

| pilatesK 前橋モール |  | 【 08/01 ~ 08/08 】 |  | スケジュール        |  | 2026/08/15 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  |  |              |  |          |  |
| 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                  |  | 15:00 ~ 16:00  |  |              |  |          |  |
| Pilates Barre  |  | Release&Strength  |  | Hip & Leg 🇯🇵  |  |                  |  |                        |  |               |  |                        |  |                |  |              |  |          |  |
| kanako.t       |  | kanako.t          |  | Kyoka.M       |  |                  |  |                        |  |               |  |                        |  |                |  |              |  |          |  |
| 17:30 ~ 18:30  |  | close             |  | 17:30 ~ 18:30 |  |                  |  |                        |  |               |  |                        |  |                |  |              |  |          |  |
| Body Balance   |  |                   |  | Basic 🇯🇵      |  |                  |  |                        |  |               |  |                        |  |                |  |              |  |          |  |
| Satsuki.I      |  |                   |  | Rika.I        |  |                  |  |                        |  |               |  |                        |  |                |  |              |  |          |  |
| close          |  |                   |  | close         |  |                  |  | close                  |  |               |  |                        |  |                |  |              |  |          |  |
|                |  |                   |  |               |  |                  |  |                        |  | 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  |  |              |  |          |  |
|                |  |                   |  |               |  | 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          |  |                |  |              |  |          |  |
|                |  | jump to burn      |  |               |  | Release&Strength |  |                        |  | Pilates Barre |  | Pilates Workout        |  |                |  |              |  |          |  |
|                |  | Satsuki.I         |  |               |  | Ayano.m          |  |                        |  | kanako.t      |  | Hitomi.a               |  |                |  |              |  |          |  |

| pilatesK 前橋モール        |               | 【 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    |               |
| 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  | 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         |               |        | 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         |               |        | 17:30 ~ 18:30 | 17:30 ~ 18:30  | 17:30 ~ 18:30    |               |
|                       |               | jump to burn          |               |        | jump to burn  | Hip & Leg 🏃    | Hip & Leg 🏃      |               |
|                       |               | Satsuki.I             |               |        | Satsuki.I     | Satsuki.I      | Satsuki.I        |               |
|                       | close         | close                 |               | close  | close         |                |                  |               |
|                       |               |                       | 18:00 ~ 19:00 |        |               | 18:00 ~ 19:00  | 18:00 ~ 19:00    |               |
|                       |               |                       | Back & Arm 🏃  |        |               | Waist 🏃        | Pre Basic 🏃      |               |
|                       |               |                       | Kyoka.M       |        |               | Kotone.O       | Kyoka.M          |               |
|                       |               |                       | 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         | 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週間前迄にお願いしております。
- ※ レッスン開始時刻1時間前を切つての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                |                  | 2026/08/15 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              |          |                |               |               |       |
|                |                  |                   |               |                       |                  |                       |          |                |               |               |       |
|                |                  |                   |               |                       |                  | 18:00 ~ 19:00         |          | 18:00 ~ 19:00  | 18:00 ~ 19:00 | 18:00 ~ 19:00 | close |
|                |                  |                   |               |                       |                  | 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         |  |
| Shape up waist   |  | 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 |  |               |  |
| Satsuki.I        |  |                   |  |                |  | kanako.t              |  | Rika.I        |  | Satsuki.I        |  |               |  |
| close            |  |                   |  |                |  | close                 |  | 15:00 ~ 16:00 |  | 16:30 ~ 17:30    |  |               |  |
|                  |  |                   |  | Waist 🌱        |  |                       |  | jump to burn  |  |                  |  |               |  |
|                  |  |                   |  | Kotone.O       |  |                       |  | Satsuki.I     |  |                  |  |               |  |
|                  |  |                   |  | 17:30 ~ 18:30  |  |                       |  | close         |  |                  |  |               |  |
|                  |  |                   |  | Pilates Barre  |  |                       |  |               |  |                  |  |               |  |
|                  |  |                   |  | kanako.t       |  | close                 |  | close         |  |                  |  |               |  |
| 18:00 ~ 19:00    |  |                   |  | 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    |  |               |  |
| 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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 ・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時間前を切つての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。