

| pilatesK 神戸三宮店   |                       | 【 08/01 ~ 08/08 】 スケジュール |                |                       |                  |                  |                       | 2026/08/02 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         |               |  |
| Pre Basic 🌱      | Pilates Workout       |                          | Back & Arm 🌱   | Pilates Barre         | Release&Strength | Back & Arm 🌱     | Beauty Conditioning 🌱 |               |  |
| yuri.Y           | Manami                |                          | Neo.o          | Manami                | airi.t           | Neo.o            | airi.t                |               |  |
| 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         |               |  |
| Pilates Cardio   | Hip Punch             |                          | Reset Flow     | Beauty Conditioning 🌱 | Pre Basic 🌱      | Release&Strength | Basic 🌱               |               |  |
| Manami           | mami                  |                          | yuri.Y         | airi.t                | yuri.Y           | airi.t           | Kazuha.m              |               |  |
| 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         |               |  |
| Release&Strength | Basic 🌱               |                          | Back & Arm 🌱   | Body Balance          | Shape up waist   | Basic 🌱          | Back & Spine          |               |  |
| mami             | airi.t                |                          | Neo.o          | Manami                | airi.t           | Manami           | mami                  |               |  |
| 14:30 ~ 15:30    | 15:00 ~ 16:00         |                          | 14:30 ~ 15:30  | close                 | 14:30 ~ 15:30    | close            | 14:30 ~ 15:30         |               |  |
| Back & Arm 🌱     | Back & Spine          |                          | Pilates Cardio |                       | Hip & Leg 🌱      |                  | Basic 🌱               |               |  |
| Neo.o            | mami                  |                          | yuri.Y         |                       | yuri.Y           |                  | Kazuha.m              |               |  |
| 16:00 ~ 17:00    | 16:30 ~ 17:30         |                          | close          |                       | close            |                  | 16:00 ~ 17:00         |               |  |
| Basic 🌱          | Hip & Leg 🌱           |                          |                |                       |                  |                  | Pilates Cardio        |               |  |
| Manami           | Kazuha.m              |                          |                |                       |                  |                  | mami                  |               |  |
| 17:30 ~ 18:30    | 18:00 ~ 19:00         |                          |                |                       |                  |                  | 17:30 ~ 18:30         |               |  |
| Body Balance     | Beauty Conditioning 🌱 |                          |                |                       |                  |                  | Back & Arm 🌱          |               |  |
| mami             | airi.t                |                          |                |                       |                  |                  | Neo.o                 |               |  |
| 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         |               |  |
| Back & Arm 🌱     |                       |                          | Basic 🌱        | Hip & Leg 🌱           | Back & Arm 🌱     | Pre Basic 🌱      | Waist 🌱               |               |  |
| Neo.o            |                       |                          | Kazuha.m       | yuri.Y                | Neo.o            | yuri.Y           | Neo.o                 |               |  |
| close            |                       |                          | 19:30 ~ 20:30  | 19:30 ~ 20:30         | 19:30 ~ 20:30    | 19:30 ~ 20:30    | close                 |               |  |
|                  |                       |                          | jump to burn   | Basic 🌱               | Body Balance     | Hip Punch        |                       |               |  |
|                  |                       |                          | mami           | Kazuha.m              | Manami           | mami             |                       |               |  |
|                  |                       |                          | 21:00 ~ 22:00  | 21:00 ~ 22:00         | 21:00 ~ 22:00    | 21:00 ~ 22:00    |                       |               |  |
|                  |                       |                          | Hip & Leg 🌱    | Shape up waist        | Back & Arm 🌱     | jump to burn     |                       |               |  |
| Kazuha.m         |                       |                          | yuri.Y         | Neo.o                 | mami             |                  |                       |               |  |

| pilatesK 神戸三宮店 |                       | 【 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 |
| Waist 🌱        | Back & Arm 🌱          | Release&Strength         | Basic 🌱          | Pilates Cardio | Basic 🌱       | Hip & Leg 🌱           | Back & Arm 🌱  |
| Manami         | Neo.o                 | airi.t                   | airi.t           | yuri.Y         | Manami        | Noa.T                 | Neo.o         |
| 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 |
| Back & Spine   | Pre Basic 🌱           | Hip & Leg 🌱              | Release&Strength | Back & Spine   | Hip & Leg 🌱   | Reset Flow            | Basic 🌱       |
| mami           | yuri.Y                | mami                     | airi.t           | mami           | Kazuha.m      | yuri.Y                | airi.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 | jump to burn          | Basic 🌱                  | Hip & Leg 🌱      | Pre Basic 🌱    | Pilates Barre | Pilates Cardio        | Body Balance  |
| Manami         | mami                  | airi.t                   | yuri.Y           | yuri.Y         | Manami        | yuri.Y                | Manami        |
| 15:00 ~ 16:00  | close                 | 14:30 ~ 15:30            | close            | 14:30 ~ 15:30  | close         | 14:30 ~ 15:30         | 15:00 ~ 16:00 |
| Basic 🌱        |                       | Pilates Cardio           |                  | Body Balance   |               | Back & Arm 🌱          | Waist 🌱       |
| Kazuha.m       |                       | Manami                   |                  | mami           |               | Noa.T                 | Neo.o         |
| 16:30 ~ 17:30  |                       | 16:00 ~ 17:00            |                  | close          |               | 16:00 ~ 17:00         | 16:30 ~ 17:30 |
| Hip & Leg 🌱    |                       | Body Balance             |                  |                |               | Basic 🌱               | Pilates Barre |
| Kazuha.m       |                       | mami                     |                  |                |               | Kazuha.m              | Manami        |
| 18:00 ~ 19:00  |                       | 17:30 ~ 18:30            |                  |                |               | 17:30 ~ 18:30         | 18:00 ~ 19:00 |
| Body Balance   |                       | Waist 🌱                  |                  | Hip & Leg 🌱    |               | Beauty Conditioning 🌱 |               |
| mami           | Manami                | Kazuha.m                 | airi.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         | close         |
|                | Beauty Conditioning 🌱 | Hip Punch                | Back & Arm 🌱     | Basic 🌱        | Hip Punch     | Shape up waist        |               |
|                | airi.t                | mami                     | Neo.o            | airi.t         | mami          | yuri.Y                |               |
|                | 19:30 ~ 20:30         | close                    | 19:30 ~ 20:30    | 19:30 ~ 20:30  | 19:30 ~ 20:30 | close                 |               |
|                | Pilates Cardio        |                          | Pilates Barre    | Back & Arm 🌱   | jump to burn  |                       |               |
|                | manami                |                          | yuri.Y           | Neo.o          | mami          |                       |               |
|                | 21:00 ~ 22:00         |                          | 21:00 ~ 22:00    | 21:00 ~ 22:00  | 21:00 ~ 22:00 |                       |               |
| Basic 🌱        | Back & Arm 🌱          | Release&Strength         | Reset Flow       |                |               |                       |               |
| manami         | Neo.o                 | airi.t                   | yuri.Y           |                |               |                       |               |

🌱：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時間前を切っ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 神戸三宮店   |                | 【 08/17 ~ 08/24 】 スケジュール |                  |                       |                 |                  |                       | 2026/08/02 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         |               |
| Waist 🌱          | Pre Basic 🌱    | Beauty Conditioning 🌱    | Basic 🌱          | jump to burn          | Reset Flow      | Basic 🌱          | Pilates Barre         |               |
| Neo.o            | yuri.Y         | airi.t                   | Kazuha.m         | mami                  | yuri.Y          | Kazuha.m         | Manami                |               |
| 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         |               |
| Release&Strength | Pilates Cardio | Basic 🌱                  | Pilates Cardio   | Basic 🌱               | Back&Arm 🌱      | Shape up waist   | Back&Arm 🌱            |               |
| airi.t           | Manami         | airi.t                   | yuri.Y           | airi.t                | Neo.o           | airi.t           | Neo.o                 |               |
| 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         |               |
| Basic 🌱          | Reset Flow     | Back&Arm 🌱               | Hip&Leg 🌱        | Beauty Conditioning 🌱 | Pilates Barre   | Back&Arm 🌱       | Pilates Cardio        |               |
| airi.t           | yuri.Y         | Neo.o                    | Kazuha.m         | airi.t                | yuri.Y          | Neo.o            | Manami                |               |
| close            | 14:30 ~ 15:30  | close                    | 14:30 ~ 15:30    | close                 | 14:30 ~ 15:30   | 15:00 ~ 16:00    | close                 |               |
|                  | Waist 🌱        |                          | Pilates Barre    |                       | Pilates Workout | Release&Strength |                       |               |
|                  | Manami         |                          | yuri.Y           |                       | Manami          | airi.t           |                       |               |
|                  | close          |                          | 16:00 ~ 17:00    |                       | 16:30 ~ 17:30   |                  |                       |               |
|                  |                |                          | Waist 🌱          |                       | Hip&Leg 🌱       |                  |                       |               |
|                  |                |                          | Neo.o            |                       | Kazuha.m        |                  |                       |               |
|                  |                |                          | 17:30 ~ 18:30    |                       | 18:00 ~ 19:00   |                  |                       |               |
| Back&Arm 🌱       | Waist 🌱        |                          |                  |                       |                 |                  |                       |               |
| Neo.o            | Neo.o          |                          |                  |                       |                 |                  |                       |               |
| 18:00 ~ 19:00    | 18:00 ~ 19:00  | 18:00 ~ 19:00            | 18:00 ~ 19:00    | 18:00 ~ 19:00         | 19:00 ~ 20:00   | close            | 18:00 ~ 19:00         |               |
| Pilates Workout  | Basic 🌱        | Reset Flow               | Waist 🌱          | Hip&Leg 🌱             | Body Balance    |                  | Reset Flow            |               |
| mami             | Kazuha.m       | yuri.Y                   | Neo.o            | Kazuha.m              | Manami          |                  | yuri.Y                |               |
| 19:30 ~ 20:30    | 19:30 ~ 20:30  | 19:30 ~ 20:30            | 19:30 ~ 20:30    | 19:30 ~ 20:30         | close           |                  | 19:30 ~ 20:30         |               |
| Basic 🌱          | Back&Spine     | Body Balance             | Release&Strength | Pilates Cardio        |                 |                  | Beauty Conditioning 🌱 |               |
| Kazuha.m         | mami           | Manami                   | airi.t           | Manami                |                 |                  | airi.t                |               |
| 21:00 ~ 22:00    | 21:00 ~ 22:00  | 21:00 ~ 22:00            | 21:00 ~ 22:00    | 21:00 ~ 22:00         |                 |                  | 21:00 ~ 22:00         |               |
| Body Balance     | Hip&Leg 🌱      | Pilates Barre            | Back&Arm 🌱       | Basic 🌱               | Hip&Leg 🌱       |                  |                       |               |
| mami             | Kazuha.m       | Manami                   | Neo.o            | Kazuha.m              | yuri.Y          |                  |                       |               |

| pilatesK 神戸三宮店   |                | 【 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   |  |
| Hip Punch        | Pilates Cardio | Basic 🌱           | Reset Flow            | Waist 🌱               | Hip & Leg 🌱    | Pilates Cardio  |  |
| mami             | Manami         | Kazuha.m          | yuri.Y                | Neo.o                 | Kazuha.m       | Manami          |  |
| 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 & Arm 🌱   | Pilates Workout   | Hip & Leg 🌱           | Release&Strength      | Body Balance   | Basic 🌱         |  |
| Manami           | Neo.o          | Manami            | Kazuha.m              | airi.t                | mami           | Kazuha.m        |  |
| 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   |  |
| Body Balance     | Hip & Leg 🌱    | Hip & Leg 🌱       | Basic 🌱               | jump to burn          | Waist 🌱        | Back & Arm 🌱    |  |
| mami             | Kazuha.m       | Kazuha.m          | Kazuha.m              | mami                  | Manami         | Neo.o           |  |
| 14:30 ~ 15:30    | close          | 14:30 ~ 15:30     | close                 | 14:30 ~ 15:30         | 15:00 ~ 16:00  | close           |  |
| Back & Arm 🌱     |                | Body Balance      |                       | Back & Arm 🌱          | Pilates Cardio |                 |  |
| Manami           |                | Manami            |                       | Neo.o                 | yuri.Y         |                 |  |
| close            |                | close             |                       | 16:00 ~ 17:00         | 16:30 ~ 17:30  |                 |  |
|                  |                |                   |                       | Beauty Conditioning 🌱 | Basic 🌱        |                 |  |
|                  |                |                   |                       | airi.t                | Kazuha.m       |                 |  |
|                  | 17:30 ~ 18:30  |                   | 18:00 ~ 19:00         |                       |                |                 |  |
|                  |                | Basic 🌱           | Pilates Barre         |                       |                |                 |  |
| mami             | yuri.Y         |                   |                       |                       |                |                 |  |
| 18:00 ~ 19:00    | 18:00 ~ 19:00  | 18:00 ~ 19:00     | 18:00 ~ 19:00         | 19:00 ~ 20:00         | close          | 18:00 ~ 19:00   |  |
| Release&Strength | Hip Punch      | Back & Arm 🌱      | Waist 🌱               | Back & Spine          |                | Pre Basic 🌱     |  |
| airi.t           | mami           | Neo.o             | Neo.o                 | mami                  |                | yuri.Y          |  |
| 19:30 ~ 20:30    | 19:30 ~ 20:30  | 19:30 ~ 20:30     | 19:30 ~ 20:30         | close                 |                | 19:30 ~ 20:30   |  |
| Hip & Leg 🌱      | Body Balance   | Waist 🌱           | Beauty Conditioning 🌱 |                       |                | Pilates Workout |  |
| Kazuha.m         | mami           | Neo.o             | airi.t                |                       |                | mami            |  |
| 21:00 ~ 22:00    | 21:00 ~ 22:00  | 21:00 ~ 22:00     | 21:00 ~ 22:00         |                       | 21:00 ~ 22:00  |                 |  |
| Shape up waist   | Pre Basic 🌱    | jump to burn      | Back & Arm 🌱          |                       | Back & Spine   |                 |  |
| airi.t           | yuri.Y         | mami              | Neo.o                 |                       | mami           |                 |  |

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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。