

pilatesK_smart 仙台店 【 09/01 ～ 09/08 】 スケジュール

2026/08/13 更新

09/01 火	09/02 水	09/03 木	09/04 金	09/05 土	09/06 日	09/07 月	09/08 火	
10:30 ~ 11:00	10:30 ~ 11:00	close	10:30 ~ 11:00	10:30 ~ 11:00	close	close	10:30 ~ 11:00	
Stretch A 🍌	Basic A 🍌		Back A 🍌	Jump A			Back A 🍌	
MAYUKI.H	MIZUKI.T		Hinata.I	MAYUKI.H			Hinata.I	
11:30 ~ 12:00	11:30 ~ 12:00		11:30 ~ 12:00	11:30 ~ 12:00			11:30 ~ 12:00	
Basic A 🍌	Waist A 🍌		Jump A	Basic B 🍌			Balance A	
MIZUKI.T	MAYUKI.H		MAYUKI.H	Hinata.I			MAYUKI.H	
12:30 ~ 13:00	12:30 ~ 13:00		12:30 ~ 13:00	12:30 ~ 13:00			12:30 ~ 13:00	
Leg A 🍌	Basic B 🍌		Balance A	Waist A 🍌			Hip B 🍌	
MAYUKI.H	MIZUKI.T		Hinata.I	Hinata.I			Hinata.I	
13:30 ~ 14:00	13:30 ~ 14:00		13:30 ~ 14:00	13:30 ~ 14:00			13:30 ~ 14:00	
Waist A 🍌	Stretch A 🍌	Hip A 🍌	Balance A	Stretch A 🍌				
MAYUKI.H	MAYUKI.H	MAYUKI.H	MAYUKI.H	MAYUKI.H				
close	close	close	close	14:30 ~ 15:00	close	close	close	
				Back A 🍌				
				Hinata.I				
				15:30 ~ 16:00				
				Hip B 🍌				
Hinata.I	16:30 ~ 17:00		Basic A 🍌					
MAYUKI.H	close		17:30 ~ 18:00	17:30 ~ 18:00			17:30 ~ 18:00	17:30 ~ 18:00
Basic B 🍌			Basic A 🍌	Back A 🍌			Waist A 🍌	Leg A 🍌
MIZUKI.T			MIZUKI.T	Hinata.I			MAYUKI.H	MAYUKI.H
18:30 ~ 19:00			18:30 ~ 19:00	18:30 ~ 19:00			18:30 ~ 19:00	18:30 ~ 19:00
Stretch A 🍌		Hip B 🍌	Basic A 🍌	Balance A	Basic A 🍌			
MAYUKI.H		Hinata.I	MAYUKI.H	Hinata.I	MIZUKI.T			
19:30 ~ 20:00		19:30 ~ 20:00	19:30 ~ 20:00	19:30 ~ 20:00	19:30 ~ 20:00			
Hip B 🍌		Basic A 🍌	Jump A	Leg A 🍌	Basic B 🍌			
MAYUKI.H		MIZUKI.T	Hinata.I	MAYUKI.H	MIZUKI.T			
20:30 ~ 21:00		20:30 ~ 21:00	20:30 ~ 21:00	20:30 ~ 21:00	20:30 ~ 21:00			
Basic A 🍌	Back A 🍌	Stretch A 🍌	Basic B 🍌	Hip B 🍌				
MIZUKI.T	Hinata.I	MAYUKI.H	Hinata.I	MAYUKI.H				

pilatesK_smart 仙台店 【 09/09 ～ 09/16 】 スケジュール

2026/08/13 更新

09/09 水	09/10 木	09/11 金	09/12 土	09/13 日	09/14 月	09/15 火	09/16 水	
10:30 ~ 11:00 Waist A 🍌 MAYUKI.H	close	10:30 ~ 11:00 Basic B 🍌 MIZUKI.T	10:30 ~ 11:00 Waist A 🍌 MAYUKI.H	close	close	10:30 ~ 11:00 Basic A 🍌 MIZUKI.T	10:30 ~ 11:00 Hip A 🍌 MIZUKI.T	
11:30 ~ 12:00 Basic B 🍌 MIZUKI.T		11:30 ~ 12:00 Hip A 🍌 Hinata.I	11:30 ~ 12:00 Leg A 🍌 Hinata.I			11:30 ~ 12:00 Basic B 🍌 MIZUKI.T	11:30 ~ 12:00 Stretch A 🍌 Hinata.I	
12:30 ~ 13:00 Hip A 🍌 MAYUKI.H		12:30 ~ 13:00 Basic A 🍌 MIZUKI.T	12:30 ~ 13:00 Stretch A 🍌 Hinata.I			12:30 ~ 13:00 Jump A 🍌 MAYUKI.H	12:30 ~ 13:00 Basic A 🍌 MIZUKI.T	
13:30 ~ 14:00 Basic A 🍌 MIZUKI.T		13:30 ~ 14:00 Jump A 🍌 Hinata.I	13:30 ~ 14:00 Hip B 🍌 MAYUKI.H			13:30 ~ 14:00 Basic A 🍌 MIZUKI.T	13:30 ~ 14:00 Back A 🍌 Hinata.I	
close		close	14:30 ~ 15:00 Balance A 🍌 Hinata.I			close	close	
			15:30 ~ 16:00 Back A 🍌 Hinata.I					
			16:30 ~ 17:00 Jump A 🍌 MAYUKI.H					
			close					
			close					
17:30 ~ 18:00 Back A 🍌 Hinata.I		17:30 ~ 18:00 Basic A 🍌 MIZUKI.T	17:30 ~ 18:00 Hip B 🍌 MAYUKI.H			17:30 ~ 18:00 Basic B 🍌 MIZUKI.T	17:30 ~ 18:00 Balance A 🍌 Hinata.I	
18:30 ~ 19:00 Basic B 🍌 MIZUKI.T	18:30 ~ 19:00 Hip A 🍌 MAYUKI.H	18:30 ~ 19:00 Jump A 🍌 Hinata.I	18:30 ~ 19:00 Hip A 🍌 MAYUKI.H	18:30 ~ 19:00 Jump A 🍌 MAYUKI.H				
19:30 ~ 20:00 Leg A 🍌 Hinata.I	19:30 ~ 20:00 Basic B 🍌 MIZUKI.T	19:30 ~ 20:00 Stretch A 🍌 MAYUKI.H	19:30 ~ 20:00 Basic A 🍌 MIZUKI.T	19:30 ~ 20:00 Hip B 🍌 Hinata.I				
20:30 ~ 21:00 Basic A 🍌 MIZUKI.T	20:30 ~ 21:00 Waist A 🍌 MAYUKI.H	20:30 ~ 21:00 Back A 🍌 Hinata.I	20:30 ~ 21:00 Waist A 🍌 MAYUKI.H	20:30 ~ 21:00 Basic B 🍌 MAYUKI.H				

pilatesK_smart 仙台店		【 09/17 ~ 09/24 】		スケジュール		2026/08/13 更新			
09/17	09/18	09/19	09/20	09/21	09/22	09/23	09/24		
木	金	土	日	月	火	水	木		
close	10:30 ~ 11:00	10:30 ~ 11:00	close	close	10:30 ~ 11:00	10:30 ~ 11:00	close		
	Balance A	Back A			Waist A	Back A			
	MAYUKI.H	Hinata.I			Hinata.I	Hinata.I			
	11:30 ~ 12:00	11:30 ~ 12:00			11:30 ~ 12:00	11:30 ~ 12:00			
	Back A	Hip A			Basic A	Leg A			
	Hinata.I	MIZUKI.T			MIZUKI.T	Hinata.I			
	12:30 ~ 13:00	12:30 ~ 13:00			12:30 ~ 13:00	12:30 ~ 13:00			
	Hip B	Basic B			Balance A	Basic B			
	MAYUKI.H	MIZUKI.T			Hinata.I	MIZUKI.T			
	13:30 ~ 14:00	13:30 ~ 14:00			13:30 ~ 14:00	13:30 ~ 14:00			
	Stretch A	Basic A			Hip A	Hip B			
	Hinata.I	MIZUKI.T			MIZUKI.T	Hinata.I			
	close	close			14:30 ~ 15:00	14:30 ~ 15:00		14:30 ~ 15:00	14:30 ~ 15:00
					Leg A	Jump A		Basic A	
					Hinata.I	Hinata.I		MIZUKI.T	
15:30 ~ 16:00			15:30 ~ 16:00	15:30 ~ 16:00	15:30 ~ 16:00				
Basic B			Basic A	Jump A					
close	close	MIZUKI.T	MIZUKI.T	MIZUKI.T	Hinata.I				
		16:30 ~ 17:00	16:30 ~ 17:00	16:30 ~ 17:00	16:30 ~ 17:00				
		Balance A	Back A	Basic B					
		Hinata.I	Hinata.I	MIZUKI.T					
		17:30 ~ 18:00	17:30 ~ 18:00	17:30 ~ 18:00	17:30 ~ 18:00				
Jump A	Basic A	close	close	close	close	Stretch A			
MAYUKI.H	MIZUKI.T					Hinata.I			
18:30 ~ 19:00	18:30 ~ 19:00					18:30 ~ 19:00	18:30 ~ 19:00		
Basic A	Waist A					Leg A			
MIZUKI.T	Hinata.I					MAYUKI.H			
19:30 ~ 20:00	19:30 ~ 20:00					19:30 ~ 20:00	19:30 ~ 20:00		
Balance A	Basic B					Hip B			
MAYUKI.H	MIZUKI.T					MAYUKI.H			
20:30 ~ 21:00	20:30 ~ 21:00					20:30 ~ 21:00	20:30 ~ 21:00		
Hip A	Leg A					Basic A			
MIZUKI.T	MAYUKI.H	Hinata.I							

pilatesK_smart 仙台店		【 09/25 ~ 09/30 】		スケジュール		2026/08/13 更新							
09/25		09/26		09/27		09/28		09/29		09/30			
金		土		日		月		火		水			
10:30 ~ 11:00		10:30 ~ 11:00		close		close		10:30 ~ 11:00		10:30 ~ 11:00			
Leg A 🇯🇵		Jump A						Basic A 🇯🇵		Hip A 🇯🇵			
MAYUKI.H		MAYUKI.H						MIZUKI.T		MIZUKI.T			
11:30 ~ 12:00		11:30 ~ 12:00						11:30 ~ 12:00		11:30 ~ 12:00			
Waist A 🇯🇵		Basic B 🇯🇵						Hip A 🇯🇵		Waist A 🇯🇵			
MAYUKI.H		MIZUKI.T						MIZUKI.T		Hinata.i			
12:30 ~ 13:00		12:30 ~ 13:00						12:30 ~ 13:00		12:30 ~ 13:00			
Basic A 🇯🇵		Stretch A 🇯🇵						Jump A		Basic A 🇯🇵			
MIZUKI.T		MAYUKI.H						MAYUKI.H		MIZUKI.T			
13:30 ~ 14:00		13:30 ~ 14:00						13:30 ~ 14:00		13:30 ~ 14:00			
Basic B 🇯🇵		Hip A 🇯🇵						Waist A 🇯🇵		Balance A			
MIZUKI.T		MIZUKI.T						MAYUKI.H		Hinata.i			
close		14:30 ~ 15:00						close		close		close	
		Balance A											
		MAYUKI.H											
		15:30 ~ 16:00											
		Basic A 🇯🇵											
		MIZUKI.T											
16:30 ~ 17:00		16:30 ~ 17:00		Leg A 🇯🇵									
MAYUKI.H		MAYUKI.H		close		close		17:30 ~ 18:00		17:30 ~ 18:00			
17:30 ~ 18:00		Hip A 🇯🇵						Basic A 🇯🇵		Hip B 🇯🇵			
MIZUKI.T		MIZUKI.T						MIZUKI.T		Hinata.i			
18:30 ~ 19:00		18:30 ~ 19:00						18:30 ~ 19:00		18:30 ~ 19:00			
Basic A 🇯🇵		Basic A 🇯🇵						Stretch A 🇯🇵		Basic B 🇯🇵			
MIZUKI.T		MAYUKI.H						MAYUKI.H		MAYUKI.H			
19:30 ~ 20:00		19:30 ~ 20:00						19:30 ~ 20:00		19:30 ~ 20:00			
Waist A 🇯🇵		Basic B 🇯🇵						Basic B 🇯🇵		Back A 🇯🇵			
Hinata.i		Hinata.i		MIZUKI.T		Hinata.i		20:30 ~ 21:00		20:30 ~ 21:00			
20:30 ~ 21:00		20:30 ~ 21:00		Leg A 🇯🇵		Jump A							
Hinata.i		MAYUKI.H		MAYUKI.H		MAYUKI.H							