

06/01 月	06/02 火	06/03 水	06/04 木	06/05 金	06/06 土	06/07 日	06/08 月
close	10:30 ~ 11:00 Leg A Hinata.i	10:30 ~ 11:00 Hip A Kico	close	10:30 ~ 11:00 Basic B Kico	10:30 ~ 11:00 Waist A Hinata.i	close	close
	11:30 ~ 12:00 Basic A Kico	11:30 ~ 12:00 Basic B Hinata.i		11:30 ~ 12:00 Leg A Kico	11:30 ~ 12:00 Stretch A Hinata.i		
	12:30 ~ 13:00 Hip B Hinata.i	12:30 ~ 13:00 Waist A Kico		12:30 ~ 13:00 Basic A Kico	12:30 ~ 13:00 Jump A Kico		
	13:30 ~ 14:00 Stretch A Kico	13:30 ~ 14:00 Leg A Hinata.i		13:30 ~ 14:00 Hip A Kico	13:30 ~ 14:00 Basic A Hinata.i		
	14:30 ~ 15:00 Hip B Kico	15:30 ~ 16:00 Leg A Hinata.i		16:30 ~ 17:00 Basic B Kico	17:30 ~ 18:00 Jump A Kico		
	18:30 ~ 19:00 Basic B Hinata.i	18:30 ~ 19:00 Waist A Kico		18:30 ~ 19:00 Jump A Kico	18:30 ~ 19:00 Basic A Hinata.i		
	19:30 ~ 20:00 Waist A Kico	19:30 ~ 20:00 Stretch A Hinata.i		19:30 ~ 20:00 Basic A Hinata.i	19:30 ~ 20:00 Waist A Hinata.i		
	20:30 ~ 21:00 Basic A Hinata.i	20:30 ~ 21:00 Hip B Kico		20:30 ~ 21:00 Leg A Kico	20:30 ~ 21:00 Hip A Hinata.i		
	16:30 ~ 17:00 お試し見学会 Kico	17:30 ~ 18:00 Basic A Hinata.i		17:30 ~ 18:00 Basic B Hinata.i	17:30 ~ 18:00 Hip B Hinata.i		
	17:30 ~ 18:00 Jump A Kico	18:30 ~ 19:00 Basic B Hinata.i		18:30 ~ 19:00 Waist A Kico	18:30 ~ 19:00 Basic A Hinata.i		
	19:30 ~ 20:00 Waist A Kico	19:30 ~ 20:00 Stretch A Hinata.i		19:30 ~ 20:00 Basic A Hinata.i	19:30 ~ 20:00 Waist A Hinata.i		
	20:30 ~ 21:00 Basic A Hinata.i	20:30 ~ 21:00 Hip B Kico		20:30 ~ 21:00 Leg A Kico	20:30 ~ 21:00 Hip A Hinata.i		

06/09 火	06/10 水	06/11 木	06/12 金	06/13 土	06/14 日	06/15 月	06/16 火
10:30 ~ 11:00 Hip B Kico	10:30 ~ 11:00 Jump A Kico	close	10:30 ~ 11:00 Basic A Hinata.i	10:30 ~ 11:00 Leg A Hinata.i	close	close	10:30 ~ 11:00 Basic B Hinata.i
11:30 ~ 12:00 Waist A Kico	11:30 ~ 12:00 Stretch A Hinata.i		11:30 ~ 12:00 Hip A Kico	11:30 ~ 12:00 Basic A Kico			11:30 ~ 12:00 Hip B MAYUKI.H
12:30 ~ 13:00 Basic B Kico	12:30 ~ 13:00 Leg A Kico		12:30 ~ 13:00 Basic B Hinata.i	12:30 ~ 13:00 Stretch A Hinata.i			12:30 ~ 13:00 Waist A Hinata.i
13:30 ~ 14:00 Hip A Kico	13:30 ~ 14:00 Basic B Hinata.i		13:30 ~ 14:00 Waist A Kico	13:30 ~ 14:00 Hip B Hinata.i			13:30 ~ 14:00 Basic A MAYUKI.H
17:30 ~ 18:00 Stretch A Hinata.i	17:30 ~ 18:00 Waist A Hinata.i		17:30 ~ 18:00 Leg A Hinata.i	17:30 ~ 18:00 Hip A Hinata.i			17:30 ~ 18:00 Basic B MAYUKI.H
18:30 ~ 19:00 Hip B Hinata.i	18:30 ~ 19:00 Basic B Kico		18:30 ~ 19:00 Stretch A Kico	18:30 ~ 19:00 Basic B Kico			18:30 ~ 19:00 Leg A Kico
19:30 ~ 20:00 Basic B Hinata.i	19:30 ~ 20:00 Leg A Hinata.i		19:30 ~ 20:00 Hip B Hinata.i	19:30 ~ 20:00 Stretch A Hinata.i			19:30 ~ 20:00 Stretch A MAYUKI.H
20:30 ~ 21:00 Waist A Hinata.i	20:30 ~ 21:00 Basic A Kico		20:30 ~ 21:00 Basic B Kico	20:30 ~ 21:00 Jump A Kico			20:30 ~ 21:00 Hip B Kico
14:30 ~ 15:00 お試し見学会 Kico	14:30 ~ 15:00 Waist A Kico		15:30 ~ 16:00 Basic A Hinata.i	16:30 ~ 17:00 Hip A Kico			17:30 ~ 18:00 Basic B MAYUKI.H
17:30 ~ 18:00 Stretch A Hinata.i	17:30 ~ 18:00 Waist A Hinata.i		17:30 ~ 18:00 Leg A Hinata.i	17:30 ~ 18:00 Hip A Hinata.i			17:30 ~ 18:00 Basic B MAYUKI.H
18:30 ~ 19:00 Hip B Hinata.i	18:30 ~ 19:00 Basic B Kico		18:30 ~ 19:00 Stretch A Kico	18:30 ~ 19:00 Basic B Kico			18:30 ~ 19:00 Leg A Kico
19:30 ~ 20:00 Basic B Hinata.i	19:30 ~ 20:00 Leg A Hinata.i		19:30 ~ 20:00 Hip B Hinata.i	19:30 ~ 20:00 Stretch A Hinata.i			19:30 ~ 20:00 Stretch A MAYUKI.H
20:30 ~ 21:00 Waist A Hinata.i	20:30 ~ 21:00 Basic A Kico		20:30 ~ 21:00 Basic B Kico	20:30 ~ 21:00 Jump A Kico			20:30 ~ 21:00 Hip B Kico

pilatesK\_smart 仙台店 【 06/17 ~ 06/24 】 スケジュール 2026/05/19 更新

06/17	06/18	06/19	06/20	06/21	06/22	06/23	06/24		
水	木	金	土	日	月	火	水		
10:30 ~ 11:00 Stretch A MAYUKL.H	close	10:30 ~ 11:00 Waist A Kico	10:30 ~ 11:00 Basic A Hinata.i	close	close	10:30 ~ 11:00 Hip B Kico	10:30 ~ 11:00 Waist A NATSUMI.A		
11:30 ~ 12:00 Leg A Hinata.i		11:30 ~ 12:00 Basic B Hinata.i	11:30 ~ 12:00 Leg A Hinata.i			11:30 ~ 12:00 Jump A NATSUMI.A	11:30 ~ 12:00 Stretch A Kico		
12:30 ~ 13:00 Basic A MAYUKL.H		12:30 ~ 13:00 Jump A Kico	12:30 ~ 13:00 Basic B Kico			12:30 ~ 13:00 Basic A Kico	12:30 ~ 13:00 Hip B NATSUMI.A		
13:30 ~ 14:00 Waist A Hinata.i		13:30 ~ 14:00 Leg A Hinata.i	13:30 ~ 14:00 Jump A Kico			13:30 ~ 14:00 Hip A NATSUMI.A	13:30 ~ 14:00 Basic B Kico		
14:30 ~ 15:00 お試し見学会 Kico		14:30 ~ 15:00 Hip A Hinata.i	14:30 ~ 15:00 Hip A Hinata.i			15:30 ~ 16:00 Stretch A Kico	close		
close		close	16:30 ~ 17:00 Hip B Hinata.i			16:30 ~ 17:00 お試し見学会 Kico			
17:30 ~ 18:00 Hip B MAYUKL.H		17:30 ~ 18:00 Waist A Hinata.i	17:30 ~ 18:00 Stretch A Hinata.i			17:30 ~ 18:00 Leg A NATSUMI.A		17:30 ~ 18:00 Jump A Kico	
18:30 ~ 19:00 Waist A MAYUKL.H		18:30 ~ 19:00 Basic A Hinata.i	18:30 ~ 19:00 Hip A Hinata.i			close		18:30 ~ 19:00 Waist A Kico	18:30 ~ 19:00 Basic B NATSUMI.A
19:30 ~ 20:00 Jump A Kico		19:30 ~ 20:00 Basic B Hinata.i	19:30 ~ 20:00 Basic A Hinata.i					19:30 ~ 20:00 Basic B NATSUMI.A	19:30 ~ 20:00 Leg A Kico
20:30 ~ 21:00 Basic B Kico		20:30 ~ 21:00 Leg A Hinata.i	20:30 ~ 21:00 Waist A Hinata.i					20:30 ~ 21:00 Stretch A Kico	20:30 ~ 21:00 Hip A NATSUMI.A

pilatesK\_smart 仙台店 【 06/25 ~ 06/30 】 スケジュール 2026/05/19 更新

06/25	06/26	06/27	06/28	06/29	06/30	
木	金	土	日	月	火	
close	10:30 ~ 11:00 Jump A Kico	10:30 ~ 11:00 Basic B NATSUMI.A	close	close	10:30 ~ 11:00 Leg A NATSUMI.A	
	11:30 ~ 12:00 Basic A NATSUMI.A	11:30 ~ 12:00 Waist A Hinata.i			11:30 ~ 12:00 Basic A Kico	
	12:30 ~ 13:00 Leg A Kico	12:30 ~ 13:00 Stretch A NATSUMI.A			12:30 ~ 13:00 Hip A NATSUMI.A	
	13:30 ~ 14:00 Stretch A NATSUMI.A	13:30 ~ 14:00 Basic A Hinata.i			13:30 ~ 14:00 Basic B Kico	
	14:30 ~ 15:00 Leg A NATSUMI.A	14:30 ~ 15:00 Leg A NATSUMI.A			close	
	15:30 ~ 16:00 Jump A NATSUMI.A	15:30 ~ 16:00 Jump A NATSUMI.A				
	16:30 ~ 17:00 Basic A Hinata.i	16:30 ~ 17:00 Basic A Hinata.i				
	17:30 ~ 18:00 Hip A NATSUMI.A	17:30 ~ 18:00 Basic B Kico				17:30 ~ 18:00 Jump A NATSUMI.A
	18:30 ~ 19:00 Stretch A Kico	18:30 ~ 19:00 Jump A NATSUMI.A				18:30 ~ 19:00 Basic A Hinata.i
	19:30 ~ 20:00 Basic A NATSUMI.A	19:30 ~ 20:00 Hip B Kico				19:30 ~ 20:00 Hip A Hinata.i
	20:30 ~ 21:00 Jump A Kico	20:30 ~ 21:00 Basic A NATSUMI.A				20:30 ~ 21:00 Waist A NATSUMI.A