

pilatesK_smart 仙台店 【 07/01 ~ 07/08 】 スケジュール

2026/06/12 更新

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

pilatesK_smart 仙台店 【 07/09 ~ 07/16 】 スケジュール

2026/06/12 更新

07/09	07/10	07/11	07/12	07/13	07/14	07/15	07/16		
木	金	土	日	月	火	水	木		
close	10:30 ~ 11:00	10:30 ~ 11:00	close	close	10:30 ~ 11:00	10:30 ~ 11:00	close		
	Basic A	Jump A			Basic A	Stretch A			
	Mizuki.T	MAYUKI.H			Mizuki.T	MAYUKI.H			
	11:30 ~ 12:00	11:30 ~ 12:00			11:30 ~ 12:00	11:30 ~ 12:00			
	Hip B	Basic A			Waist A	Basic B			
	MAYUKI.H	Mizuki.T			MAYUKI.H	Hinata.i			
	12:30 ~ 13:00	12:30 ~ 13:00			12:30 ~ 13:00	12:30 ~ 13:00		12:30 ~ 13:00	12:30 ~ 13:00
	Basic A	Leg A			Basic A	Leg A			
	Mizuki.T	MAYUKI.H			Mizuki.T	MAYUKI.H			
	13:30 ~ 14:00	13:30 ~ 14:00			13:30 ~ 14:00	13:30 ~ 14:00		13:30 ~ 14:00	13:30 ~ 14:00
Waist A	Basic A	Hip B	Jump A						
MAYUKI.H	Mizuki.T	MAYUKI.H	Hinata.i						
close	close	close	14:30 ~ 15:00	close	close	close	close		
			Hip B						
			MAYUKI.H						
			15:30 ~ 16:00					Basic A	
			Mizuki.T						
16:30 ~ 17:00	Waist A								
MAYUKI.H									
17:30 ~ 18:00	17:30 ~ 18:00	close	17:30 ~ 18:00	17:30 ~ 18:00	17:30 ~ 18:00				
Jump A	Basic A		Basic B	Stretch A	Basic A				
Hinata.i	Mizuki.T		MAYUKI.H	Hinata.i	Mizuki.T				
18:30 ~ 19:00	18:30 ~ 19:00		18:30 ~ 19:00	18:30 ~ 19:00	18:30 ~ 19:00				
Hip A	Leg A		Hip A	Basic A	Hip B				
MAYUKI.H	MAYUKI.H		Hinata.i	Mizuki.T	MAYUKI.H				
19:30 ~ 20:00	19:30 ~ 20:00		19:30 ~ 20:00	19:30 ~ 20:00	19:30 ~ 20:00				
Basic B	Stretch A		Leg A	Hip B	Basic A				
Hinata.i	MAYUKI.H		MAYUKI.H	Hinata.i	Mizuki.T				
20:30 ~ 21:00	20:30 ~ 21:00		20:30 ~ 21:00	20:30 ~ 21:00	20:30 ~ 21:00				
Waist A	Basic A	Jump A	Basic A	Stretch A					
MAYUKI.H	Mizuki.T	Hinata.i	Mizuki.T	MAYUKI.H					

07/17	07/18	07/19	07/20	07/21	07/22	07/23	07/24		
金	土	日	月	火	水	木	金		
10:30 ~ 11:00 Hip A MAYUKI.H	10:30 ~ 11:00 Basic A Mizuki.T	close	close	10:30 ~ 11:00 Waist A Hinata.i	10:30 ~ 11:00 Basic A Mizuki.T	close	10:30 ~ 11:00 Jump A MAYUKI.H		
11:30 ~ 12:00 Basic A Mizuki.T	11:30 ~ 12:00 Jump A Hinata.i			11:30 ~ 12:00 Basic A Mizuki.T	11:30 ~ 12:00 Leg A Hinata.i		11:30 ~ 12:00 Basic A Mizuki.T	11:30 ~ 12:00 Basic A Mizuki.T	
12:30 ~ 13:00 Stretch A MAYUKI.H	12:30 ~ 13:00 Basic B Hinata.i			12:30 ~ 13:00 Hip A Hinata.i	12:30 ~ 13:00 Basic A Mizuki.T		12:30 ~ 13:00 Basic A Mizuki.T	12:30 ~ 13:00 Hip B MAYUKI.H	
13:30 ~ 14:00 Basic A Mizuki.T	13:30 ~ 14:00 Stretch A Hinata.i			13:30 ~ 14:00 Basic A Mizuki.T	13:30 ~ 14:00 Hip B Hinata.i		13:30 ~ 14:00 Hip B Hinata.i	13:30 ~ 14:00 Waist A MAYUKI.H	
close	14:30 ~ 15:00 Basic A Mizuki.T			close	close		close	close	14:30 ~ 15:00 お試し見学会 MAYUKI.H
	15:30 ~ 16:00 Waist A Hinata.i								close
	16:30 ~ 17:00 Basic A Mizuki.T								
	17:30 ~ 18:00 Leg A MAYUKI.H								
18:30 ~ 19:00 Basic A Mizuki.T	close			18:30 ~ 19:00 Jump A MAYUKI.H	18:30 ~ 19:00 Basic B MAYUKI.H		18:30 ~ 19:00 Hip B MAYUKI.H	18:30 ~ 19:00 Basic A Mizuki.T	
19:30 ~ 20:00 Jump A MAYUKI.H				19:30 ~ 20:00 Basic A Mizuki.T	19:30 ~ 20:00 Stretch A Hinata.i		19:30 ~ 20:00 Jump A MAYUKI.H	19:30 ~ 20:00 Basic A Mizuki.T	
20:30 ~ 21:00 Waist A MAYUKI.H				20:30 ~ 21:00 Leg A MAYUKI.H	20:30 ~ 21:00 Hip B MAYUKI.H		20:30 ~ 21:00 Basic A Mizuki.T	20:30 ~ 21:00 Hip A MAYUKI.H	

07/25	07/26	07/27	07/28	07/29	07/30	07/31			
土	日	月	火	水	木	金			
10:30 ~ 11:00 Basic B Hinata.i	close	close	10:30 ~ 11:00 Basic A Mizuki.T	10:30 ~ 11:00 Hip B Hinata.i	close	10:30 ~ 11:00 Basic A Mizuki.T			
11:30 ~ 12:00 Hip B MAYUKI.H			11:30 ~ 12:00 Waist A MAYUKI.H	11:30 ~ 12:00 Basic A Mizuki.T		11:30 ~ 12:00 Basic A Mizuki.T	11:30 ~ 12:00 Hip A Hinata.i		
12:30 ~ 13:00 Jump A Hinata.i			12:30 ~ 13:00 Basic A Mizuki.T	12:30 ~ 13:00 Stretch A Hinata.i		12:30 ~ 13:00 Stretch A Hinata.i	12:30 ~ 13:00 Basic A Mizuki.T		
13:30 ~ 14:00 Basic B MAYUKI.H			13:30 ~ 14:00 Jump A MAYUKI.H	13:30 ~ 14:00 Leg A Hinata.i		13:30 ~ 14:00 Leg A Hinata.i	13:30 ~ 14:00 Basic B Hinata.i		
14:30 ~ 15:00 Hip A Hinata.i			close	close		close	close	close	close
15:30 ~ 16:00 Stretch A MAYUKI.H									
16:30 ~ 17:00 Leg A Hinata.i									
close									
			17:30 ~ 18:00 Basic B MAYUKI.H	17:30 ~ 18:00 Hip A Hinata.i		17:30 ~ 18:00 Stretch A Hinata.i	17:30 ~ 18:00 Leg A MAYUKI.H		
			18:30 ~ 19:00 Hip B MAYUKI.H	18:30 ~ 19:00 Basic A Mizuki.T		18:30 ~ 19:00 Leg A Hinata.i	18:30 ~ 19:00 Basic B Hinata.i		
			19:30 ~ 20:00 Basic A Mizuki.T	19:30 ~ 20:00 Waist A Hinata.i		19:30 ~ 20:00 Basic B Hinata.i	19:30 ~ 20:00 Hip B MAYUKI.H		
			20:30 ~ 21:00 Waist A MAYUKI.H	20:30 ~ 21:00 Basic A Mizuki.T		20:30 ~ 21:00 Jump A Hinata.i	20:30 ~ 21:00 Stretch A Hinata.i		