

| pilatesK 天王寺店         |                | 【 08/01 ~ 08/08 】 スケジュール |                  |                 |                       |                |                 | 2026/07/18 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               |                  |
| 10:00 ~ 11:00         | 10:30 ~ 11:30  | close                    | 10:00 ~ 11:00    | 10:30 ~ 11:30   | 10:00 ~ 11:00         | 10:30 ~ 11:30  | 10:00 ~ 11:00   |                  |
| Back & Arm 🌱          | Pilates Cardio |                          | Back & Arm 🌱     | Pilates Workout | jump to burn          | Hip & Leg 🌱    | Back & Spine    |                  |
| suzuna.S              | mao.y          |                          | suzuna.S         | maki.U          | 未定                    | Karin          | mao.y           |                  |
| 11:30 ~ 12:30         | 12:00 ~ 13:00  |                          | 11:30 ~ 12:30    | 12:00 ~ 13:00   | 11:30 ~ 12:30         | 12:00 ~ 13:00  | 11:30 ~ 12:30   |                  |
| Animal Stretch        | Back & Arm 🌱   |                          | Pilates Barre    | Hip & Leg 🌱     | Back & Arm 🌱          | Animal Stretch | Pilates Workout |                  |
| Karin                 | suzuna.S       |                          | maki.U           | maki.U          | suzuna.S              | Karin          | Karin           |                  |
| 13:00 ~ 14:00         | 13:30 ~ 14:30  |                          | 13:00 ~ 14:00    | 13:30 ~ 14:30   | 13:00 ~ 14:00         | 13:30 ~ 14:30  | 13:00 ~ 14:00   |                  |
| Beauty Conditioning 🌱 | jump to burn   |                          | Hip Punch        | Back & Arm 🌱    | Back & Spine          | Back & Arm 🌱   | Waist 🌱         |                  |
| maki.U                | 未定             |                          | maki.U           | suzuna.S        | Yuzuha.T              | suzuna.S       | Mako.K          |                  |
| 14:30 ~ 15:30         | 15:00 ~ 16:00  |                          | 14:30 ~ 15:30    | close           | 14:30 ~ 15:30         | close          | 14:30 ~ 15:30   |                  |
| Reset Flow            | Hip & Leg 🌱    |                          | Back & Arm 🌱     |                 | Basic 🌱               |                | Hip & Leg 🌱     |                  |
| Karin                 | mao.y          |                          | suzuna.S         |                 | maki.U                |                | mao.y           |                  |
| 16:00 ~ 17:00         | 16:30 ~ 17:30  |                          | close            |                 | close                 |                | close           | 16:00 ~ 17:00    |
| Basic 🌱               | Back & Spine   |                          |                  |                 |                       |                |                 | Pilates Barre    |
| Mako.K                | Yuzuha.T       |                          |                  |                 |                       |                |                 | Karin            |
| 17:30 ~ 18:30         | 18:00 ~ 19:00  |                          |                  |                 |                       |                |                 | 17:30 ~ 18:30    |
| Waist 🌱               | Back & Arm 🌱   |                          |                  |                 |                       |                |                 | Release&Strength |
| Mako.K                | suzuna.S       |                          |                  |                 |                       |                |                 | Yuzuha.T         |
| 19:00 ~ 20:00         | close          |                          | 18:00 ~ 19:00    | 18:00 ~ 19:00   | 18:00 ~ 19:00         | 18:00 ~ 19:00  | 19:00 ~ 20:00   |                  |
| Advance               |                |                          | Back & Spine     | Hip Punch       | Hip & Leg 🌱           | Pilates Barre  | Pre Basic 🌱     |                  |
| maki.U                |                |                          | Mayu             | Karin           | Maho.T                | maki.U         | Mako.K          |                  |
|                       |                |                          | 19:30 ~ 20:30    | 19:30 ~ 20:30   | 19:30 ~ 20:30         | 19:30 ~ 20:30  |                 |                  |
|                       |                |                          | Pre Basic 🌱      | Waist 🌱         | Pilates Cardio        | jump to burn   |                 |                  |
|                       |                |                          | Mako.K           | maki.U          | maki.U                | 未定             |                 |                  |
|                       |                |                          | 21:00 ~ 22:00    | 21:00 ~ 22:00   | 21:00 ~ 22:00         | 21:00 ~ 22:00  |                 |                  |
|                       |                | Hip & Leg 🌱              | Release&Strength | Reset Flow      | Beauty Conditioning 🌱 |                |                 |                  |
|                       |                | Mayu                     | Karin            | Maho.T          | maki.U                |                |                 |                  |

| pilatesK 天王寺店  |                       | 【 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  | 10:30 ~ 11:30         | 10:00 ~ 11:00            | 10:30 ~ 11:30    | 10:00 ~ 11:00    | 10:30 ~ 11:30  | 10:00 ~ 11:00  | 10:30 ~ 11:30         |
| Reset Flow     | jump to burn          | Hip Punch                | Back & Spine     | Hip & Leg 🌱      | Pilates Cardio | Basic 🌱        | Beauty Conditioning 🌱 |
| Karin          | RIO                   | maki.U                   | Karin            | mai.M            | Karin          | 未定             | maki.U                |
| 12:00 ~ 13:00  | 12:00 ~ 13:00         | 11:30 ~ 12:30            | 12:00 ~ 13:00    | 11:30 ~ 12:30    | 12:00 ~ 13:00  | 11:30 ~ 12:30  | 12:00 ~ 13:00         |
| Hip & Leg 🌱    | Beauty Conditioning 🌱 | Release&Strength         | Advance          | Pilates Barre    | Basic 🌱        | Pilates Cardio | jump to burn          |
| mai.M          | maki.U                | Yuzuha.T                 | maki.U           | mai.M            | Mako.K         | maki.U         | Yuzuha.T              |
| 13:30 ~ 14:30  | 13:30 ~ 14:30         | 13:00 ~ 14:00            | 13:30 ~ 14:30    | 13:00 ~ 14:00    | 13:30 ~ 14:30  | 13:00 ~ 14:00  | 13:30 ~ 14:30         |
| Pilates Cardio | Hip & Leg 🌱           | Waist 🌱                  | Hip Punch        | Animal Stretch   | Reset Flow     | jump to burn   | Back & Arm 🌱          |
| Karin          | maki.U                | Mako.K                   | Karin            | Karin            | Karin          | Yuzuha.T       | suzuna.S              |
| 15:00 ~ 16:00  | close                 | 14:30 ~ 15:30            | close            | 14:30 ~ 15:30    | close          | 14:30 ~ 15:30  | 15:00 ~ 16:00         |
| Basic 🌱        |                       | Back & Spine             |                  | Release&Strength |                | Waist 🌱        | Pilates Workout       |
| Mako.K         |                       | Yuzuha.T                 |                  | Karin            |                | Mako.K         | maki.U                |
| 16:30 ~ 17:30  |                       | 16:00 ~ 17:00            |                  | close            |                | 16:00 ~ 17:00  | 16:30 ~ 17:30         |
| Hip Punch      |                       | Advance                  |                  |                  |                | Hip & Leg 🌱    | Basic 🌱               |
| mai.M          |                       | maki.U                   |                  |                  |                | maki.U         | suzuna.S              |
| 18:00 ~ 19:00  |                       | 17:30 ~ 18:30            |                  |                  |                | 17:30 ~ 18:30  | 18:00 ~ 19:00         |
| Waist 🌱        | Basic 🌱               | Back & Spine             | Release&Strength |                  |                |                |                       |
| Mako.K         | Mako.K                | Yuzuha.T                 | Yuzuha.T         |                  |                |                |                       |
| close          | 18:00 ~ 19:00         | 19:00 ~ 20:00            | 18:00 ~ 19:00    | 18:00 ~ 19:00    | 18:00 ~ 19:00  | 19:00 ~ 20:00  |                       |
|                | Animal Stretch        | Back & Arm 🌱             | Pre Basic 🌱      | Back & Arm 🌱     | Hip & Leg 🌱    | Back & Arm 🌱   |                       |
|                | Karin                 | suzuna.S                 | Mako.K           | suzuna.S         | Shio.K         | Mako.K         |                       |
|                | 19:30 ~ 20:30         |                          | 19:30 ~ 20:30    | 19:30 ~ 20:30    | 19:30 ~ 20:30  |                |                       |
|                | Waist 🌱               |                          | Back & Arm 🌱     | Pilates Workout  | Back & Arm 🌱   |                |                       |
|                | Mako.K                |                          | suzuna.S         | maki.U           | Mako.K         |                |                       |
|                | 21:00 ~ 22:00         |                          | 21:00 ~ 22:00    | 21:00 ~ 22:00    | 21:00 ~ 22:00  |                |                       |
| Back & Spine   | Waist 🌱               | Hip Punch                | Pilates Barre    |                  |                |                |                       |
| Karin          | Mako.K                | maki.U                   | Shio.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 天王寺店 |                  | 【 08/17 ~ 08/24 】 スケジュール |                     |                     |                 |                |                  | 2026/07/18 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                |               |
| 10:30 ~ 11:30 | 10:00 ~ 11:00    | 10:30 ~ 11:30            | 10:00 ~ 11:00       | 10:30 ~ 11:30       | 10:00 ~ 11:00   | 10:30 ~ 11:30  | 10:30 ~ 11:30    |               |
| Advance       | Back & Arm       | Pilates Barre            | Basic               | Hip & Leg           | Pilates Workout | Back & Spine   | Pre Basic        |               |
| maki.U        | suzuna.S         | Sayaka.T                 | Mako.K              | Mayu                | Karin           | Yuzuha.T       | Mako.K           |               |
| 12:00 ~ 13:00 | 11:30 ~ 12:30    | 12:00 ~ 13:00            | 11:30 ~ 12:30       | 12:00 ~ 13:00       | 11:30 ~ 12:30   | 12:00 ~ 13:00  | 12:00 ~ 13:00    |               |
| Basic         | Back & Spine     | Hip & Leg                | Beauty Conditioning | Pre Basic           | Waist           | Basic          | Waist            |               |
| suzuna.S      | Karin            | Sayaka.T                 | maki.U              | Mako.K              | Yuzuha.T        | 未定             | Mako.K           |               |
| 13:30 ~ 14:30 | 13:00 ~ 14:00    | 13:30 ~ 14:30            | 13:00 ~ 14:00       | 13:30 ~ 14:30       | 13:00 ~ 14:00   | 13:30 ~ 14:30  | 13:30 ~ 14:30    |               |
| Pilates Barre | Pilates Workout  | Back & Arm               | Waist               | Pilates Barre       | Pilates Barre   | Animal Stretch | Release&Strength |               |
| maki.U        | Karin            | suzuna.S                 | Mako.K              | Mayu                | Shio.K          | Karin          | Yuzuha.T         |               |
| close         | 14:30 ~ 15:30    | close                    | 14:30 ~ 15:30       | close               | 14:30 ~ 15:30   | 15:00 ~ 16:00  | close            |               |
|               | Basic            |                          | Hip Punch           |                     | Reset Flow      | Waist          |                  |               |
|               | 未定               |                          | maki.U              |                     | Karin           | Yuzuha.T       |                  |               |
|               | close            |                          | close               |                     | 16:00 ~ 17:00   | 16:30 ~ 17:30  |                  |               |
|               |                  |                          |                     |                     | Basic           | Back & Arm     |                  |               |
|               |                  |                          |                     |                     | Yuzuha.T        | suzuna.S       |                  |               |
|               |                  |                          |                     |                     | 17:30 ~ 18:30   | 18:00 ~ 19:00  |                  |               |
|               |                  |                          |                     |                     | Hip Punch       | Pilates Cardio |                  |               |
|               |                  |                          |                     |                     | maki.U          | Karin          |                  |               |
| 18:00 ~ 19:00 | 18:00 ~ 19:00    | 18:00 ~ 19:00            | 18:00 ~ 19:00       | 18:00 ~ 19:00       | 19:00 ~ 20:00   |                | 18:00 ~ 19:00    |               |
| Basic         | Back & Arm       | jump to burn             | Waist               | Beauty Conditioning | Hip & Leg       |                | Pilates Workout  |               |
| Mako.K        | Yuzuha.T         | Yuzuha.T                 | Yuzuha.T            | maki.U              | Shio.K          |                | maki.U           |               |
| 19:30 ~ 20:30 | 19:30 ~ 20:30    | 19:30 ~ 20:30            | 19:30 ~ 20:30       | 19:30 ~ 20:30       |                 |                | 19:30 ~ 20:30    |               |
| Reset Flow    | Waist            | Back & Spine             | Hip & Leg           | Hip Punch           |                 |                | Back & Arm       |               |
| Karin         | Mako.K           | Yuzuha.T                 | mao.y               | maki.U              |                 |                | suzuna.S         |               |
| 21:00 ~ 22:00 | 21:00 ~ 22:00    | 21:00 ~ 22:00            | 21:00 ~ 22:00       | 21:00 ~ 22:00       |                 |                | 21:00 ~ 22:00    |               |
| Hip Punch     | Release&Strength | Basic                    | Pilates Cardio      | Back & Arm          |                 |                | Pilates Barre    |               |
| Karin         | Yuzuha.T         | 未定                       | mao.y               | suzuna.S            |                 |                | maki.U           |               |

| pilatesK 天王寺店    |                     | 【 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             |  |
| 10:00 ~ 11:00    | 10:30 ~ 11:30       | 10:00 ~ 11:00            | 10:30 ~ 11:30 | 10:00 ~ 11:00       | 10:30 ~ 11:30 | 10:30 ~ 11:30 |  |
| Waist            | Hip Punch           | Basic                    | Back & Spine  | Basic               | Hip & Leg     | Waist         |  |
| Mako.K           | maki.U              | maki.U                   | Karin         | 未定                  | Ren.K         | Hinako.B      |  |
| 11:30 ~ 12:30    | 12:00 ~ 13:00       | 11:30 ~ 12:30            | 12:00 ~ 13:00 | 11:30 ~ 12:30       | 12:00 ~ 13:00 | 12:00 ~ 13:00 |  |
| Back & Arm       | Animal Stretch      | Release&Strength         | Pilates Barre | jump to burn        | Pre Basic     | Hip Punch     |  |
| Yuzuha.T         | Karin               | Karin                    | maki.U        | Karin               | Mako.K        | maki.U        |  |
| 13:00 ~ 14:00    | 13:30 ~ 14:30       | 13:00 ~ 14:00            | 13:30 ~ 14:30 | 13:00 ~ 14:00       | 13:30 ~ 14:30 | 13:30 ~ 14:30 |  |
| Basic            | Beauty Conditioning | Pilates Cardio           | Hip & Leg     | Waist               | Back & Arm    | Hip & Leg     |  |
| Mako.K           | maki.U              | maki.U                   | Karin         | Momoka.m            | suzuna.S      | Hinako.B      |  |
| 14:30 ~ 15:30    | close               | 14:30 ~ 15:30            | close         | 14:30 ~ 15:30       | 15:00 ~ 16:00 | close         |  |
| Back & Spine     |                     | Reset Flow               |               | Advance             | Hip & Leg     |               |  |
| Yuzuha.T         |                     | Karin                    |               | maki.U              | Ren.K         |               |  |
|                  |                     | close                    |               | 16:00 ~ 17:00       | 16:30 ~ 17:30 |               |  |
|                  |                     |                          |               | Animal Stretch      | Waist         |               |  |
|                  |                     |                          |               | Karin               | Mako.K        |               |  |
|                  |                     |                          |               | 17:30 ~ 18:30       | 18:00 ~ 19:00 |               |  |
|                  |                     |                          |               | Pilates Workout     | Basic         |               |  |
|                  |                     |                          |               | maki.U              | 未定            |               |  |
| 18:00 ~ 19:00    | 18:00 ~ 19:00       | 18:00 ~ 19:00            | 18:00 ~ 19:00 | 19:00 ~ 20:00       |               | 18:00 ~ 19:00 |  |
| Basic            | Back & Arm          | Hip & Leg                | Advance       | Beauty Conditioning |               | Reset Flow    |  |
| 未定               | Yuzuha.T            | Hinako.B                 | Haruna.y      | Momoka.m            |               | Karin         |  |
| 19:30 ~ 20:30    | 19:30 ~ 20:30       | 19:30 ~ 20:30            | 19:30 ~ 20:30 |                     |               | 19:30 ~ 20:30 |  |
| Release&Strength | Basic               | Waist                    | Pre Basic     |                     |               | Waist         |  |
| Yuzuha.T         | 未定                  | Mako.K                   | Mako.K        |                     |               | Mako.K        |  |
| 21:00 ~ 22:00    | 21:00 ~ 22:00       | 21:00 ~ 22:00            | 21:00 ~ 22:00 |                     |               | 21:00 ~ 22:00 |  |
| Back & Arm       | Waist               | Basic                    | Hip & Leg     |                     |               | Basic         |  |
| suzuna.S         | Mako.K              | Hinako.B                 | Haruna.y      |                     |               | Mako.K        |  |

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