H           |       |       |       |
| 15:00 ~ 16:00    | 16:30 ~ 17:30        |       | close          | 15:00 ~ 16:00    |       | close |       |
| Release&Strength | Waist                |       |                | Body Balance     |       |       |       |
| Misaki.J         | Ayaka                |       |                | rena.H           |       |       |       |
| close            | close                |       |                | close            |       |       |       |
|                  |                      |       |                |                  |       |       |       |
|                  |                      |       |                |                  |       |       |       |
| 17:30 ~ 18:30    |                      |       |                | 17:30 ~ 18:30    |       |       |       |
| Shape up waist   |                      |       |                | Waist            |       |       |       |
| Rion.S           |                      |       |                | Ayaka            |       |       |       |
| close            |                      |       |                | close            |       |       | close |
|                  |                      |       |                |                  |       |       |       |
|                  |                      |       |                |                  |       |       |       |
|                  |                      |       |                |                  |       |       |       |
|                  |                      |       |                |                  |       |       |       |
|                  |                      |       |                |                  |       |       |       |
|                  |                      |       |                |                  |       |       |       |
| 18:00 ~ 19:00    | 18:00 ~ 19:00        |       |                |                  |       |       |       |
| Basic            | Stretch&Conditioning |       |                |                  |       |       |       |
| rena.H           | Misaki.J             |       |                |                  |       |       |       |
| 19:30 ~ 20:30    | 19:30 ~ 20:30        |       |                |                  |       |       |       |
| Release&Strength | Waist                |       |                |                  |       |       |       |
| Misaki.J         | Ayaka                |       |                |                  |       |       |       |
| 21:00 ~ 22:00    | 21:00 ~ 22:00        |       |                |                  |       |       |       |
| Hip&Leg          | Hip&Leg              |       |                |                  |       |       |       |
| rena.H           | Rion.S               |       |                |                  |       |       |       |

・休職可能レッスン  
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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週間前迄にお願ひしております。  
・レッスン開始時刻1時間前迄のキャンセルは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。