

| pilatesK 天王寺店    |                       | 【 09/01 ~ 09/08 】 |                |                |                  | スケジュール |                  | 2026/08/26 | 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                |            |    |  |  |
| 10:00 ~ 11:00    | 10:30 ~ 11:30         | 10:00 ~ 11:00     | 10:30 ~ 11:30  | 10:00 ~ 11:00  | 10:30 ~ 11:30    | close  | 10:00 ~ 11:00    |            |    |  |  |
| Style up Pilates | Pilates Workout       | Back & Spine      | Back & Arm 🌱   | Waist 🌱        | Hip Punch        |        | Pilates Barre    |            |    |  |  |
| 未定               | maki.U                | Karin             | Mako.K         | Maho.O         | maki.U           |        | Karin            |            |    |  |  |
| 11:30 ~ 12:30    | 12:00 ~ 13:00         | 11:30 ~ 12:30     | 12:00 ~ 13:00  | 11:30 ~ 12:30  | 12:00 ~ 13:00    |        | 11:30 ~ 12:30    |            |    |  |  |
| Hip Punch        | Beauty Conditioning 🌱 | Power up Control  | Pre Basic 🌱    | Basic 🌱        | Waist 🌱          |        | Basic 🌱          |            |    |  |  |
| Karin            | maki.U                | Karin             | Mako.K         | Mako.K         | Natsumi.C        |        | suzuna.S         |            |    |  |  |
| 13:00 ~ 14:00    | 13:30 ~ 14:30         | 13:00 ~ 14:00     | 13:30 ~ 14:30  | 13:00 ~ 14:00  | 13:30 ~ 14:30    |        | 13:00 ~ 14:00    |            |    |  |  |
| Body Balance     | Back & Arm 🌱          | Basic 🌱           | Pilates Barre  | Shape up waist | Style up Pilates |        | Power up Control |            |    |  |  |
| maki.U           | suzuna.S              | suzuna.S          | maki.U         | 未定             | 未定               |        | Karin            |            |    |  |  |
| 14:30 ~ 15:30    | close                 | 14:30 ~ 15:30     | close          | 14:30 ~ 15:30  | 15:00 ~ 16:00    |        | 14:30 ~ 15:30    |            |    |  |  |
| Hip & Leg 🌱      |                       | jump to burn      |                | Back & Arm 🌱   | Pilates Barre    |        | Back & Arm 🌱     |            |    |  |  |
| maki.U           |                       | Yuna              |                | Maho.O         | maki.U           |        | suzuna.S         |            |    |  |  |
| close            |                       | close             |                | 16:00 ~ 17:00  | 16:30 ~ 17:30    |        | close            |            |    |  |  |
|                  |                       |                   |                | Pre Basic 🌱    | Basic 🌱          |        |                  |            |    |  |  |
|                  |                       |                   |                | Mako.K         | Natsumi.C        |        |                  |            |    |  |  |
|                  |                       |                   |                | 17:30 ~ 18:30  | 18:00 ~ 19:00    |        |                  |            |    |  |  |
| 18:00 ~ 19:00    | 18:00 ~ 19:00         | 18:00 ~ 19:00     | 18:00 ~ 19:00  | 19:00 ~ 20:00  |                  |        | 18:00 ~ 19:00    |            |    |  |  |
| Pre Basic 🌱      | Basic 🌱               | Back & Arm 🌱      | Pilates Cardio | Waist 🌱        |                  |        | Back & Spine     |            |    |  |  |
| Nami.F           | Mako.K                | suzuna.S          | maki.U         | Nami.F         |                  |        | Karin            |            |    |  |  |
| 19:30 ~ 20:30    | 19:30 ~ 20:30         | 19:30 ~ 20:30     | 19:30 ~ 20:30  |                |                  |        | 19:30 ~ 20:30    |            |    |  |  |
| Back & Arm 🌱     | Waist 🌱               | Hip Punch         | Basic 🌱        |                |                  |        | Body Balance     |            |    |  |  |
| Mako.K           | Nami.F                | Shio.K            | suzuna.S       |                |                  |        | maki.U           |            |    |  |  |
| 21:00 ~ 22:00    | 21:00 ~ 22:00         | 21:00 ~ 22:00     | 21:00 ~ 22:00  |                |                  |        | 21:00 ~ 22:00    |            |    |  |  |
| Waist 🌱          | Pre Basic 🌱           | Hip & Leg 🌱       | Back & Arm 🌱   |                |                  |        | Hip Punch        |            |    |  |  |
| Nami.F           | Mako.K                | Shio.K            | suzuna.S       |                |                  |        | maki.U           |            |    |  |  |

| pilatesK 天王寺店         |                 | 【 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         | 10:00 ~ 11:00   | 10:30 ~ 11:30     | 10:00 ~ 11:00 | 10:30 ~ 11:30  | 10:30 ~ 11:30         | 10:00 ~ 11:00    | 10:30 ~ 11:30    |
| Waist 🍃               | Hip Punch       | Shape up waist    | Body Balance  | Basic 🍃        | Reset Flow            | Pre Basic 🍃      | Back & Arm 🍃     |
| Mako.K                | Karin           | 未定                | Haruna.y      | Harune.A       | Karin                 | Nami.F           | Mako.K           |
| 12:00 ~ 13:00         | 11:30 ~ 12:30   | 12:00 ~ 13:00     | 11:30 ~ 12:30 | 12:00 ~ 13:00  | 12:00 ~ 13:00         | 11:30 ~ 12:30    | 12:00 ~ 13:00    |
| Pilates Cardio        | Basic 🍃         | Back & Spine      | Back & Arm 🍃  | Back & Spine   | Waist 🍃               | Hip & Leg 🍃      | Style up Pilates |
| Karin                 | suzuna.S        | Karin             | suzuna.S      | Mayu           | Mako.K                | Karin            | Karin            |
| 13:30 ~ 14:30         | 13:00 ~ 14:00   | 13:30 ~ 14:30     | 13:00 ~ 14:00 | 13:30 ~ 14:30  | 13:30 ~ 14:30         | 13:00 ~ 14:00    | 13:30 ~ 14:30    |
| Basic 🍃               | Pilates Workout | Style up Pilates  | Basic 🍃       | Shape up waist | Basic 🍃               | Shape up waist   | Waist 🍃          |
| suzuna.S              | Karin           | 未定                | Mako.K        | 未定             | Mako.K                | 未定               | Nami.F           |
| close                 | 14:30 ~ 15:30   | close             | 14:30 ~ 15:30 | 15:00 ~ 16:00  | close                 | 14:30 ~ 15:30    | close            |
|                       | Hip & Leg 🍃     |                   | Waist 🍃       | Hip & Leg 🍃    |                       | Power up Control |                  |
|                       | Yuna            |                   | Nami.F        | Harune.A       |                       | Karin            |                  |
|                       | 16:00 ~ 17:00   |                   | 16:30 ~ 17:30 |                |                       |                  |                  |
|                       | jump to burn    |                   | Back & Arm 🍃  |                |                       |                  |                  |
|                       | Haruna.y        |                   | Mayu          |                |                       |                  |                  |
|                       | 17:30 ~ 18:30   |                   | 18:00 ~ 19:00 |                |                       |                  |                  |
| Shape up waist        | Pre Basic 🍃     |                   |               |                |                       |                  |                  |
| 未定                    | Nami.F          |                   |               |                |                       |                  |                  |
| 18:00 ~ 19:00         | 18:00 ~ 19:00   | 18:00 ~ 19:00     | 19:00 ~ 20:00 |                | 18:00 ~ 19:00         | 18:00 ~ 19:00    | 18:00 ~ 19:00    |
| Shape up waist        | Waist 🍃         | Basic 🍃           | Pre Basic 🍃   |                | jump to burn          | Pilates Barre    | Hip Punch        |
| 未定                    | Mako.K          | Mako.K            | Mako.K        |                | Karin                 | maki.U           | maki.U           |
| 19:30 ~ 20:30         | 19:30 ~ 20:30   | 19:30 ~ 20:30     |               |                | 19:30 ~ 20:30         | 19:30 ~ 20:30    | 19:30 ~ 20:30    |
| Style up Pilates      | Pre Basic 🍃     | Back & Arm 🍃      |               |                | Beauty Conditioning 🍃 | Pilates Workout  | Basic 🍃          |
| 未定                    | Mako.K          | Nami.F            |               |                | maki.U                | maki.U           | suzuna.S         |
| 21:00 ~ 22:00         | 21:00 ~ 22:00   | 21:00 ~ 22:00     |               |                | 21:00 ~ 22:00         | 21:00 ~ 22:00    | 21:00 ~ 22:00    |
| Beauty Conditioning 🍃 | Basic 🍃         | Waist 🍃           |               | Hip & Leg 🍃    | Back & Arm 🍃          | Body Balance     |                  |
| maki.U                | suzuna.S        | Mako.K            |               | maki.U         | suzuna.S              | maki.U           |                  |

🌱：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 天王寺店    |                       | 【 09/17 ~ 09/24 】 スケジュール |                  |                  |                |                |                  | 2026/08/26 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                |               |
| 10:00 ~ 11:00    | 10:30 ~ 11:30         | 10:00 ~ 11:00            | 10:30 ~ 11:30    | 10:00 ~ 11:00    | 10:00 ~ 11:00  | 10:00 ~ 11:00  | 10:00 ~ 11:00    |               |
| Waist 🌱          | Beauty Conditioning 🌱 | jump to burn             | Back & Arm 🌱     | Power up Control | Shape up waist | Basic 🌱        | Pilates Workout  |               |
| Mako.K           | Hikari.J              | yui                      | Mion.t           | Karin            | Nami.F         | Haruka.i       | maki.U           |               |
| 11:30 ~ 12:30    | 12:00 ~ 13:00         | 11:30 ~ 12:30            | 12:00 ~ 13:00    | 11:30 ~ 12:30    | 11:30 ~ 12:30  | 11:30 ~ 12:30  | 11:30 ~ 12:30    |               |
| Hip Punch        | Reset Flow            | Hip & Leg 🌱              | Hip Punch        | Pilates Barre    | Hip & Leg 🌱    | Back & Arm 🌱   | Basic 🌱          |               |
| Karin            | Mako.K                | Karin                    | Karin            | maki.U           | Mayu           | suzuna.S       | suzuna.S         |               |
| 13:00 ~ 14:00    | 13:30 ~ 14:30         | 13:00 ~ 14:00            | 13:30 ~ 14:30    | 13:00 ~ 14:00    | 13:00 ~ 14:00  | 13:00 ~ 14:00  | 13:00 ~ 14:00    |               |
| Basic 🌱          | Hip & Leg 🌱           | Style up Pilates         | Basic 🌱          | Back & Arm 🌱     | Pilates Cardio | Shape up waist | Style up Pilates |               |
| Mako.K           | Hikari.J              | Karin                    | Mion.t           | suzuna.S         | maki.U         | Nami.F         | maki.U           |               |
| 14:30 ~ 15:30    | close                 | 14:30 ~ 15:30            | 15:00 ~ 16:00    | 14:30 ~ 15:30    | 14:30 ~ 15:30  | 14:30 ~ 15:30  | 14:30 ~ 15:30    |               |
| Back & Spine     |                       | Basic 🌱                  | Shape up waist   | Hip & Leg 🌱      | jump to burn   | Hip & Leg 🌱    | Back & Arm 🌱     |               |
| Yuna             |                       | suzuna.S                 | Nami.F           | maki.U           | Mayu           | Haruka.i       | suzuna.S         |               |
| close            |                       | 16:00 ~ 17:00            | 16:30 ~ 17:30    | 16:00 ~ 17:00    | 16:00 ~ 17:00  | 16:00 ~ 17:00  | close            |               |
|                  |                       | Body Balance             | Pilates Cardio   | Back & Spine     | Pre Basic 🌱    | Waist 🌱        |                  |               |
|                  |                       | yui                      | Karin            | Karin            | Nami.F         | Mako.K         |                  |               |
| 17:30 ~ 18:30    | Pilates Workout       | Waist 🌱                  | Style up Pilates | Waist 🌱          | Pre Basic 🌱    |                |                  |               |
|                  | maki.U                | Nami.F                   | maki.U           | Kyoka.K          | Nami.F         |                |                  |               |
| 18:00 ~ 19:00    | 18:00 ~ 19:00         | 19:00 ~ 20:00            |                  | 19:00 ~ 20:00    | 19:00 ~ 20:00  | 19:00 ~ 20:00  | 18:00 ~ 19:00    |               |
| Style up Pilates | Waist 🌱               | Beauty Conditioning 🌱    |                  | Basic 🌱          | Body Balance   | Reset Flow     | Basic 🌱          |               |
| maki.U           | Nami.F                | maki.U                   |                  | suzuna.S         | maki.U         | Mako.K         | Mako.K           |               |
| 19:30 ~ 20:30    | 19:30 ~ 20:30         |                          |                  |                  |                |                | 19:30 ~ 20:30    |               |
| Back & Arm 🌱     | Basic 🌱               |                          |                  |                  |                |                | Shape up waist   |               |
| suzuna.S         | suzuna.S              |                          |                  |                  |                |                | Nami.F           |               |
| 21:00 ~ 22:00    | 21:00 ~ 22:00         |                          | 21:00 ~ 22:00    |                  |                |                |                  |               |
| Pilates Barre    | Shape up waist        | Waist 🌱                  |                  |                  |                |                |                  |               |
| maki.U           | Nami.F                | Mako.K                   |                  |                  |                |                |                  |               |

| pilatesK 天王寺店 |                  | 【 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 |                  | 10:00 ~ 11:00            | 10:30 ~ 11:30         | 10:30 ~ 11:30 | 10:00 ~ 11:00    | 10:30 ~ 11:30    |               |  |
| Hip & Leg 🌱   |                  | Pilates Workout          | Shape up waist        | Reset Flow    | Pilates Cardio   | Basic 🌱          |               |  |
| yui           |                  | maki.U                   | Nami.F                | Mako.K        | Karin            | suzuna.S         |               |  |
| 12:00 ~ 13:00 |                  | 11:30 ~ 12:30            | 12:00 ~ 13:00         | 12:00 ~ 13:00 | 11:30 ~ 12:30    | 12:00 ~ 13:00    |               |  |
| Body Balance  |                  | Waist 🌱                  | Beauty Conditioning 🌱 | Waist 🌱       | Body Balance     | Power up Control |               |  |
| maki.U        |                  | Nami.F                   | maki.U                | Nami.F        | yui              | Karin            |               |  |
| 13:30 ~ 14:30 |                  | 13:00 ~ 14:00            | 13:30 ~ 14:30         | 13:30 ~ 14:30 | 13:00 ~ 14:00    | 13:30 ~ 14:30    |               |  |
| Back & Spine  |                  | Hip Punch                | Back & Arm 🌱          | Pre Basic 🌱   | jump to burn     | Back & Arm 🌱     |               |  |
| yui           |                  | maki.U                   | nina.y                | Nami.F        | Karin            | suzuna.S         |               |  |
| close         |                  | 14:30 ~ 15:30            | 15:00 ~ 16:00         | close         |                  | 14:30 ~ 15:30    | close         |  |
|               |                  | Pre Basic 🌱              | Waist 🌱               |               |                  | Basic 🌱          |               |  |
|               |                  | Mako.K                   | Nami.F                |               |                  | Mako.K           |               |  |
|               |                  | 16:00 ~ 17:00            | 16:30 ~ 17:30         |               |                  | close            |               |  |
|               |                  | Reset Flow               | Basic 🌱               |               |                  |                  |               |  |
|               |                  | Mako.K                   | nina.y                |               |                  |                  |               |  |
|               |                  | 17:30 ~ 18:30            | 18:00 ~ 19:00         |               |                  |                  |               |  |
| Back & Arm 🌱  | Style up Pilates |                          |                       |               |                  |                  |               |  |
| suzuna.S      | maki.U           |                          |                       |               |                  |                  |               |  |
| 18:00 ~ 19:00 |                  | 19:00 ~ 20:00            | 18:00 ~ 19:00         | 18:00 ~ 19:00 | 18:00 ~ 19:00    |                  |               |  |
| Back & Arm 🌱  |                  | Basic 🌱                  |                       |               | Basic 🌱          | Shape up waist   | Waist 🌱       |  |
| suzuna.S      |                  | suzuna.S                 |                       |               | suzuna.S         | Nami.F           | Mako.K        |  |
| 19:30 ~ 20:30 |                  |                          |                       |               | 19:30 ~ 20:30    | 19:30 ~ 20:30    | 19:30 ~ 20:30 |  |
| Reset Flow    | Hip Punch        |                          |                       |               | Waist 🌱          | Pilates Cardio   |               |  |
| Mako.K        | maki.U           |                          |                       |               | Mako.K           | maki.U           |               |  |
| 21:00 ~ 22:00 |                  |                          |                       |               | 21:00 ~ 22:00    | 21:00 ~ 22:00    | 21:00 ~ 22:00 |  |
| Basic 🌱       |                  |                          |                       |               | Style up Pilates | Back & Arm 🌱     | Reset Flow    |  |
| suzuna.S      |                  |                          | maki.U                | Nami.F        | Mako.K           |                  |               |  |

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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。