

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					
Beauty Conditioning 🌱	Basic 🌱		Hip & Leg 🌱	Waist 🌱		Basic 🌱	Hip & Leg 🌱					
mana.N	MI.O.M		MI.O.M	Lica.I		MI.O.M	mana.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					
Back & Arm 🌱	Hip & Leg 🌱		Back & Arm 🌱	Beauty Conditioning 🌱		Back & Arm 🌱	Basic 🌱					
Mao.H	Lica.I		Mao.H	Mao.H		mana.N	MI.O.M					
13:30 ~ 14:30	14:30 ~ 15:30		13:30 ~ 14:30	close		13:30 ~ 14:30	13:30 ~ 14:30					
Basic 🌱	Back & Arm 🌱		Basic 🌱			Hip & Leg 🌱	Beauty Conditioning 🌱					
MI.O.M	mana.N		MI.O.M			MI.O.M	mana.N					
15:00 ~ 16:00	16:30 ~ 17:30		close			close	close	15:00 ~ 16:00				
Waist 🌱	Beauty Conditioning 🌱							Basic 🌱				
Lica.I	Mao.H							MI.O.M				
17:30 ~ 18:30	close							close	close	close	17:30 ~ 18:30	
											Back & Arm 🌱	
											mana.N	
close	close							18:00 ~ 19:00	18:00 ~ 19:00	18:00 ~ 19:00	18:00 ~ 19:00	close
								Back & Arm 🌱	Basic 🌱	Beauty Conditioning 🌱	Back & Arm 🌱	
								mana.N	MI.O.M	Mao.H	Mao.H	
		19:30 ~ 20:30	19:30 ~ 20:30	19:30 ~ 20:30	19:30 ~ 20:30							
		Basic 🌱	Back & Arm 🌱	Basic 🌱	Beauty Conditioning 🌱							
		MI.O.M	mana.N	Lica.I	Mao.H							
		21:00 ~ 22:00	21:00 ~ 22:00	21:00 ~ 22:00	21:00 ~ 22:00							
		Beauty Conditioning 🌱	Hip & Leg 🌱	Back & Arm 🌱	Basic 🌱							
		mana.N	MI.O.M	Mao.H	Lica.I							

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									
Back & Arm		Basic	Back & Arm		Waist	Basic	Beauty Conditioning									
Lica.I		Lica.I	mana.N		Lica.I	MIO.M	Mao.H									
12:30 ~ 13:30		12:00 ~ 13:00	12:30 ~ 13:30		12:00 ~ 13:00	12:00 ~ 13:00	12:30 ~ 13:30									
Beauty Conditioning		Hip & Leg	Basic		Beauty Conditioning	Back & Arm	Hip & Leg									
mana.N		mana.N	MIO.M		mana.N	mana.N	mana.N									
14:30 ~ 15:30		13:30 ~ 14:30	close		13:30 ~ 14:30	13:30 ~ 14:30	14:30 ~ 15:30									
Basic		Waist			Basic	Hip & Leg	Back & Arm									
MIO.M		Lica.I			Lica.I	MIO.M	Mao.H									
16:30 ~ 17:30		15:00 ~ 16:00			15:00 ~ 16:00	15:00 ~ 16:00	16:30 ~ 17:30									
Hip & Leg		Back & Arm			Waist	Basic										
mana.N		Mao.H			Lica.I	MIO.M										
close		close			close	close	close	close	close							
										17:30 ~ 18:30	17:30 ~ 18:30					
										Beauty Conditioning	Basic					
										mana.N	Lica.I					
										close	close	close	close	close	close	
	18:00 ~ 19:00			18:00 ~ 19:00												18:00 ~ 19:00
	Waist			Hip & Leg												Basic
	Hinako.B			Mao.H												MIO.M
	19:30 ~ 20:30		19:30 ~ 20:30	19:30 ~ 20:30												
	Hip & Leg		Basic	Back & Arm												
Mao.H	MIO.M	Mao.H														
21:00 ~ 22:00	21:00 ~ 22:00	21:00 ~ 22:00														
Basic	Beauty Conditioning	Hip & Leg														
Hinako.B	Mao.H	Mao.H														

🟢：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 ビバモール寝屋川

【 08/17 ~ 08/24 】 スケジュール

2026/08/11 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 Hip & Leg 🏊 Hinako.B	10:30 ~ 11:30 Basic 🏊 MiO.M	close	10:30 ~ 11:30 Back & Arm 🏊 Mao.H	10:30 ~ 11:30 Beauty Conditioning 🏊 mana.N	10:30 ~ 11:30 Basic 🏊 MiO.M	close																																								
	12:00 ~ 13:00 Basic 🏊 MiO.M	12:30 ~ 13:30 Hip & Leg 🏊 mana.N		12:00 ~ 13:00 Waist 🏊 Lica.I	12:00 ~ 13:00 Hip & Leg 🏊 mana.N	12:30 ~ 13:30 Beauty Conditioning 🏊 Mao.H																																									
	13:30 ~ 14:30 Beauty Conditioning 🏊 Hinako.B	close		13:30 ~ 14:30 Beauty Conditioning 🏊 Mao.H	13:30 ~ 14:30 Basic 🏊 MiO.M	14:30 ~ 15:30 Hip & Leg 🏊 mana.N																																									
	close			close	close	15:00 ~ 16:00 Back & Arm 🏊 mana.N		16:30 ~ 17:30 Basic 🏊 MiO.M																																							
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