

pilatesK 羽才鳳		【 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	Beauty Conditioning 🏊		Basic 🏊	Hip & Leg 🏊		Waist 🏊	Basic 🏊	
Yuna	Harune.A		Honoka.y	Harune.A		Yuna	Honoka.y	
12:00 ~ 13:00	12:30 ~ 13:30		12:00 ~ 13:00	12:30 ~ 13:30		12:00 ~ 13:00	12:00 ~ 13:00	
Shape up waist	Basic 🏊		Back & Arm 🏊	Basic 🏊		Back & Arm 🏊	Pilates Cardio	
Momoka.m	yuka.k		Yuna	yuka.k		RINA.K	Harune.A	
13:30 ~ 14:30	14:30 ~ 15:30		13:30 ~ 14:30	close		13:30 ~ 14:30	13:30 ~ 14:30	
Beauty Conditioning 🏊	Pilates Cardio		Pilates Cardio			Beauty Conditioning 🏊	Back & Arm 🏊	
Yuna	Harune.A		Yuna			Yuna	Yuna	
15:00 ~ 16:00	16:30 ~ 17:30		close			close	close	15:00 ~ 16:00
Basic 🏊	Back & Arm 🏊							jump to burn
Momoka.m	RINA.K							Yuna
17:30 ~ 18:30	close							17:30 ~ 18:30
Back & Arm 🏊			Basic 🏊					
RINA.K			yuka.k					
close			18:00 ~ 19:00			18:00 ~ 19:00	18:00 ~ 19:00	18:00 ~ 19:00
		Hip & Leg 🏊	Back & Arm 🏊	Basic 🏊	jump to burn			
		Harune.A	RINA.K	Honoka.y	Harune.A			
		19:30 ~ 20:30	19:30 ~ 20:30	19:30 ~ 20:30	19:30 ~ 20:30			
		Basic 🏊	Pilates Cardio	Beauty Conditioning 🏊	Hip & Leg 🏊			
		yuka.k	Harune.A	Momoka.m	Yuna			
		21:00 ~ 22:00	21:00 ~ 22:00	21:00 ~ 22:00	21:00 ~ 22:00			
Waist 🏊	Basic 🏊	Waist 🏊	Basic 🏊					
yuka.k	Honoka.y	yuka.k	Harune.A					

pilatesK 羽風		【 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																																		
Back & Arm 🏋️		Pre Basic 🏋️	Shape up waist		jump to burn	Waist 🏋️	Basic 🏋️																																		
RINA.K		Yuna	Momoka.m		Yuna	RINA.K	Honoka.y																																		
12:30 ~ 13:30		12:00 ~ 13:00	12:30 ~ 13:30		12:00 ~ 13:00	12:00 ~ 13:00	12:00 ~ 13:00	12:30 ~ 13:30																																	
Basic 🏋️		Waist 🏋️	Basic 🏋️		Basic 🏋️	Basic 🏋️	Pilates Cardio																																		
Honoka.y		RINA.K	Honoka.y		Honoka.y	saya.n	Yuna																																		
14:30 ~ 15:30		13:30 ~ 14:30	close		13:30 ~ 14:30	13:30 ~ 14:30	14:30 ~ 15:30																																		
Basic 🏋️		jump to burn			Waist 🏋️	Body Balance	Waist 🏋️																																		
Honoka.y		Yuna			Yuna	saya.n	RINA.K																																		
16:30 ~ 17:30		15:00 ~ 16:00			close	15:00 ~ 16:00	16:30 ~ 17:30																																		
Waist 🏋️		Basic 🏋️				Back & Arm 🏋️	Body Balance																																		
yuka.k		Honoka.y				RINA.K	saya.n																																		
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🟢：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 阿羽鳳

【 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 Shape up waist Momoka.m	10:30 ~ 11:30 Back & Arm 🌱 RINA.K	close	10:30 ~ 11:30 Pre Basic 🌱 Yuna	10:30 ~ 11:30 Pilates Cardio Yuna	10:30 ~ 11:30 Hip & Leg 🌱 Harune.A	close	
	12:00 ~ 13:00 Basic 🌱 Honoka.y	12:30 ~ 13:30 Pilates Cardio Harune.A		12:00 ~ 13:00 jump to burn Yuna	12:00 ~ 13:00 Body Balance saya.n	12:30 ~ 13:30 Waist 🌱 Momoka.m		
	13:30 ~ 14:30 Waist 🌱 Momoka.m	close		13:30 ~ 14:30 Back & Arm 🌱 RINA.K	13:30 ~ 14:30 Basic 🌱 Honoka.y	14:30 ~ 15:30 Basic 🌱 Honoka.y		
	close			close	close	15:00 ~ 16:00 Hip & Leg 🌱 saya.n		16:30 ~ 17:30 Shape up waist Momoka.m
						17:30 ~ 18:30 Beauty Conditioning 🌱 Yuna		close
	18:00 ~ 19:00 Basic 🌱 Honoka.y	18:00 ~ 19:00 Basic 🌱 Honoka.y		18:00 ~ 19:00 Waist 🌱 Yuna	18:00 ~ 19:00 Beauty Conditioning 🌱 Harune.A			
	19:30 ~ 20:30 Back & Arm 🌱 RINA.K	19:30 ~ 20:30 Waist 🌱 RINA.K		19:30 ~ 20:30 Pilates Cardio Harune.A	19:30 ~ 20:30 Basic 🌱 Honoka.y			
	21:00 ~ 22:00 Waist 🌱 RINA.K	21:00 ~ 22:00 Basic 🌱 Honoka.y		21:00 ~ 22:00 Pre Basic 🌱 Yuna	21:00 ~ 22:00 Hip & Leg 🌱 Harune.A			

pilatesK 阿羽鳳

【 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	
jump to burn	Basic 🌱		Body Balance	Basic 🌱	Pilates Cardio		
Harune.A	Honoka.y		saya.n	Harune.A	Yuna		
12:00 ~ 13:00	12:30 ~ 13:30		12:00 ~ 13:00	12:00 ~ 13:00	12:30 ~ 13:30		
Back & Arm 🌱	Beauty Conditioning 🌱		Basic 🌱	jump to burn	Basic 🌱		
RINA.K	Yuna		Honoka.y	Harune.A	Honoka.y		
13:30 ~ 14:30	close		13:30 ~ 14:30	13:30 ~ 14:30	14:30 ~ 15:30		
Beauty Conditioning 🌱			Hip & Leg 🌱	Pre Basic 🌱	Hip & Leg 🌱		
Harune.A			saya.n	Yuna	Harune.A		
close			close	close	15:00 ~ 16:00		16:30 ~ 17:30
					Waist 🌱		Beauty Conditioning 🌱
	RINA.K				Harune.A		
18:00 ~ 19:00	18:00 ~ 19:00		18:00 ~ 19:00	18:00 ~ 19:00	close		close
Waist 🌱	Pilates Cardio	Beauty Conditioning 🌱	Basic 🌱				
RINA.K	Harune.A	Yuna	Honoka.y				
19:30 ~ 20:30	19:30 ~ 20:30	19:30 ~ 20:30	19:30 ~ 20:30				
Hip & Leg 🌱	Back & Arm 🌱	Basic 🌱	Waist 🌱				
Yuna	RINA.K	Honoka.y	RINA.K	close	close		
21:00 ~ 22:00	21:00 ~ 22:00	21:00 ~ 22:00	21:00 ~ 22:00				
Pre Basic 🌱	Hip & Leg 🌱	jump to burn	Back & Arm 🌱				
Yuna	Harune.A	Yuna	RINA.K				

🌱 : 体験可能レッスン

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※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。