

## スケジュール

2026/08/06

179

| 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 |  |               |  |               |  |                |  |               |  |               |  |
| jump to burn  |  | Pre Basic        |  |                  |  | Back & Arm    |  | Basic               |  |               |  | Beauty Conditioning |  | Waist         |  |               |  |               |  |                |  |               |  |               |  |
| Satsuki.I     |  | Kyoka.M          |  |                  |  | kanako.t      |  | Rika.I              |  |               |  | Kyoka.M             |  | Kotone.O      |  |               |  |               |  |                |  |               |  |               |  |
| 12:00 ~ 13:00 |  | 12:30 ~ 13:30    |  |                  |  | 12:00 ~ 13:00 |  | 12:30 ~ 13:30       |  |               |  | 12:00 ~ 13:00       |  | 12:00 ~ 13:00 |  |               |  |               |  |                |  |               |  |               |  |
| Hip & Leg     |  | Waist            |  |                  |  | Waist         |  | Beauty Conditioning |  |               |  | Shape up waist      |  | Body Balance  |  |               |  |               |  |                |  |               |  |               |  |
| kanako.t      |  | Kotone.O         |  |                  |  | Kotone.O      |  | Kyoka.M             |  |               |  | Kyoka.M             |  | Satsuki.I     |  |               |  |               |  |                |  |               |  |               |  |
| 13:30 ~ 14:30 |  | 14:30 ~ 15:30    |  |                  |  | 13:30 ~ 14:30 |  | close               |  |               |  | 13:30 ~ 14:30       |  | 13:30 ~ 14:30 |  |               |  |               |  |                |  |               |  |               |  |
| Basic         |  | Pilates Workout  |  |                  |  | Pilates Barre |  |                     |  |               |  | Basic               |  | Pre Basic     |  |               |  |               |  |                |  |               |  |               |  |
| Rika.I        |  | Hitomi.a         |  |                  |  | kanako.t      |  |                     |  |               |  | Rika.I              |  | Kyoka.M       |  |               |  |               |  |                |  |               |  |               |  |
| 15:00 ~ 16:00 |  | 16:30 ~ 17:30    |  |                  |  | close         |  |                     |  |               |  | close               |  | close         |  | 15:00 ~ 16:00 |  |               |  |                |  |               |  |               |  |
| Pilates Barre |  | Release&Strength |  | Hip & Leg        |  |               |  |                     |  |               |  |                     |  |               |  |               |  |               |  |                |  |               |  |               |  |
| kanako.t      |  | kanako.t         |  | Kyoka.M          |  |               |  |                     |  |               |  |                     |  |               |  |               |  |               |  |                |  |               |  |               |  |
| 17:30 ~ 18:30 |  | close            |  | close            |  |               |  | close               |  | 17:30 ~ 18:30 |  |                     |  |               |  |               |  |               |  |                |  |               |  |               |  |
| Body Balance  |  |                  |  |                  |  |               |  |                     |  | Basic         |  |                     |  |               |  |               |  |               |  |                |  |               |  |               |  |
| Satsuki.I     |  |                  |  |                  |  |               |  |                     |  | Rika.I        |  |                     |  |               |  |               |  |               |  |                |  |               |  |               |  |
| close         |  |                  |  |                  |  |               |  |                     |  | close         |  |                     |  |               |  | close         |  |               |  |                |  |               |  |               |  |
|               |  |                  |  |                  |  |               |  |                     |  |               |  |                     |  |               |  |               |  | 18:00 ~ 19:00 |  | 18:00 ~ 19:00  |  | 18:00 ~ 19:00 |  | 18:00 ~ 19:00 |  |
|               |  |                  |  |                  |  |               |  |                     |  |               |  |                     |  |               |  |               |  | Basic         |  | Shape up waist |  | Body Balance  |  | Waist         |  |
|               |  |                  |  |                  |  |               |  |                     |  |               |  |                     |  |               |  |               |  | Rika.I        |  | Ayano.m        |  | kanako.t      |  | Kotone.O      |  |
|               |  |                  |  |                  |  | 19:30 ~ 20:30 |  |                     |  |               |  | 19:30 ~ 20:30       |  | 19:30 ~ 20:30 |  |               |  | 19:30 ~ 20:30 |  | 19:30 ~ 20:30  |  |               |  |               |  |
|               |  |                  |  |                  |  | Hip & Leg     |  |                     |  |               |  | Waist               |  | Basic         |  |               |  | Back & Arm    |  |                |  |               |  |               |  |
|               |  |                  |  |                  |  | Satsuki.I     |  |                     |  |               |  | Kotone.O            |  | Rika.I        |  |               |  | Hitomi.a      |  |                |  |               |  |               |  |
|               |  | 21:00 ~ 22:00    |  | 21:00 ~ 22:00    |  | 21:00 ~ 22:00 |  | 21:00 ~ 22:00       |  |               |  | 21:00 ~ 22:00       |  |               |  |               |  |               |  |                |  |               |  |               |  |
|               |  | jump to burn     |  | Release&Strength |  | Pilates Barre |  | Pilates Workout     |  |               |  |                     |  |               |  |               |  |               |  |                |  |               |  |               |  |
|               |  | Satsuki.I        |  | Ayano.m          |  | kanako.t      |  | Hitomi.a            |  |               |  |                     |  |               |  |               |  |               |  |                |  |               |  |               |  |

## 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    |               |
| Hip & Leg 🍷           |                | Beauty Conditioning 🍷 | Body Balance  |               | Pilates Barre | Basic 🍷       | Back & Arm 🍷     |               |
| Satsuki.I             |                | Kyoka.M               | Satsuki.I     |               | kanako.t      | Rika.I        | kanako.t         |               |
| 12:30 ~ 13:30         |                | 12:00 ~ 13:00         | 12:30 ~ 13:30 |               | 12:00 ~ 13:00 | 12:00 ~ 13:00 | 12:30 ~ 13:30    |               |
| Beauty Conditioning 🍷 |                | Pilates Barre         | Waist 🍷       |               | Basic 🍷       | jump to burn  | Basic 🍷          |               |
| Kyoka.M               |                | kanako.t              | Kotone.O      |               | kanako.t      | Satsuki.I     | Rika.I           |               |
| 14:30 ~ 15:30         |                | 13:30 ~ 14:30         | close         |               | 13:30 ~ 14:30 | 13:30 ~ 14:30 | 14:30 ~ 15:30    |               |
| Waist 🍷               |                | Hip & Leg 🍷           |               |               | Hip & Leg 🍷   | Waist 🍷       | Release&Strength |               |
| Kotone.O              |                | Kyoka.M               |               |               | Satsuki.I     | Kotone.O      | kanako.t         |               |
| 16:30 ~ 17:30         |                | 15:00 ~ 16:00         |               |               | close         | 15:00 ~ 16:00 | 15:00 ~ 16:00    | 16:30 ~ 17:30 |
| Pre Basic 🍷           |                | Back & Arm 🍷          |               |               |               | Body Balance  | Waist 🍷          |               |
| Kyoka.M               |                | kanako.t              |               |               |               | Satsuki.I     | Kotone.O         |               |
| close                 |                | 17:30 ~ 18:30         |               |               |               | close         | 17:30 ~ 18:30    | close         |
|                       |                | jump to burn          |               |               |               |               | Hip & Leg 🍷      |               |
|                       |                | Satsuki.I             |               |               | Satsuki.I     |               |                  |               |
|                       | 18:00 ~ 19:00  | 18:00 ~ 19:00         |               | 18:00 ~ 19:00 |               |               |                  |               |
|                       | Back & Arm 🍷   | Waist 🍷               | Pre Basic 🍷   |               |               |               |                  |               |
| Kyoka.M               | Kotone.O       | Kyoka.M               | close         | close         |               |               |                  |               |
| 19:30 ~ 20:30         | 19:30 ~ 20:30  | 19:30 ~ 20:30         |               |               |               |               |                  |               |
| Basic 🍷               | Shape up waist | Release&Strength      |               |               |               |               |                  |               |
| Rika.I                | Kyoka.M        | Satsuki.I             |               |               |               |               |                  |               |
| 21:00 ~ 22:00         | 21:00 ~ 22:00  | 21:00 ~ 22:00         |               |               |               |               |                  |               |
| Beauty Conditioning 🍷 | Basic 🍷        | Back & Arm 🍷          |               |               |               |               |                  |               |
| Kyoka.M               | Kotone.O       | Kyoka.M               |               |               |               |               |                  |               |

：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 前橋モール

【 08/17 ~ 08/24 】 スケジュール

2026/08/06 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 |                |
|               | Pre Basic 🌱           | Hip & Leg 🌱   |               | Pre Basic 🌱           | Hip & Leg 🌱      | Release&Strength |       |                |
|               | Kyoka.M               | Kyoka.M       |               | Kyoka.M               | kanako.t         | Ayano.m          |       |                |
|               | 12:00 ~ 13:00         | 12:30 ~ 13:30 |               | 12:00 ~ 13:00         | 12:00 ~ 13:00    | 12:30 ~ 13:30    |       |                |
|               | Hip & Leg 🌱           | Basic 🌱       |               | Waist 🌱               | Release&Strength | Back & Arm 🌱     |       |                |
|               | Kyoka.M               | Rika.I        |               | Kotone.O              | Satsuki.I        | kanako.t         |       |                |
|               | 13:30 ~ 14:30         | close         |               | 13:30 ~ 14:30         | 13:30 ~ 14:30    | 14:30 ~ 15:30    |       |                |
|               | Basic 🌱               |               |               | Beauty Conditioning 🌱 | Pilates Barre    | Basic 🌱          |       |                |
|               | Rika.I                |               |               | Kyoka.M               | kanako.t         | Rika.I           |       |                |
|               | close                 |               |               | close                 | close            | 15:00 ~ 16:00    |       | 16:30 ~ 17:30  |
|               |                       |               |               |                       |                  | Basic 🌱          |       | Shape up waist |
|               |                       |               |               |                       |                  | Satsuki.I        |       | Ayano.m        |
|               |                       |               |               |                       |                  | 17:30 ~ 18:30    |       | close          |
|               |                       |               |               |                       |                  | Back & Arm 🌱     |       |                |
|               | kanako.t              |               |               | close                 |                  |                  |       |                |
|               | 18:00 ~ 19:00         |               |               |                       | 18:00 ~ 19:00    | 18:00 ~ 19:00    |       | 18:00 ~ 19:00  |
|               | Beauty Conditioning 🌱 | Waist 🌱       |               |                       | Basic 🌱          | Pilates Barre    |       |                |
|               | Kyoka.M               | Kotone.O      |               |                       | Kotone.O         | kanako.t         |       |                |
|               | 19:30 ~ 20:30         | 19:30 ~ 20:30 |               |                       | 19:30 ~ 20:30    | 19:30 ~ 20:30    |       |                |
| Waist 🌱       | jump to burn          | Body Balance  | Basic 🌱       |                       |                  |                  |       |                |
| Kotone.O      | Satsuki.I             | Satsuki.I     | Rika.I        |                       |                  |                  |       |                |
| 21:00 ~ 22:00 | 21:00 ~ 22:00         | 21:00 ~ 22:00 | 21:00 ~ 22:00 |                       |                  |                  |       |                |
| Basic 🌱       | Release&Strength      | Waist 🌱       | Hip & Leg 🌱   |                       |                  |                  |       |                |
| Kotone.O      | Satsuki.I             | Kyoka.M       | kanako.t      |                       |                  |                  |       |                |

pilatesK 前橋モール

【 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 |               |               |               |               |
| Hip&Leg 🌱        | Basic 🌱          |                | Back&Arm 🌱            | Body Balance  | Basic 🌱          |       |               |               |               |               |
| Kyoka.M          | Rika.I           |                | kanako.t              | kanako.t      | Rika.I           |       |               |               |               |               |
| 12:00 ~ 13:00    | 12:30 ~ 13:30    |                | 12:00 ~ 13:00         | 12:00 ~ 13:00 | 12:30 ~ 13:30    |       |               |               |               |               |
| Basic 🌱          | Release&Strength |                | Beauty Conditioning 🌱 | Hip&Leg 🌱     | Waist 🌱          |       |               |               |               |               |
| Rika.I           | Satsuki.I        |                | Kyoka.M               | Satsuki.I     | Kotone.O         |       |               |               |               |               |
| 13:30 ~ 14:30    | close            |                | 13:30 ~ 14:30         | 13:30 ~ 14:30 | 14:30 ~ 15:30    |       |               |               |               |               |
| jump to burn     |                  |                | Pilates Barre         | Basic 🌱       | Release&Strength |       |               |               |               |               |
| Kyoka.M          |                  |                | kanako.t              | Kotone.O      | Satsuki.I        |       |               |               |               |               |
| close            |                  |                | close                 | close         | 15:00 ~ 16:00    |       | 16:30 ~ 17:30 |               |               |               |
|                  |                  |                |                       |               | Waist 🌱          |       | jump to burn  |               |               |               |
|                  |                  |                |                       |               | Rika.I           |       | Satsuki.I     |               |               |               |
|                  |                  |                |                       |               | 17:30 ~ 18:30    |       | close         |               |               |               |
|                  |                  |                |                       |               | Pilates Barre    |       |               |               |               |               |
| close            |                  |                | close                 | close         | close            |       | close         |               |               |               |
|                  |                  |                |                       |               |                  |       |               | kanako.t      |               |               |
|                  |                  |                |                       |               |                  |       |               | 18:00 ~ 19:00 | 18:00 ~ 19:00 | 18:00 ~ 19:00 |
|                  |                  | Waist 🌱        |                       |               |                  |       |               | Body Balance  | Pre Basic 🌱   | Basic 🌱       |
|                  |                  | Kotone.O       |                       |               |                  |       |               | kanako.t      | Kyoka.M       | Kotone.O      |
| 19:30 ~ 20:30    |                  | 19:30 ~ 20:30  | 19:30 ~ 20:30         | 19:30 ~ 20:30 | 19:30 ~ 20:30    |       | close         |               |               |               |
| Hip&Leg 🌱        |                  | Pre Basic 🌱    | Back&Arm 🌱            | jump to burn  |                  |       |               |               |               |               |
| Satsuki.I        | Kyoka.M          | Miyuu.t        | Satsuki.I             |               |                  |       |               |               |               |               |
| 21:00 ~ 22:00    | 21:00 ~ 22:00    | 21:00 ~ 22:00  | 21:00 ~ 22:00         |               |                  |       |               |               |               |               |
| Release&Strength | Hip&Leg 🌱        | Shape up waist | Waist 🌱               |               |                  |       |               |               |               |               |
| Satsuki.I        | kanako.t         | Kyoka.M        | Kotone.O              |               |                  |       |               |               |               |               |

🌱 : 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。