

| pilatesK 長野店   |                        | 【 08/01 ~ 08/08 】 スケジュール |                        |               |               |               |                  | 2026/07/12 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    |               |       |       |               |               |       |       |       |               |
| Pilates Cardio | Hip & Leg 🇯🇵           |                          | Back & Arm 🇯🇵          | Body Balance  |               | Basic 🇯🇵      | Waist 🇯🇵         |               |       |       |               |               |       |       |       |               |
| Yui.K          | RIE.N                  |                          | RIE.N                  | Maki.N        |               | Ayaka.N       | RIE.N            |               |       |       |               |               |       |       |       |               |
| 12:00 ~ 13:00  | 12:30 ~ 13:30          |                          | 12:00 ~ 13:00          | 12:30 ~ 13:30 |               | 12:00 ~ 13:00 | 12:00 ~ 13:00    |               |       |       |               |               |       |       |       |               |
| Basic 🇯🇵       | Beauty Conditioning 🇯🇵 |                          | Hip & Leg 🇯🇵           | Waist 🇯🇵      |               | Back & Spine  | Release&Strength |               |       |       |               |               |       |       |       |               |
| Ayaka.N        | Maki.N                 |                          | RIE.N                  | RIE.N         |               | Yui.K         | Yui.K            |               |       |       |               |               |       |       |       |               |
| 13:30 ~ 14:30  | 14:30 ~ 15:30          |                          | 13:30 ~ 14:30          | close         |               | 13:30 ~ 14:30 | 13:30 ~ 14:30    |               |       |       |               |               |       |       |       |               |
| Body Balance   | Basic 🇯🇵               |                          | Basic 🇯🇵               |               |               | Pre Basic 🇯🇵  | Hip & Leg 🇯🇵     |               |       |       |               |               |       |       |       |               |
| Yui.K          | Ayaka.N                |                          | Ayaka.N                |               |               | Yui.K         | RIE.N            |               |       |       |               |               |       |       |       |               |
| 15:00 ~ 16:00  | 16:30 ~ 17:30          |                          | close                  |               |               | close         | close            | 15:00 ~ 16:00 |       |       |               |               |       |       |       |               |
| Hip & Leg 🇯🇵   | Waist 🇯🇵               |                          |                        |               |               |               |                  | Basic 🇯🇵      |       |       |               |               |       |       |       |               |
| RIE.N          | RIE.N                  |                          |                        |               |               |               |                  | Maki.N        |       |       |               |               |       |       |       |               |
| close          | close                  |                          |                        |               |               |               |                  | close         | close | close | 17:30 ~ 18:30 |               |       |       |       |               |
|                |                        |                          |                        |               |               |               |                  |               |       |       | Back & Arm 🇯🇵 | Pilates Barre |       |       |       |               |
|                |                        |                          |                        |               |               |               |                  |               |       |       | RIE.N         | Yui.K         |       |       |       |               |
| close          |                        |                          |                        |               |               |               |                  |               |       |       | close         | close         | close | close | close |               |
|                |                        | 18:00 ~ 19:00            |                        | 18:00 ~ 19:00 | 18:00 ~ 19:00 |               |                  |               |       |       |               |               |       |       |       | 18:00 ~ 19:00 |
|                |                        | Pilates Cardio           |                        | Basic 🇯🇵      | Back & Arm 🇯🇵 |               |                  |               |       |       |               |               |       |       |       | Body Balance  |
|                |                        | Yui.K                    |                        | Ayaka.N       | RIE.N         |               |                  |               |       |       |               |               |       |       |       | Maki.N        |
|                |                        | 19:30 ~ 20:30            | 19:30 ~ 20:30          | 19:30 ~ 20:30 | 19:30 ~ 20:30 |               |                  |               |       |       |               |               |       |       |       |               |
|                |                        | Beauty Conditioning 🇯🇵   | Hip & Leg 🇯🇵           | Basic 🇯🇵      | Hip & Leg 🇯🇵  |               |                  |               |       |       |               |               |       |       |       |               |
|                |                        | Maki.N                   | RIE.N                  | Ayaka.N       | RIE.N         |               |                  |               |       |       |               |               |       |       |       |               |
| 21:00 ~ 22:00  | 21:00 ~ 22:00          | 21:00 ~ 22:00            | 21:00 ~ 22:00          |               |               |               |                  |               |       |       |               |               |       |       |       |               |
| Shape up waist | Basic 🇯🇵               | Waist 🇯🇵                 | Beauty Conditioning 🇯🇵 |               |               |               |                  |               |       |       |               |               |       |       |       |               |
| Yui.K          | Ayaka.N                | RIE.N                    | Maki.N                 |               |               |               |                  |               |       |       |               |               |       |       |       |               |

| pilatesK 長野店   |        | 【 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  |       |       |                       |                |       |               |               |                |
| Basic 🍌        |        | Hip & Leg 🍌              | Back & Spine  |       | Beauty Conditioning 🍌 | Hip & Leg 🍌      | Pilates Cardio |       |       |                       |                |       |               |               |                |
| Maki.N         |        | RIE.N                    | Yui.K         |       | Maki.N                | RIE.N            | Yui.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  |       |       |                       |                |       |               |               |                |
| Shape up waist |        | Body Balance             | Basic 🍌       |       | Hip & Leg 🍌           | Pilates Barre    | Basic 🍌        |       |       |                       |                |       |               |               |                |
| Yui.K          |        | Maki.N                   | Ayaka.N       |       | Maki.N                | Yui.K            | Ayaka.N        |       |       |                       |                |       |               |               |                |
| 14:30 ~ 15:30  |        | 13:30 ~ 14:30            | close         |       | 13:30 ~ 14:30         | 13:30 ~ 14:30    | 14:30 ~ 15:30  |       |       |                       |                |       |               |               |                |
| Back & Arm 🍌   |        | Waist 🍌                  |               |       | Back & Arm 🍌          | Basic 🍌          | Body Balance   |       |       |                       |                |       |               |               |                |
| Maki.N         |        | RIE.N                    |               |       | RIE.N                 | Ayaka.N          | Yui.K          |       |       |                       |                |       |               |               |                |
| 16:30 ~ 17:30  |        | 15:00 ~ 16:00            |               |       | close                 | 15:00 ~ 16:00    | 16:30 ~ 17:30  |       |       |                       |                |       |               |               |                |
| Pilates Cardio |        | Basic 🍌                  |               |       |                       | Back & Arm 🍌     | Basic 🍌        |       |       |                       |                |       |               |               |                |
| Yui.K          |        | Ayaka.N                  |               |       |                       | RIE.N            | Ayaka.N        |       |       |                       |                |       |               |               |                |
| close          |        | close                    |               |       |                       | close            | close          | close | close |                       |                |       |               |               |                |
|                |        |                          |               |       |                       |                  |                |       |       | 17:30 ~ 18:30         | 17:30 ~ 18:30  |       |               |               |                |
|                |        |                          |               |       |                       |                  |                |       |       | Beauty Conditioning 🍌 | Shape up waist |       |               |               |                |
|                |        |                          |               |       |                       |                  |                |       |       | Maki.N                | Yui.K          |       |               |               |                |
|                | close  |                          | close         | close |                       |                  |                |       |       | close                 | close          | close |               |               |                |
|                |        |                          |               |       |                       |                  |                |       |       |                       |                |       | 18:00 ~ 19:00 | 18:00 ~ 19:00 | 18:00 ~ 19:00  |
|                |        |                          |               |       |                       |                  |                |       |       |                       |                |       | Hip & Leg 🍌   | Waist 🍌       | Pilates Cardio |
|                |        |                          |               |       | Maki.N                |                  |                |       |       |                       |                |       | RIE.N         | Yui.K         |                |
|                |        |                          |               |       | 19:30 ~ 20:30         |                  |                |       |       |                       |                |       | 19:30 ~ 20:30 | 19:30 ~ 20:30 |                |
|                | close  |                          | close         | close | close                 |                  |                |       |       | close                 | close          |       |               |               |                |
| Back & Arm 🍌   |        | Body Balance             |               |       |                       | Basic 🍌          |                |       |       |                       |                |       |               |               |                |
| RIE.N          |        | Maki.N                   |               |       |                       | Ayaka.N          |                |       |       |                       |                |       |               |               |                |
| 21:00 ~ 22:00  |        | 21:00 ~ 22:00            |               |       |                       | 21:00 ~ 22:00    |                |       |       |                       |                |       |               |               |                |
| Waist 🍌        |        | Basic 🍌                  |               |       |                       | Release&Strength |                |       |       |                       |                |       |               |               |                |
| RIE.N          | Maki.N | Yui.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 長野店

【 08/17 ~ 08/24 】 スケジュール

2026/07/12 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 |               |
|                       | Waist 🌱       | Basic 🌱       |                       | Pilates Cardio | Body Balance  | Basic 🌱               |       |               |
|                       | RIE.N         | Ayaka.N       |                       | Yui.K          | Maki.N        | Ayaka.N               |       |               |
|                       | 12:00 ~ 13:00 | 12:30 ~ 13:30 |                       | 12:00 ~ 13:00  | 12:00 ~ 13:00 | 12:30 ~ 13:30         |       |               |
|                       | Pilates Barre | Body Balance  |                       | Basic 🌱        | Basic 🌱       | Beauty Conditioning 🌱 |       |               |
|                       | Yui.K         | Maki.N        |                       | Ayaka.N        | Ayaka.N       | Maki.N                |       |               |
|                       | 13:30 ~ 14:30 | close         |                       | 13:30 ~ 14:30  | 13:30 ~ 14:30 | 14:30 ~ 15:30         |       |               |
|                       | Back & Arm 🌱  |               |                       | Pilates Barre  | Hip & Leg 🌱   | Basic 🌱               |       |               |
|                       | RIE.N         |               |                       | Yui.K          | Maki.N        | Ayaka.N               |       |               |
|                       | close         |               |                       | close          | close         | 15:00 ~ 16:00         |       | 16:30 ~ 17:30 |
|                       |               |               |                       |                |               | Basic 🌱               |       | Hip & Leg 🌱   |
|                       |               |               |                       |                |               | Ayaka.N               |       | Maki.N        |
|                       |               | 17:30 ~ 18:30 |                       |                |               | close                 |       |               |
|                       | Back & Arm 🌱  |               |                       |                |               |                       |       |               |
|                       | Maki.N        |               |                       |                |               |                       |       |               |
|                       | 18:00 ~ 19:00 | 18:00 ~ 19:00 |                       | 18:00 ~ 19:00  | 18:00 ~ 19:00 |                       |       | close         |
|                       | Body Balance  | Waist 🌱       |                       | Back & Arm 🌱   | Basic 🌱       |                       |       |               |
|                       | Maki.N        | RIE.N         |                       | RIE.N          | Ayaka.N       |                       |       |               |
| 19:30 ~ 20:30         | 19:30 ~ 20:30 | 19:30 ~ 20:30 | 19:30 ~ 20:30         |                |               |                       |       |               |
| Basic 🌱               | Back & Spine  | Hip & Leg 🌱   | Beauty Conditioning 🌱 |                |               |                       |       |               |
| Ayaka.N               | Yui.K         | Maki.N        | Maki.N                |                |               |                       |       |               |
| 21:00 ~ 22:00         | 21:00 ~ 22:00 | 21:00 ~ 22:00 | 21:00 ~ 22:00         |                |               |                       |       |               |
| Beauty Conditioning 🌱 | Back & Arm 🌱  | Body Balance  | Hip & Leg 🌱           |                |               |                       |       |               |
| Maki.N                | RIE.N         | Yui.K         | Maki.N                |                |               |                       |       |               |

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【 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 |
| Pre Basic 🌱           | Waist 🌱          |               | Basic 🌱               | Hip & Leg 🌱   | Beauty Conditioning 🌱 |       |
| Yui.K                 | RIE.N            |               | Ayaka.N               | RIE.N         | Maki.N                |       |
| 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 Cardio        | Waist 🌱       | Back & Arm 🌱          |       |
| Maki.N                | Maki.N           |               | Yui.K                 | RIE.N         | RIE.N                 |       |
| 13:30 ~ 14:30         | close            |               | 13:30 ~ 14:30         | 13:30 ~ 14:30 | 14:30 ~ 15:30         |       |
| Pilates Cardio        |                  |               | Release&Strength      | Basic 🌱       | Body Balance          |       |
| Yui.K                 |                  |               | Yui.K                 | Ayaka.N       | Maki.N                |       |
| close                 |                  |               | close                 | close         | 15:00 ~ 16:00         |       |
|                       |                  | Back & Arm 🌱  |                       |               | Basic 🌱               |       |
|                       | RIE.N            | Ayaka.N       |                       |               |                       |       |
|                       | 17:30 ~ 18:30    | close         |                       |               |                       |       |
|                       | Basic 🌱          |               |                       |               |                       |       |
| Ayaka.N               |                  |               |                       |               |                       |       |
| 18:00 ~ 19:00         | 18:00 ~ 19:00    |               | 18:00 ~ 19:00         | 18:00 ~ 19:00 | close                 |       |
| Basic 🌱               | Release&Strength |               | Waist 🌱               | Hip & Leg 🌱   |                       |       |
| Ayaka.N               | Yui.K            | RIE.N         | Maki.N                |               |                       |       |
| 19:30 ~ 20:30         | 19:30 ~ 20:30    | 19:30 ~ 20:30 | 19:30 ~ 20:30         |               |                       |       |
| Waist 🌱               | Shape up waist   | Body Balance  | Basic 🌱               |               |                       |       |
| RIE.N                 | Yui.K            | Maki.N        | Ayaka.N               |               |                       |       |
| 21:00 ~ 22:00         | 21:00 ~ 22:00    | 21:00 ~ 22:00 | 21:00 ~ 22:00         |               |                       |       |
| Hip & Leg 🌱           | Basic 🌱          | Hip & Leg 🌱   | Beauty Conditioning 🌱 |               |                       |       |
| RIE.N                 | Ayaka.N          | RIE.N         | Maki.N                |               |                       |       |

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