

| pilatesK NU茶屋町店  |  | 【 09/01 ~ 09/08 】 |  |                       |  | スケジュール         |  | 2026/08/20     | 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     |  | 10:30 ~ 11:30         |  | 10:30 ~ 11:30  |  | 10:30 ~ 11:30  |    | 10:30 ~ 11:30         |  | close |  | 10:30 ~ 11:30    |  |               |  |
| Hip Punch        |  | Back & Arm 🌿      |  | Beauty Conditioning 🌿 |  | Hip & Leg 🌿    |  | Pilates Cardio |    | Basic 🌿               |  |       |  | Hip & Leg 🌿      |  |               |  |
| Ayari.f          |  | Yukari.K          |  | Ayari.f               |  | Honoka.T       |  | Suzu.K         |    | MIYU.Y                |  |       |  | Suzu.K           |  |               |  |
| 12:00 ~ 13:00    |  | 12:00 ~ 13:00     |  | 12:00 ~ 13:00         |  | 12:00 ~ 13:00  |  | 12:00 ~ 13:00  |    | 12:00 ~ 13:00         |  |       |  | 12:00 ~ 13:00    |  |               |  |
| Release&Strength |  | Basic 🌿           |  | Back & Arm 🌿          |  | Shape up waist |  | Pre Basic 🌿    |    | Shape up waist        |  |       |  | Waist 🌿          |  |               |  |
| Ayari.f          |  | Yukari.K          |  | Yukari.K              |  | Honoka.T       |  | Nagi.m         |    | Honoka.T              |  |       |  | MIYU.Y           |  |               |  |
| 13:30 ~ 14:30    |  | 13:30 ~ 14:30     |  | 13:30 ~ 14:30         |  | 13:30 ~ 14:30  |  | 13:30 ~ 14:30  |    | 13:30 ~ 14:30         |  |       |  | 13:30 ~ 14:30    |  |               |  |
| Basic 🌿          |  | Animal Stretch    |  | Shape up waist        |  | Basic 🌿        |  | Hip & Leg 🌿    |    | Style up Pilates      |  |       |  | Reset Flow       |  |               |  |
| MIYU.Y           |  | Suzu.K            |  | Honoka.T              |  | MIYU.Y         |  | Honoka.T       |    | 未定                    |  |       |  | Suzu.K           |  |               |  |
| 15:00 ~ 16:00    |  | close             |  | 15:00 ~ 16:00         |  | close          |  | 15:00 ~ 16:00  |    | 15:00 ~ 16:00         |  |       |  | 15:00 ~ 16:00    |  |               |  |
| Waist 🌿          |  |                   |  | Hip Punch             |  |                |  | Advance        |    | Hip & Leg 🌿           |  |       |  | Style up Pilates |  |               |  |
| MIYU.Y           |  |                   |  | Ayari.f               |  |                |  | Nagi.m         |    | Honoka.T              |  |       |  | 未定               |  |               |  |
| close            |  |                   |  | close                 |  |                |  | 16:30 ~ 17:30  |    | 16:30 ~ 17:30         |  |       |  | close            |  | close         |  |
|                  |  |                   |  |                       |  |                |  | Basic 🌿        |    | Advance               |  |       |  |                  |  |               |  |
|                  |  |                   |  |                       |  |                |  | Yukari.K       |    | Nagi.m                |  |       |  |                  |  |               |  |
|                  |  |                   |  |                       |  |                |  | 18:00 ~ 19:00  |    | 18:00 ~ 19:00         |  |       |  |                  |  |               |  |
|                  |  |                   |  |                       |  |                |  | Shape up waist |    | Pilates Workout       |  |       |  |                  |  |               |  |
|                  |  |                   |  |                       |  |                |  | Honoka.T       |    | Suzu.K                |  |       |  |                  |  |               |  |
| 17:30 ~ 18:30    |  |                   |  | 17:30 ~ 18:30         |  |                |  | 17:30 ~ 18:30  |    | 17:30 ~ 18:30         |  |       |  | 19:30 ~ 20:30    |  | 17:30 ~ 18:30 |  |
| Back & Spine     |  |                   |  | Pre Basic 🌿           |  |                |  | Reset Flow     |    | Hip Punch             |  |       |  | Back & Arm 🌿     |  | Back & Arm 🌿  |  |
| Nagi.m           |  |                   |  | Nagi.m                |  |                |  | Suzu.K         |    | Ayari.f               |  |       |  | Yukari.K         |  | Yukari.K      |  |
| 19:00 ~ 20:00    |  |                   |  | 19:00 ~ 20:00         |  |                |  | 19:00 ~ 20:00  |    | 19:00 ~ 20:00         |  |       |  | close            |  | 19:00 ~ 20:00 |  |
| Back & Arm 🌿     |  |                   |  | Pilates Cardio        |  |                |  | Hip & Leg 🌿    |    | Beauty Conditioning 🌿 |  |       |  |                  |  | Pre Basic 🌿   |  |
| MIYU.Y           |  |                   |  | Suzu.K                |  |                |  | Honoka.T       |    | Ayari.f               |  |       |  |                  |  | Nagi.m        |  |
| 20:30 ~ 21:30    |  |                   |  | 20:30 ~ 21:30         |  |                |  | 20:30 ~ 21:30  |    | 20:30 ~ 21:30         |  |       |  |                  |  | 20:30 ~ 21:30 |  |
| Advance          |  |                   |  | Shape up waist        |  |                |  | Basic 🌿        |    | Back & Arm 🌿          |  |       |  |                  |  | Back & Spine  |  |
| Nagi.m           |  |                   |  | Nagi.m                |  |                |  | Yukari.K       |    | Yukari.K              |  |       |  |                  |  | Nagi.m        |  |

| pilatesK NU茶屋町店     |              | 【 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       |              | 10:30 ~ 11:30            | 10:30 ~ 11:30       | 10:30 ~ 11:30   | 10:30 ~ 11:30       | 10:30 ~ 11:30    | 10:30 ~ 11:30    | 10:30 ~ 11:30       |
| Pilates Workout     |              | Shape up waist           | Pilates Cardio      | Basic           | Hip Punch           | Basic            | Back & Arm       | Beauty Conditioning |
| Suzu.K              |              | Nagi.m                   | Suzu.K              | Yukari.K        | Ayari.f             | Yukari.K         | Yukari.K         | Ayari.f             |
| 12:00 ~ 13:00       |              | 12:00 ~ 13:00            | 12:00 ~ 13:00       | 12:00 ~ 13:00   | 12:00 ~ 13:00       | 12:00 ~ 13:00    | 12:00 ~ 13:00    | 12:00 ~ 13:00       |
| Beauty Conditioning |              | Reset Flow               | Basic               | Waist           | Pre Basic           | Back & Arm       | Style up Pilates | Shape up waist      |
| Ayari.f             |              | Suzu.K                   | Yukari.K            | MIYU.Y          | Nagi.m              | Yukari.K         | 未定               | Nagi.m              |
| 13:30 ~ 14:30       |              | 13:30 ~ 14:30            | 13:30 ~ 14:30       | 13:30 ~ 14:30   | 13:30 ~ 14:30       | 13:30 ~ 14:30    | 13:30 ~ 14:30    | 13:30 ~ 14:30       |
| Hip Punch           |              | Back & Spine             | Hip & Leg           | Pilates Workout | Waist               | Release&Strength | Waist            | Hip & Leg           |
| Ayari.f             |              | Nagi.m                   | Suzu.K              | Suzu.K          | MIYU.Y              | Ayari.f          | MIYU.Y           | Ayari.f             |
| close               |              | 15:00 ~ 16:00            | close               | 15:00 ~ 16:00   | 15:00 ~ 16:00       | close            | 15:00 ~ 16:00    | close               |
|                     |              | Hip & Leg                |                     | Back & Arm      | Beauty Conditioning |                  | Basic            |                     |
|                     |              | Suzu.K                   |                     | Yukari.K        | Ayari.f             |                  | Yukari.K         |                     |
|                     |              | 16:30 ~ 17:30            |                     | 16:30 ~ 17:30   | close               |                  | 16:30 ~ 17:30    |                     |
|                     |              | Release&Strength         |                     | Basic           |                     |                  |                  |                     |
|                     |              | Suzu.K                   |                     | MIYU.Y          |                     |                  |                  |                     |
|                     |              | 18:00 ~ 19:00            |                     | 18:00 ~ 19:00   |                     |                  |                  |                     |
| Style up Pilates    | Back & Spine |                          |                     |                 |                     |                  |                  |                     |
| 未定                  | Nagi.m       |                          |                     |                 |                     |                  |                  |                     |
| 17:30 ~ 18:30       |              | 17:30 ~ 18:30            | 17:30 ~ 18:30       | 19:30 ~ 20:30   | close               | 17:30 ~ 18:30    | 17:30 ~ 18:30    | 17:30 ~ 18:30       |
| Basic               |              | Hip Punch                | Beauty Conditioning | Hip & Leg       |                     | Pre Basic        | Pilates Cardio   | Style up Pilates    |
| Yukari.K            |              | Ayari.f                  | Ayari.f             | Suzu.K          |                     | Nagi.m           | Suzu.K           | 未定                  |
| 19:00 ~ 20:00       |              | 19:00 ~ 20:00            | 19:00 ~ 20:00       | close           |                     | 19:00 ~ 20:00    | 19:00 ~ 20:00    | 19:00 ~ 20:00       |
| Shape up waist      |              | Waist                    | Basic               |                 |                     | Hip Punch        | Basic            | Pilates Workout     |
| Nagi.m              |              | MIYU.Y                   | Yukari.K            |                 |                     | Ayari.f          | MIYU.Y           | Suzu.K              |
| 20:30 ~ 21:30       |              | 20:30 ~ 21:30            | 20:30 ~ 21:30       |                 |                     | 20:30 ~ 21:30    | 20:30 ~ 21:30    | 20:30 ~ 21:30       |
| Back & Arm          |              | Release&Strength         | Hip Punch           | Back & Spine    | Reset Flow          | Waist            |                  |                     |
| Yukari.K            |              | Ayari.f                  | Ayari.f             | Nagi.m          | Suzu.K              | MIYU.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              |  | NU茶屋町店           |  | 【 09/17 ~ 09/24 】 |  | スケジュール          |  | 2026/08/20       | 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                |  |
| 10:30 ~ 11:30         |  | 10:30 ~ 11:30    |  | 10:30 ~ 11:30     |  | 10:30 ~ 11:30   |  | 10:30 ~ 11:30    |    | 10:30 ~ 11:30    |  | 10:30 ~ 11:30  |  | 10:30 ~ 11:30    |  |
| Hip Punch             |  | Release&Strength |  | Pilates Cardio    |  | Basic 🌿         |  | Hip & Leg 🌿      |    | Pilates Workout  |  | Back & Spine   |  | Advance          |  |
| Ayari.f               |  | rina             |  | Suzu.K            |  | Yukuyo.U        |  | Suzu.K           |    | rina             |  | Nagi.m         |  | Nagi.m           |  |
| 12:00 ~ 13:00         |  | 12:00 ~ 13:00    |  | 12:00 ~ 13:00     |  | 12:00 ~ 13:00   |  | 12:00 ~ 13:00    |    | 12:00 ~ 13:00    |  | 12:00 ~ 13:00  |  | 12:00 ~ 13:00    |  |
| Advance               |  | Pre Basic 🌿      |  | Back & Arm 🌿      |  | Reset Flow      |  | Style up Pilates |    | Basic 🌿          |  | Hip & Leg 🌿    |  | Pilates Cardio   |  |
| Nagi.m                |  | Nagi.m           |  | Yukari.K          |  | Suzu.K          |  | 未定               |    | Yukari.K         |  | Suzu.K         |  | Suzu.K           |  |
| 13:30 ~ 14:30         |  | 13:30 ~ 14:30    |  | 13:30 ~ 14:30     |  | 13:30 ~ 14:30   |  | 13:30 ~ 14:30    |    | 13:30 ~ 14:30    |  | 13:30 ~ 14:30  |  | 13:30 ~ 14:30    |  |
| Beauty Conditioning 🌿 |  | Animal Stretch   |  | Waist 🌿           |  | Hip & Leg 🌿     |  | Animal Stretch   |    | Release&Strength |  | Pre Basic 🌿    |  | Shape up waist   |  |
| Ayari.f               |  | rina             |  | Nagi.m            |  | Yukuyo.U        |  | Suzu.K           |    | rina             |  | Nagi.m         |  | Nagi.m           |  |
| 15:00 ~ 16:00         |  | close            |  | 15:00 ~ 16:00     |  | 15:00 ~ 16:00   |  | 15:00 ~ 16:00    |    | 15:00 ~ 16:00    |  | 15:00 ~ 16:00  |  | 15:00 ~ 16:00    |  |
| Back & Spine          |  |                  |  | Basic 🌿           |  | Pilates Workout |  | Release&Strength |    | Waist 🌿          |  | Advance        |  | Hip & Leg 🌿      |  |
| Nagi.m                |  |                  |  | Yukari.K          |  | Suzu.K          |  | Suzu.K           |    | MIYU.Y           |  | Nagi.m         |  | Suzu.K           |  |
|                       |  |                  |  | 16:30 ~ 17:30     |  | 16:30 ~ 17:30   |  | 16:30 ~ 17:30    |    | 16:30 ~ 17:30    |  | 16:30 ~ 17:30  |  | close            |  |
|                       |  |                  |  | Back & Spine      |  | Shape up waist  |  | Back & Arm 🌿     |    | Basic 🌿          |  | Waist 🌿        |  |                  |  |
|                       |  |                  |  | Nagi.m            |  | Nagi.m          |  | Yukari.K         |    | Yukari.K         |  | MIYU.Y         |  |                  |  |
|                       |  |                  |  | 18:00 ~ 19:00     |  | 18:00 ~ 19:00   |  | 18:00 ~ 19:00    |    | 18:00 ~ 19:00    |  | 18:00 ~ 19:00  |  |                  |  |
|                       |  | Animal Stretch   |  | Basic 🌿           |  | Waist 🌿         |  | Back & Arm 🌿     |    | Basic 🌿          |  |                |  |                  |  |
|                       |  | Suzu.K           |  | Yukuyo.U          |  | MIYU.Y          |  | Yukari.K         |    | MIYU.Y           |  |                |  |                  |  |
| 17:30 ~ 18:30         |  | 17:30 ~ 18:30    |  | 19:30 ~ 20:30     |  | close           |  | 19:30 ~ 20:30    |    | 19:30 ~ 20:30    |  | 19:30 ~ 20:30  |  | 17:30 ~ 18:30    |  |
| Back & Arm 🌿          |  | Waist 🌿          |  | Pre Basic 🌿       |  |                 |  | Basic 🌿          |    | Style up Pilates |  | Pilates Cardio |  | Basic 🌿          |  |
| Yukari.K              |  | MIYU.Y           |  | Nagi.m            |  |                 |  | Yukari.K         |    | 未定               |  | Suzu.K         |  | MIYU.Y           |  |
| 19:00 ~ 20:00         |  | 19:00 ~ 20:00    |  | close             |  |                 |  | close            |    | close            |  | close          |  | 19:00 ~ 20:00    |  |
| Style up Pilates      |  | Advance          |  |                   |  |                 |  |                  |    |                  |  |                |  | Release&Strength |  |
| 未定                    |  | Nagi.m           |  |                   |  |                 |  |                  |    |                  |  |                |  | Suzu.K           |  |
| 20:30 ~ 21:30         |  | 20:30 ~ 21:30    |  |                   |  |                 |  |                  |    |                  |  |                |  | 20:30 ~ 21:30    |  |
| Basic 🌿               |  | Style up Pilates |  |                   |  |                 |  |                  |    |                  |  | Waist 🌿        |  |                  |  |
| Yukari.K              |  | 未定               |  |                   |  |                 |  |                  |    |                  |  | MIYU.Y         |  |                  |  |

| pilatesK 茶屋町店  |                  | 【 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           | 10:30 ~ 11:30    | 10:30 ~ 11:30    | 10:30 ~ 11:30         |
| Back & Arm 🌿   | Basic 🌿          | Waist 🌿                 | Reset Flow       | Pilates Cardio   | Beauty Conditioning 🌿 |
| Yukari.K       | Yukari.K         | MIYU.Y                  | rina             | Suzu.K           | Ayari.f               |
| 12:00 ~ 13:00  | 12:00 ~ 13:00    | 12:00 ~ 13:00           | 12:00 ~ 13:00    | 12:00 ~ 13:00    | 12:00 ~ 13:00         |
| Back & Spine   | Waist 🌿          | Back & Spine            | Release&Strength | Back & Spine     | Waist 🌿               |
| Nagi.m         | MIYU.Y           | Nagi.m                  | rina             | Nagi.m           | MIYU.Y                |
| 13:30 ~ 14:30  | 13:30 ~ 14:30    | 13:30 ~ 14:30           | 13:30 ~ 14:30    | 13:30 ~ 14:30    | 13:30 ~ 14:30         |
| Basic 🌿        | Pilates Workout  | Basic 🌿                 | Waist 🌿          | Hip & Leg 🌿      | Hip Punch             |
| Yukari.K       | Suzu.K           | Yukari.K                | MIYU.Y           | Suzu.K           | Ayari.f               |
| close          | 15:00 ~ 16:00    | 15:00 ~ 16:00           | close            | 15:00 ~ 16:00    | close                 |
|                | Style up Pilates | Back & Arm 🌿            |                  | Pre Basic 🌿      |                       |
|                | 未定               | MIYU.Y                  |                  | Nagi.m           |                       |
|                | 16:30 ~ 17:30    | 16:30 ~ 17:30           |                  | close            |                       |
|                | Basic 🌿          | Advance                 |                  |                  |                       |
|                | Yukari.K         | Nagi.m                  |                  |                  |                       |
|                | 18:00 ~ 19:00    | 18:00 ~ 19:00           |                  |                  |                       |
|                | Reset Flow       | Back & Arm 🌿            |                  |                  |                       |
| Suzu.K         | Yukari.K         |                         |                  |                  |                       |
| 17:30 ~ 18:30  | 19:30 ~ 20:30    | close                   | 17:30 ~ 18:30    | 17:30 ~ 18:30    | 17:30 ~ 18:30         |
| Reset Flow     | Back & Arm 🌿     |                         | Hip & Leg 🌿      | Release&Strength | Shape up waist        |
| Suzu.K         | Yukari.K         |                         | Suzu.K           | Suzu.K           | Nagi.m                |
| 19:00 ~ 20:00  | close            |                         | 19:00 ~ 20:00    | 19:00 ~ 20:00    | 19:00 ~ 20:00         |
| Pre Basic 🌿    |                  |                         | Style up Pilates | Basic 🌿          | Back & Arm 🌿          |
| Nagi.m         |                  |                         | 未定               | Yukari.K         | Yukari.K              |
| 20:30 ~ 21:30  |                  |                         | 20:30 ~ 21:30    | 20:30 ~ 21:30    | 20:30 ~ 21:30         |
| Animal Stretch |                  |                         | Basic 🌿          | Back & Arm 🌿     | Pre Basic 🌿           |
| Suzu.K         |                  | MIYU.Y                  | Yukari.K         | Nagi.m           |                       |

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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。