

| pilatesK    ドン・キホーテ二俣川 |                | 【    08/01    ~    08/08    】 |                       | スケジュール                |       | 2026/08/14    更新 |                       |                |  |  |  |  |  |
|------------------------|----------------|-------------------------------|-----------------------|-----------------------|-------|------------------|-----------------------|----------------|--|--|--|--|--|
| 08/01                  | 08/02          | 08/03                         | 08/04                 | 08/05                 | 08/06 | 08/07            | 08/08                 |                |  |  |  |  |  |
| 土                      | 日              | 月                             | 火                     | 水                     | 木     | 金                | 土                     |                |  |  |  |  |  |
| 10:30 ~ 11:30          | 10:30 ~ 11:30  | close                         | 10:30 ~ 11:30         | 10:30 ~ 11:30         | close | 10:30 ~ 11:30    | 10:30 ~ 11:30         |                |  |  |  |  |  |
| Beauty Conditioning 🌿  | Shape up waist |                               | Basic 🌿               | Beauty Conditioning 🌿 |       | Shape up waist   | Body Balance          |                |  |  |  |  |  |
| AYUMI.F                | MOMOKA.K       |                               | Sae.M                 | AYUMI.F               |       | MOMOKA.K         | MOMOKA.K              |                |  |  |  |  |  |
| 12:00 ~ 13:00          | 12:30 ~ 13:30  |                               | 12:00 ~ 13:00         | 12:30 ~ 13:30         |       | 12:00 ~ 13:00    | 12:00 ~ 13:00         |                |  |  |  |  |  |
| Basic 🌿                | Waist 🌿        |                               | Body Balance          | Basic 🌿               |       | jump to burn     | Waist 🌿               |                |  |  |  |  |  |
| Sae.M                  | AYUMI.F        |                               | Erina.K               | Sae.M                 |       | Erina.K          | AYUMI.F               |                |  |  |  |  |  |
| 13:30 ~ 14:30          | 14:30 ~ 15:30  |                               | 13:30 ~ 14:30         | close                 |       | 13:30 ~ 14:30    | 13:30 ~ 14:30         |                |  |  |  |  |  |
| Waist 🌿                | Basic 🌿        |                               | Hip & Leg 🌿           |                       |       | Back & Arm 🌿     | Beauty Conditioning 🌿 |                |  |  |  |  |  |
| AYUMI.F                | Sae.M          |                               | Erina.K               |                       |       | MOMOKA.K         | AYUMI.F               |                |  |  |  |  |  |
| 15:00 ~ 16:00          | 16:30 ~ 17:30  |                               | close                 |                       |       | close            | close                 | 15:00 ~ 16:00  |  |  |  |  |  |
| Basic 🌿                | Back & Arm 🌿   |                               |                       |                       |       |                  |                       | Basic 🌿        |  |  |  |  |  |
| Sae.M                  | MOMOKA.K       |                               |                       |                       |       |                  |                       | Sae.M          |  |  |  |  |  |
| close                  | close          |                               |                       |                       |       |                  |                       | close          |  |  |  |  |  |
|                        |                |                               |                       |                       |       |                  |                       |                |  |  |  |  |  |
|                        |                |                               |                       |                       |       |                  |                       |                |  |  |  |  |  |
| 17:30 ~ 18:30          | close          |                               | 18:00 ~ 19:00         | 18:00 ~ 19:00         |       | 18:00 ~ 19:00    | 18:00 ~ 19:00         | 17:30 ~ 18:30  |  |  |  |  |  |
| jump to burn           |                |                               | Waist 🌿               | Back & Arm 🌿          |       | Hip & Leg 🌿      | Basic 🌿               | Shape up waist |  |  |  |  |  |
| Minami                 |                |                               | AYUMI.F               | MOMOKA.K              |       | Erina.K          | Sae.M                 | MOMOKA.K       |  |  |  |  |  |
| close                  |                |                               | 19:30 ~ 20:30         | 19:30 ~ 20:30         |       | 19:30 ~ 20:30    | 19:30 ~ 20:30         | close          |  |  |  |  |  |
|                        |                |                               | Beauty Conditioning 🌿 | Hip & Leg 🌿           |       | Shape up waist   | Beauty Conditioning 🌿 |                |  |  |  |  |  |
|                        |                |                               | AYUMI.F               | Erina.K               |       | MOMOKA.K         | AYUMI.F               |                |  |  |  |  |  |
|                        |                |                               | 21:00 ~ 22:00         | 21:00 ~ 22:00         |       | 21:00 ~ 22:00    | 21:00 ~ 22:00         |                |  |  |  |  |  |
|                        |                |                               | jump to burn          | Body Balance          |       | Back & Arm 🌿     | Basic 🌿               |                |  |  |  |  |  |
|                        |                |                               | MOMOKA.K              | Erina.K               |       | MOMOKA.K         | Sae.M                 |                |  |  |  |  |  |

| pilatesK   ドン・キホーテ二俣川 |                   | 【   08/09   ~   08/16   】 |                   | スケジュール            |                       |                   |                       |       |       |                       |                   |                   |
|-----------------------|-------------------|---------------------------|-------------------|-------------------|-----------------------|-------------------|-----------------------|-------|-------|-----------------------|-------------------|-------------------|
| 08/09                 | 08/10             | 08/11                     | 08/12             | 08/13             | 08/14                 | 08/15             | 08/16                 |       |       |                       |                   |                   |
| 日                     | 月                 | 火                         | 水                 | 木                 | 金                     | 土                 | 日                     |       |       |                       |                   |                   |
| 10:30   ~   11:30     | close             | 10:30   ~   11:30         | 10:30   ~   11:30 | close             | 10:30   ~   11:30     | 10:30   ~   11:30 | 10:30   ~   11:30     |       |       |                       |                   |                   |
| Basic 🍌               |                   | Back & Arm 🍌              | Waist 🍌           |                   | Hip & Leg 🍌           | Waist 🍌           | Beauty Conditioning 🍌 |       |       |                       |                   |                   |
| Sae.M                 |                   | MOMOKA.K                  | AYUMI.F           |                   | Erina.K               | AYUMI.F           | AYUMI.F               |       |       |                       |                   |                   |
| 12:30   ~   13:30     |                   | 12:00   ~   13:00         | 12:30   ~   13:30 |                   | 12:00   ~   13:00     | 12:00   ~   13:00 | 12:30   ~   13:30     |       |       |                       |                   |                   |
| Hip & Leg 🍌           |                   | Basic 🍌                   | jump to burn      |                   | Beauty Conditioning 🍌 | Hip & Leg 🍌       | Body Balance          |       |       |                       |                   |                   |
| MOMOKA.K              |                   | Sae.M                     | MOMOKA.K          |                   | AYUMI.F               | Erina.K           | Erina.K               |       |       |                       |                   |                   |
| 14:30   ~   15:30     |                   | 13:30   ~   14:30         | close             |                   | 13:30   ~   14:30     | 13:30   ~   14:30 | 14:30   ~   15:30     |       |       |                       |                   |                   |
| Waist 🍌               |                   | Waist 🍌                   |                   |                   | Body Balance          | Basic 🍌           | Hip & Leg 🍌           |       |       |                       |                   |                   |
| AYUMI.F               |                   | AYUMI.F                   |                   |                   | Erina.K               | Sae.M             | Erina.K               |       |       |                       |                   |                   |
| 16:30   ~   17:30     |                   | 15:00   ~   16:00         |                   |                   | 15:00   ~   16:00     | 16:30   ~   17:30 |                       |       |       |                       |                   |                   |
| Beauty Conditioning 🍌 |                   | Body Balance              |                   |                   | Body Balance          | Waist 🍌           |                       |       |       |                       |                   |                   |
| AYUMI.F               |                   | MOMOKA.K                  |                   |                   | Erina.K               | AYUMI.F           |                       |       |       |                       |                   |                   |
| close                 |                   | close                     |                   |                   | close                 | close             | close                 | close | close |                       |                   |                   |
|                       |                   |                           | 17:30   ~   18:30 | 18:00   ~   19:00 |                       |                   |                       |       |       | 18:00   ~   19:00     | 18:00   ~   19:00 | 17:30   ~   18:30 |
|                       |                   |                           | Basic 🍌           | Basic 🍌           |                       |                   |                       |       |       | Beauty Conditioning 🍌 | jump to burn      | Basic 🍌           |
|                       |                   |                           | Sae.M             | Sae.M             |                       |                   |                       |       |       | AYUMI.F               | MOMOKA.K          | Sae.M             |
|                       |                   |                           | close             | 19:30   ~   20:30 |                       |                   |                       |       |       | 19:30   ~   20:30     | 19:30   ~   20:30 | close             |
|                       |                   |                           |                   | Body Balance      |                       |                   |                       |       |       | Basic 🍌               | Waist 🍌           |                   |
|                       | Erina.K           |                           |                   | Sae.M             |                       |                   |                       |       |       | AYUMI.F               |                   |                   |
|                       | 21:00   ~   22:00 |                           |                   | 21:00   ~   22:00 |                       |                   |                       |       |       | 21:00   ~   22:00     |                   |                   |
|                       | Basic 🍌           |                           | Waist 🍌           | Shape up waist    |                       |                   |                       |       |       |                       |                   |                   |
|                       | Sae.M             |                           | AYUMI.F           | MOMOKA.K          |                       |                   |                       |       |       |                       |                   |                   |

：体験可能レッスン  
 ・クラスの種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時間前迄にお願いしております。  
 ・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。

pilatesK ドン・キホーテ二俣川

【 08/17 ~ 08/24 】 スケジュール

2026/08/14 更新

| 08/17         | 08/18               | 08/19               | 08/20         | 08/21         | 08/22         | 08/23               | 08/24 |               |       |       |       |       |
|---------------|---------------------|---------------------|---------------|---------------|---------------|---------------------|-------|---------------|-------|-------|-------|-------|
| 月             | 火                   | 水                   | 木             | 金             | 土             | 日                   | 月     |               |       |       |       |       |
| close         | 10:30 ~ 11:30       | 10:30 ~ 11:30       | close         | 10:30 ~ 11:30 | 10:30 ~ 11:30 | 10:30 ~ 11:30       | close |               |       |       |       |       |
|               | jump to burn        | Beauty Conditioning |               | Basic         | Back & Arm    | Basic               |       |               |       |       |       |       |
|               | MOMOKA.K            | AYUMI.F             |               | Sae.M         | Erina.K       | Erina.K             |       |               |       |       |       |       |
|               | 12:00 ~ 13:00       | 12:30 ~ 13:30       |               | 12:00 ~ 13:00 | 12:00 ~ 13:00 | 12:30 ~ 13:30       |       |               |       |       |       |       |
|               | Hip & Leg           | Basic               |               | Body Balance  | Basic         | Beauty Conditioning |       |               |       |       |       |       |
|               | Erina.K             | Sae.M               |               | Erina.K       | MOMOKA.K      | AYUMI.F             |       |               |       |       |       |       |
|               | 13:30 ~ 14:30       | close               |               | 13:30 ~ 14:30 | 13:30 ~ 14:30 | 14:30 ~ 15:30       |       |               |       |       |       |       |
|               | Shape up waist      |                     |               | Basic         | Hip & Leg     | Back & Arm          |       |               |       |       |       |       |
|               | MOMOKA.K            |                     |               | Sae.M         | Erina.K       | MOMOKA.K            |       |               |       |       |       |       |
|               | close               |                     |               | close         | close         | 15:00 ~ 16:00       |       | 16:30 ~ 17:30 |       |       |       |       |
|               |                     |                     |               |               |               | Shape up waist      |       | jump to burn  |       |       |       |       |
|               |                     |                     |               |               |               | MOMOKA.K            |       | MOMOKA.K      |       |       |       |       |
|               |                     |                     |               |               |               | close               |       | close         |       |       |       |       |
|               |                     |                     |               |               |               |                     |       |               | close |       |       |       |
|               |                     |                     |               |               |               |                     |       |               |       | close |       |       |
|               |                     |                     |               |               |               |                     |       |               |       |       | close |       |
|               |                     |                     |               |               |               |                     |       |               |       |       |       | close |
|               |                     | close               |               |               |               |                     |       |               |       |       |       |       |
|               |                     |                     |               |               |               |                     |       |               |       |       |       |       |
|               | 18:00 ~ 19:00       |                     |               | 18:00 ~ 19:00 | 18:00 ~ 19:00 | 18:00 ~ 19:00       |       | 17:30 ~ 18:30 |       |       |       |       |
|               | Basic               |                     |               | jump to burn  | Body Balance  | Back & Arm          |       | Body Balance  |       |       |       |       |
|               | Sae.M               |                     |               | Erina.K       | Erina.K       | Erina.K             |       | MOMOKA.K      |       |       |       |       |
|               | 19:30 ~ 20:30       |                     |               | 19:30 ~ 20:30 | 19:30 ~ 20:30 | 19:30 ~ 20:30       |       | close         |       |       |       |       |
|               | Beauty Conditioning |                     |               | Waist         | Back & Arm    | Hip & Leg           |       |               |       |       |       |       |
|               | AYUMI.F             | AYUMI.F             |               | Erina.K       | Minami        |                     |       |               |       |       |       |       |
| 21:00 ~ 22:00 | 21:00 ~ 22:00       | 21:00 ~ 22:00       | 21:00 ~ 22:00 |               |               |                     |       |               |       |       |       |       |
| Basic         | Hip & Leg           | Basic               | jump to burn  |               |               |                     |       |               |       |       |       |       |
| Sae.M         | Erina.K             | Sae.M               | Minami        |               |               |                     |       |               |       |       |       |       |

pilatesK ドン・キホーテ二俣川

【 08/25 ~ 08/31 】 スケジュール

| 08/25                 | 08/26                 | 08/27         | 08/28          | 08/29                 | 08/30         | 08/31 |                       |
|-----------------------|-----------------------|---------------|----------------|-----------------------|---------------|-------|-----------------------|
| 火                     | 水                     | 木             | 金              | 土                     | 日             | 月     |                       |
| 10:30 ~ 11:30         | 10:30 ~ 11:30         | close         | 10:30 ~ 11:30  | 10:30 ~ 11:30         | 10:30 ~ 11:30 | close |                       |
| Body Balance          | Basic 🌱               |               | Hip & Leg 🌱    | Beauty Conditioning 🌱 | jump to burn  |       |                       |
| MOMOKA.K              | Sae.M                 |               | Erina.K        | AYUMI.F               | Erina.K       |       |                       |
| 12:00 ~ 13:00         | 12:30 ~ 13:30         |               | 12:00 ~ 13:00  | 12:00 ~ 13:00         | 12:30 ~ 13:30 |       |                       |
| Basic 🌱               | jump to burn          |               | Basic 🌱        | Back & Arm 🌱          | Waist 🌱       |       |                       |
| Sae.M                 | MOMOKA.K              |               | Sae.M          | Erina.K               | AYUMI.F       |       |                       |
| 13:30 ~ 14:30         | close                 |               | 13:30 ~ 14:30  | 13:30 ~ 14:30         | 14:30 ~ 15:30 |       |                       |
| Hip & Leg 🌱           |                       |               | Body Balance   | Waist 🌱               | Basic 🌱       |       |                       |
| MOMOKA.K              |                       |               | Erina.K        | AYUMI.F               | Erina.K       |       |                       |
| close                 |                       |               | close          | close                 | 15:00 ~ 16:00 |       | 16:30 ~ 17:30         |
|                       |                       |               |                |                       | Body Balance  |       | Beauty Conditioning 🌱 |
|                       |                       |               |                |                       | Erina.K       |       | AYUMI.F               |
|                       |                       |               |                |                       | close         |       | close                 |
|                       |                       |               |                |                       |               |       |                       |
|                       |                       |               |                |                       |               |       |                       |
|                       |                       |               |                |                       |               |       |                       |
|                       |                       |               |                |                       |               |       |                       |
|                       |                       |               |                |                       |               |       |                       |
|                       |                       |               |                |                       |               |       |                       |
| 18:00 ~ 19:00         | 18:00 ~ 19:00         | 18:00 ~ 19:00 | 18:00 ~ 19:00  | 17:30 ~ 18:30         | close         |       |                       |
| Waist 🌱               | Hip & Leg 🌱           | Basic 🌱       | Shape up waist | Waist 🌱               |               |       |                       |
| AYUMI.F               | Erina.K               | Erina.K       | MOMOKA.K       | AYUMI.F               |               |       |                       |
| 19:30 ~ 20:30         | 19:30 ~ 20:30         | 19:30 ~ 20:30 | 19:30 ~ 20:30  | close                 |               |       |                       |
| Basic 🌱               | Beauty Conditioning 🌱 | Waist 🌱       | Basic 🌱        |                       |               |       |                       |
| Sae.M                 | AYUMI.F               | AYUMI.F       | Sae.M          |                       |               |       |                       |
| 21:00 ~ 22:00         | 21:00 ~ 22:00         | 21:00 ~ 22:00 | 21:00 ~ 22:00  |                       |               |       |                       |
| Beauty Conditioning 🌱 | Waist 🌱               | Back & Arm 🌱  | Hip & Leg 🌱    |                       |               |       |                       |
| AYUMI.F               | AYUMI.F               | Erina.K       | MOMOKA.K       |                       |               |       |                       |

🌱 : 体験可能レッスン

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・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。