

| pilatesK 前橋モール |  | 【 09/01 ~ 09/08 】 |  | スケジュール        |  | 2026/09/04 更新   |  |                  |  |                       |  |               |  |               |  |       |  |                       |  |
|----------------|--|-------------------|--|---------------|--|-----------------|--|------------------|--|-----------------------|--|---------------|--|---------------|--|-------|--|-----------------------|--|
| 09/01          |  | 09/02             |  | 09/03         |  | 09/04           |  | 09/05            |  | 09/06                 |  | 09/07         |  | 09/08         |  |       |  |                       |  |
| 火              |  | 水                 |  | 木             |  | 金               |  | 土                |  | 日                     |  | 月             |  | 火             |  |       |  |                       |  |
| 10:30 ~ 11:30  |  | 10:30 ~ 11:30     |  | close         |  | 10:30 ~ 11:30   |  | 10:30 ~ 11:30    |  | 10:30 ~ 11:30         |  | close         |  | 10:30 ~ 11:30 |  |       |  |                       |  |
| Basic 🌱        |  | Body Balance      |  |               |  | Pilates Workout |  | Pre Basic 🌱      |  | Waist 🌱               |  |               |  | Back & Arm 🌱  |  |       |  |                       |  |
| Kotone.O       |  | Satsuki.I         |  |               |  | Kyoka.M         |  | Ayano.m          |  | Kotone.O              |  |               |  | Satsuki.I     |  |       |  |                       |  |
| 12:00 ~ 13:00  |  | 12:30 ~ 13:30     |  |               |  | 12:00 ~ 13:00   |  | 12:00 ~ 13:00    |  | 12:30 ~ 13:30         |  |               |  | 12:00 ~ 13:00 |  |       |  |                       |  |
| Pre Basic 🌱    |  | Waist 🌱           |  |               |  | Basic 🌱         |  | Waist 🌱          |  | Beauty Conditioning 🌱 |  |               |  | Body Balance  |  |       |  |                       |  |
| Kyoka.M        |  | Kotone.O          |  |               |  | Rika.I          |  | Kotone.O         |  | Kyoka.M               |  |               |  | Satsuki.I     |  |       |  |                       |  |
| 13:30 ~ 14:30  |  | close             |  |               |  | 13:30 ~ 14:30   |  | 13:30 ~ 14:30    |  | 14:30 ~ 15:30         |  |               |  | 13:30 ~ 14:30 |  |       |  |                       |  |
| Waist 🌱        |  |                   |  |               |  | Hip Punch       |  | Pilates Workout  |  | Basic 🌱               |  |               |  | Basic 🌱       |  |       |  |                       |  |
| Kotone.O       |  |                   |  |               |  | Kyoka.M         |  | Ayano.m          |  | Kotone.O              |  |               |  | Rika.I        |  |       |  |                       |  |
| close          |  |                   |  |               |  | close           |  | 15:00 ~ 16:00    |  | 16:30 ~ 17:30         |  |               |  | close         |  | close |  |                       |  |
|                |  |                   |  | Basic 🌱       |  |                 |  | Shape up waist   |  |                       |  |               |  |               |  |       |  |                       |  |
|                |  |                   |  | Kotone.O      |  |                 |  | Kyoka.M          |  |                       |  |               |  |               |  |       |  |                       |  |
|                |  |                   |  | 17:30 ~ 18:30 |  |                 |  | Release&Strength |  |                       |  |               |  |               |  |       |  |                       |  |
|                |  |                   |  | Ayano.m       |  |                 |  |                  |  |                       |  |               |  |               |  |       |  |                       |  |
|                |  |                   |  | 18:00 ~ 19:00 |  |                 |  | 18:00 ~ 19:00    |  | 18:00 ~ 19:00         |  | 18:00 ~ 19:00 |  |               |  |       |  | 18:00 ~ 19:00         |  |
|                |  |                   |  | jump to burn  |  |                 |  | Hip & Leg 🌱      |  | Basic 🌱               |  | Waist 🌱       |  |               |  |       |  | Beauty Conditioning 🌱 |  |
|                |  | Satsuki.I         |  | Satsuki.I     |  |                 |  | Rika.I           |  | Kotone.O              |  | Kyoka.M       |  |               |  |       |  |                       |  |
|                |  | 19:30 ~ 20:30     |  | 19:30 ~ 20:30 |  |                 |  | 19:30 ~ 20:30    |  | 19:30 ~ 20:30         |  | 19:30 ~ 20:30 |  |               |  |       |  | 19:30 ~ 20:30         |  |
|                |  | Basic 🌱           |  | Back & Arm 🌱  |  |                 |  | jump to burn     |  | Basic 🌱               |  |               |  |               |  |       |  | Waist 🌱               |  |
| Rika.I         |  | Satsuki.I         |  | Satsuki.I     |  | Kotone.O        |  |                  |  | Kotone.O              |  |               |  |               |  |       |  |                       |  |
| 21:00 ~ 22:00  |  | 21:00 ~ 22:00     |  | 21:00 ~ 22:00 |  | 21:00 ~ 22:00   |  |                  |  | 21:00 ~ 22:00         |  | 21:00 ~ 22:00 |  |               |  |       |  |                       |  |
| Back & Arm 🌱   |  | Basic 🌱           |  | Hip & Leg 🌱   |  | Body Balance    |  |                  |  | Basic 🌱               |  |               |  |               |  |       |  |                       |  |
| Satsuki.I      |  | Rika.I            |  | Satsuki.I     |  | Satsuki.I       |  |                  |  | Kotone.O              |  |               |  |               |  |       |  |                       |  |

| pilatesK 前橋モール |               | 【 09/09 ~ 09/16 】     |                  |                 | スケジュール |                       |               |       |               |                |
|----------------|---------------|-----------------------|------------------|-----------------|--------|-----------------------|---------------|-------|---------------|----------------|
| 09/09          | 09/10         | 09/11                 | 09/12            | 09/13           | 09/14  | 09/15                 | 09/16         |       |               |                |
| 水              | 木             | 金                     | 土                | 日               | 月      | 火                     | 水             |       |               |                |
| 10:30 ~ 11:30  | close         | 10:30 ~ 11:30         | 10:30 ~ 11:30    | 10:30 ~ 11:30   | close  | 10:30 ~ 11:30         | 10:30 ~ 11:30 |       |               |                |
| Basic 🌱        |               | Beauty Conditioning 🌱 | Waist 🌱          | Basic 🌱         |        | Basic 🌱               | Hip & Leg 🌱   |       |               |                |
| Rika.I         |               | Kyoka.M               | Kotone.O         | Kotone.O        |        | Rika.I                | Satsuki.I     |       |               |                |
| 12:30 ~ 13:30  |               | 12:00 ~ 13:00         | 12:00 ~ 13:00    | 12:30 ~ 13:30   |        | 12:00 ~ 13:00         | 12:30 ~ 13:30 |       |               |                |
| Hip&Leg 🌱      |               | Pilates Workout       | Release&Strength | Back & Arm 🌱    |        | Shape up waist        | Waist 🌱       |       |               |                |
| Satsuki.I      |               | Kyoka.M               | Satsuki.I        | Satsuki.I       |        | Kyoka.M               | Kotone.O      |       |               |                |
| close          |               | 13:30 ~ 14:30         | 13:30 ~ 14:30    | 14:30 ~ 15:30   |        | 13:30 ~ 14:30         | close         | close |               |                |
|                |               | Basic 🌱               | Waist 🌱          | Body Balance    |        | Basic 🌱               |               |       |               |                |
|                |               | Rika.I                | Kotone.O         | Satsuki.I       |        | Rika.I                |               |       |               |                |
|                |               | close                 | 15:00 ~ 16:00    | 16:30 ~ 17:30   |        | close                 |               |       |               |                |
|                |               |                       | Hip & Leg 🌱      | Waist 🌱         |        |                       |               |       |               |                |
|                |               |                       | Satsuki.I        | Kotone.O        |        |                       |               |       |               |                |
|                |               |                       | 17:30 ~ 18:30    |                 |        |                       |               |       |               |                |
|                |               |                       | jump to burn     |                 |        |                       |               |       |               |                |
|                |               | Satsuki.I             |                  |                 |        |                       |               |       |               |                |
|                |               | 18:00 ~ 19:00         | 18:00 ~ 19:00    | 18:00 ~ 19:00   |        |                       |               |       | 18:00 ~ 19:00 | 18:00 ~ 19:00  |
|                |               | Waist 🌱               | Hip Punch        | Pre Basic 🌱     |        |                       |               |       | Back & Arm 🌱  | Shape up waist |
| Kotone.O       | Kyoka.M       | Ayano.m               |                  | Satsuki.I       |        | Kyoka.M               |               |       |               |                |
| 19:30 ~ 20:30  | 19:30 ~ 20:30 | 19:30 ~ 20:30         | close            | 19:30 ~ 20:30   |        | 19:30 ~ 20:30         |               |       |               |                |
| jump to burn   | Basic 🌱       | Waist 🌱               |                  | Pilates Workout |        | Basic 🌱               |               |       |               |                |
| Kyoka.M        | Rika.I        | Kotone.O              |                  | Kyoka.M         |        | Rika.I                |               |       |               |                |
| 21:00 ~ 22:00  | 21:00 ~ 22:00 | 21:00 ~ 22:00         |                  | 21:00 ~ 22:00   |        | 21:00 ~ 22:00         |               |       |               |                |
| Pre Basic 🌱    | Back & Arm 🌱  | Release&Strength      |                  | Hip & Leg 🌱     |        | Beauty Conditioning 🌱 |               |       |               |                |
| Kyoka.M        | Kyoka.M       | Ayano.m               |                  | Satsuki.I       |        | Kyoka.M               |               |       |               |                |

🌱：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。

## スケジュール

更新

| pilatesK 前橋モール        |  |                  | 【 09/25 ~ 09/30 】 |               |  | スケジュール         |  |                       |  |               |  |
|-----------------------|--|------------------|-------------------|---------------|--|----------------|--|-----------------------|--|---------------|--|
| 09/25                 |  | 09/26            |                   | 09/27         |  | 09/28          |  | 09/29                 |  | 09/30         |  |
| 金                     |  | 土                |                   | 日             |  | 月              |  | 火                     |  | 水             |  |
| 10:30 ~ 11:30         |  | 10:30 ~ 11:30    |                   | 10:30 ~ 11:30 |  | close          |  | 10:30 ~ 11:30         |  | 10:30 ~ 11:30 |  |
| Basic 🍌               |  | Waist 🍌          |                   | Hip & Leg 🍌   |  |                |  | Basic 🍌               |  | Basic 🍌       |  |
| Rika.I                |  | Kotone.O         |                   | Satsuki.I     |  |                |  | Rika.I                |  | Rika.I        |  |
| 12:00 ~ 13:00         |  | 12:00 ~ 13:00    |                   | 12:30 ~ 13:30 |  |                |  | 12:00 ~ 13:00         |  | 12:30 ~ 13:30 |  |
| Beauty Conditioning 🍌 |  | Basic 🍌          |                   | Waist 🍌       |  |                |  | Release&Strength      |  | Waist 🍌       |  |
| Kyoka.M               |  | Kotone.O         |                   | Kotone.O      |  |                |  | Ayano.m               |  | Kotone.O      |  |
| 13:30 ~ 14:30         |  | 13:30 ~ 14:30    |                   | 14:30 ~ 15:30 |  |                |  | 13:30 ~ 14:30         |  | close         |  |
| Pre Basic 🍌           |  | Release&Strength |                   | Basic 🍌       |  |                |  | Basic 🍌               |  |               |  |
| Kyoka.M               |  | Satsuki.I        |                   | Kotone.O      |  |                |  | Rika.I                |  |               |  |
| close                 |  | 15:00 ~ 16:00    |                   | 16:30 ~ 17:30 |  |                |  | close                 |  |               |  |
|                       |  | Back & Arm 🍌     |                   | Body Balance  |  |                |  |                       |  |               |  |
|                       |  | Satsuki.I        |                   | Satsuki.I     |  |                |  |                       |  |               |  |
|                       |  | 17:30 ~ 18:30    |                   | close         |  |                |  |                       |  |               |  |
| Waist 🍌               |  |                  |                   |               |  |                |  |                       |  |               |  |
| Kotone.O              |  |                  |                   |               |  |                |  |                       |  |               |  |
| 18:00 ~ 19:00         |  | close            |                   | close         |  | 18:00 ~ 19:00  |  | 18:00 ~ 19:00         |  |               |  |
| Waist 🍌               |  |                  |                   |               |  | Shape up waist |  | Hip & Leg 🍌           |  |               |  |
| Kotone.O              |  |                  |                   |               |  | Ayano.m        |  | Satsuki.I             |  |               |  |
| 19:30 ~ 20:30         |  |                  |                   |               |  | 19:30 ~ 20:30  |  | 19:30 ~ 20:30         |  |               |  |
| Basic 🍌               |  |                  |                   |               |  | Basic 🍌        |  | Beauty Conditioning 🍌 |  |               |  |
| Kotone.O              |  |                  |                   |               |  | Kyoka.M        |  |                       |  |               |  |
| 21:00 ~ 22:00         |  |                  |                   |               |  | 21:00 ~ 22:00  |  | 21:00 ~ 22:00         |  |               |  |
| jump to burn          |  |                  |                   |               |  | Waist 🍌        |  | jump to burn          |  |               |  |
| Kyoka.M               |  |                  |                   |               |  | Kotone.O       |  | Satsuki.I             |  |               |  |

※ 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。