

pilatesK アルパーク広島店		【 08/01 ~ 08/08 】		スケジュール		2026/08/03 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 🍌	Back & Arm 🍌		Hip & Leg 🍌	Basic 🍌		Pilates Cardio	Basic 🍌					
CHIIHIRO.Y	kana.K		kana.K	kana.K		Riri.O	CHIIHIRO.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	Pilates Barre		Basic 🍌	Beauty Conditioning 🍌		Pre Basic 🍌	Back & Spine					
Misaki.E	Rio.k		Rio.k	CHIIHIRO.Y		Riri.O	Rio.k					
13:30 ~ 14:30	14:30 ~ 15:30		13:30 ~ 14:30	close		13:30 ~ 14:30	13:30 ~ 14:30					
Basic 🍌	Hip & Leg 🍌		Back & Arm 🍌			Waist 🍌	jump to burn					
Riri.O	kana.K		kana.K			CHIIHIRO.Y	Misaki.E					
15:00 ~ 16:00	16:30 ~ 17:30		close			close	close	15:00 ~ 16:00				
jump to burn	Release&Strength							Hip & Leg 🍌				
Misaki.E	Rio.k							Misaki.E				
close	close							close	close	close	close	
17:30 ~ 18:30								close	close	close	close	
Pre Basic 🍌								close	close	close	close	
Riri.O								close	close	close	close	
close								close	close	close	close	close
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pilatesK アルパーク広島店		【 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	
Waist 🏊		Basic 🏊	Back & Arm 🏊		Basic 🏊	Hip & Leg 🏊	Pilates Barre	
Rio.k		CHIIHIRO.Y	Haruna.I		kana.K	kana.K	Rio.k	
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 🏊		Hip & Leg 🏊	Pilates Barre		Shape up waist	Beauty Conditioning 🏊	Basic 🏊	
CHIIHIRO.Y		kana.K	Rio.k		Riri.O	CHIIHIRO.Y	CHIIHIRO.Y	
14:30 ~ 15:30		13:30 ~ 14:30	close		13:30 ~ 14:30	13:30 ~ 14:30	14:30 ~ 15:30	
Back & Arm 🏊		Back & Spine			Hip & Leg 🏊	Back & Arm 🏊	Release&Strength	
Rio.k		Rio.k			kana.K	kana.K	Rio.k	
16:30 ~ 17:30		15:00 ~ 16:00			close	15:00 ~ 16:00	16:30 ~ 17:30	
Basic 🏊		Waist 🏊				Basic 🏊	Waist 🏊	
CHIIHIRO.Y		CHIIHIRO.Y				CHIIHIRO.Y	CHIIHIRO.Y	
close		close				close	close	close
		close						
		17:30 ~ 18:30						
		Basic 🏊						
	kana.K							
	close	close	18:00 ~ 19:00	18:00 ~ 19:00	18:00 ~ 19:00			
			Hip & Leg 🏊	Pre Basic 🏊	Release&Strength			
			kana.K	Riri.O	Rio.k			
			19:30 ~ 20:30	19:30 ~ 20:30	19:30 ~ 20:30			
			Waist 🏊	Back & Arm 🏊	Pre Basic 🏊			
Rio.k	kana.K	Riri.O						
21:00 ~ 22:00	21:00 ~ 22:00	21:00 ~ 22:00						
Basic 🏊	Pilates Cardio	Back & Spine						
kana.K	Riri.O	Rio.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 アルパーク広島店

【 08/17 ~ 08/24 】 スケジュール

2026/08/03 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	
	Pilates Cardio	Basic 🌿		Hip & Leg 🌿	Waist 🌿	Release&Strength		
	Riri.O	Rio.k		kana.K	CHIHIO.Y	Rio.k		
	12:00 ~ 13:00	12:30 ~ 13:30		12:00 ~ 13:00	12:00 ~ 13:00	12:30 ~ 13:30		
	Beauty Conditioning 🌿	Back & Spine		Basic 🌿	Pilates Barre	Hip & Leg 🌿		
	CHIHIO.Y	Rio.k		kana.K	Rio.k	Misaki.E		
	13:30 ~ 14:30	close		13:30 ~ 14:30	13:30 ~ 14:30	14:30 ~ 15:30		
	Pre Basic 🌿			Shape up waist	Basic 🌿	jump to burn		
	Riri.O			Riri.O	kana.K	Misaki.E		
	close			close	close	15:00 ~ 16:00		16:30 ~ 17:30
						Beauty Conditioning 🌿		Basic 🌿
						CHIHIO.Y		kana.K
						close		close
						17:30 ~ 18:30		
						Hip & Leg 🌿		
	kana.K			close				
	18:00 ~ 19:00	18:00 ~ 19:00			18:00 ~ 19:00	18:00 ~ 19:00		
	Hip & Leg 🌿	Waist 🌿			Basic 🌿	Pilates Cardio		
	kana.K	CHIHIO.Y			CHIHIO.Y	Riri.O		
	19:30 ~ 20:30	19:30 ~ 20:30			19:30 ~ 20:30	19:30 ~ 20:30		
	Basic 🌿	Shape up waist			Hip & Leg 🌿	Waist 🌿		
CHIHIO.Y	Riri.O	kana.K	CHIHIO.Y					
21:00 ~ 22:00	21:00 ~ 22:00	21:00 ~ 22:00	21:00 ~ 22:00					
Back & Arm 🌿	Pre Basic 🌿	Waist 🌿	Beauty Conditioning 🌿					
kana.K	Riri.O	CHIHIO.Y	CHIHIO.Y					

pilatesK アルパーク広島店

【 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	
Waist 🏊	Beauty Conditioning 🏊		Pre Basic 🏊	Back & Arm 🏊	Hip & Leg 🏊		
CHIHIO.Y	CHIHIO.Y		Riri.O	kana.K	kana.K		
12:00 ~ 13:00	12:30 ~ 13:30		12:00 ~ 13:00	12:00 ~ 13:00	12:30 ~ 13:30		
Back & Arm 🏊	Basic 🏊		Waist 🏊	Pilates Cardio	Basic 🏊		
kana.K	Rio.k		CHIHIO.Y	Riri.O	Rio.k		
13:30 ~ 14:30	close		13:30 ~ 14:30	13:30 ~ 14:30	14:30 ~ 15:30		
Basic 🏊			Pilates Cardio	Hip & Leg 🏊	Beauty Conditioning 🏊		
CHIHIO.Y			Riri.O	kana.K	CHIHIO.Y		
close			close	close	15:00 ~ 16:00		16:30 ~ 17:30
					Basic 🏊		Back & Arm 🏊
					Riri.O		kana.K
					close		close
					17:30 ~ 18:30		
Waist 🏊							
Rio.k							
18:00 ~ 19:00	18:00 ~ 19:00	18:00 ~ 19:00	18:00 ~ 19:00	close			
Basic 🏊	Hip & Leg 🏊	Shape up waist	Back & Arm 🏊				
kana.K	kana.K	Riri.O	Rio.k				
19:30 ~ 20:30	19:30 ~ 20:30	19:30 ~ 20:30	19:30 ~ 20:30				
Pilates Cardio	Back & Spine	Beauty Conditioning 🏊	Basic 🏊				
Riri.O	Rio.k	CHIHIO.Y	CHIHIO.Y				
21:00 ~ 22:00	21:00 ~ 22:00	21:00 ~ 22:00	21:00 ~ 22:00				
Hip & Leg 🏊	Back & Arm 🏊	Pre Basic 🏊	Pilates Barre				
kana.K	kana.K	Riri.O	Rio.k				

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・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。