

| pilatesK 広島店     |  | 【 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                     |  |
| 10:30 ~ 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         |  |
| Back & Arm 🌿     |  | Release&Strength  |  | Power up Control |  | Hip & Leg 🌿      |  | Beauty Conditioning 🌿 |    | Basic 🌿               |  |               |  | Back & Spine          |  |
| Haruna.I         |  | Tomomi.I          |  | Cocono.H         |  | Cocono.H         |  | Anna.S                |    | 未定                    |  |               |  | Tomomi.I              |  |
| 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         |  |
| Basic 🌿          |  | Waist 🌿           |  | Pilates Barre    |  | Pre Basic 🌿      |  | Waist 🌿               |    | jump to burn          |  |               |  | jump to burn          |  |
| Tomomi.I         |  | Haruna.I          |  | Cocono.H         |  | Airi             |  | Haruna.I              |    | Anna.S                |  |               |  | Anna.S                |  |
| 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         |  |
| Waist 🌿          |  | Basic 🌿           |  | Hip & Leg 🌿      |  | Shape up waist   |  | jump to burn          |    | Waist 🌿               |  |               |  | Style up Pilates      |  |
| Haruna.I         |  | Tomomi.I          |  | Tomomi.I         |  | Cocono.H         |  | Anna.S                |    | Haruna.I              |  |               |  | Tomomi.I              |  |
| 15:00 ~ 16:00    |  | close             |  | 15:00 ~ 16:00    |  | close            |  | 15:00 ~ 16:00         |    | 15:00 ~ 16:00         |  |               |  | 15:00 ~ 16:00         |  |
| Hip Punch        |  |                   |  | Basic 🌿          |  |                  |  | Style up Pilates      |    | Beauty Conditioning 🌿 |  |               |  | Waist 🌿               |  |
| Tomomi.I         |  |                   |  | 未定               |  |                  |  | Tomomi.I              |    | Anna.S                |  |               |  | Anna.S                |  |
| close            |  |                   |  | close            |  |                  |  | 16:30 ~ 17:30         |    | 16:30 ~ 17:30         |  |               |  | close                 |  |
|                  |  |                   |  |                  |  |                  |  | Basic 🌿               |    | Back & Arm 🌿          |  |               |  |                       |  |
|                  |  |                   |  |                  |  |                  |  | 未定                    |    | Haruna.I              |  |               |  |                       |  |
|                  |  |                   |  |                  |  |                  |  | 18:00 ~ 19:00         |    | 18:00 ~ 19:00         |  |               |  |                       |  |
| close            |  | close             |  | Hip & Leg 🌿      |  | Basic 🌿          |  | close                 |    |                       |  |               |  |                       |  |
|                  |  |                   |  | Tomomi.I         |  | 未定               |  |                       |    |                       |  |               |  |                       |  |
|                  |  |                   |  | 19:30 ~ 20:30    |  |                  |  |                       |    |                       |  |               |  |                       |  |
| 17:00 ~ 18:00    |  | 17:00 ~ 18:00     |  | 17:00 ~ 18:00    |  | 17:00 ~ 18:00    |  | 19:30 ~ 20:30         |    |                       |  |               |  | 17:00 ~ 18:00         |  |
| Style up Pilates |  | jump to burn      |  | Back & Arm 🌿     |  | Reset Flow       |  | Back & Spine          |    |                       |  |               |  | Beauty Conditioning 🌿 |  |
| Tomomi.I         |  | Airi              |  | Anna.S           |  | Airi             |  | Tomomi.I              |    |                       |  |               |  | Anna.S                |  |
| 18:30 ~ 19:30    |  | 18:30 ~ 19:30     |  | 18:30 ~ 19:30    |  | 18:30 ~ 19:30    |  |                       |    |                       |  |               |  | 18:30 ~ 19:30         |  |
| Pilates Cardio   |  | Back & Arm 🌿      |  | Hip Punch        |  | Power up Control |  |                       |    |                       |  |               |  | Back & Arm 🌿          |  |
| Airi             |  | Anna.S            |  | Tomomi.I         |  | Cocono.H         |  |                       |    |                       |  |               |  | Haruna.I              |  |
| 20:00 ~ 21:00    |  | 20:00 ~ 21:00     |  | 20:00 ~ 21:00    |  | 20:00 ~ 21:00    |  |                       |    |                       |  | 20:00 ~ 21:00 |  |                       |  |
| Basic 🌿          |  | Body Balance      |  | Waist 🌿          |  | Basic 🌿          |  |                       |    |                       |  | Hip Punch     |  |                       |  |
| kana.K           |  | Airi              |  | Anna.S           |  | 未定               |  |                       |    |                       |  | Tomomi.I      |  |                       |  |

| pilatesK 広島店          |                  | 【 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 |
| Beauty Conditioning 🌿 | Hip&Leg 🌿        | Back&Arm 🌿        | Waist 🌿          | Style up Pilates | Hip&Leg 🌿     | Hip Punch       | Waist 🌿       |
| Anna.S                | Airi             | Anna.S            | Haruna.I         | Tomomi.I         | Cocono.H      | Tomomi.I        | Haruna.I      |
| 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 |
| Shape up waist        | Basic 🌿          | Waist 🌿           | Hip Punch        | Pre Basic 🌿      | jump to burn  | Back&Arm 🌿      | Basic 🌿       |
| Cocono.H              | 未定               | Haruna.I          | Tomomi.I         | Airi             | Anna.S        | Haruna.I        | 未定            |
| 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 |
| Back&Arm 🌿            | Pilates Cardio   | Reset Flow        | Pilates Barre    | Hip&Leg 🌿        | Pilates Barre | Pre Basic 🌿     | Body Balance  |
| Anna.S                | Airi             | Airi              | Cocono.H         | Tomomi.I         | Cocono.H      | Airi            | miku          |
| close                 | 15:00 ~ 16:00    | close             | 15:00 ~ 16:00    | 15:00 ~ 16:00    | close         | 15:00 ~ 16:00   | close         |
|                       | Release&Strength |                   | Release&Strength | Pilates Cardio   |               | Back&Spine      |               |
|                       | Tomomi.I         |                   | Tomomi.I         | on               |               | Cocono.H        |               |
|                       | close            |                   | 16:30 ~ 17:30    | 16:30 ~ 17:30    |               | close           |               |
|                       |                  |                   | Shape up waist   | Basic 🌿          |               |                 |               |
|                       |                  |                   | Cocono.H         | Airi             |               |                 |               |
|                       |                  |                   | 18:00 ~ 19:00    | 18:00 ~ 19:00    |               |                 |               |
|                       | Basic 🌿          |                   | Back&Arm 🌿       |                  |               |                 |               |
|                       | 未定               |                   | Haruna.I         |                  |               |                 |               |
| 17:00 ~ 18:00         | 17:00 ~ 18:00    | 19:30 ~ 20:30     |                  | 17:00 ~ 18:00    | 17:00 ~ 18:00 |                 |               |
| Shape up waist        | Hip&Leg 🌿        | Power up Control  |                  | Shape up waist   | Hip&Leg 🌿     |                 |               |
| Airi                  | Airi             | Cocono.H          |                  | Cocono.H         | Airi          |                 |               |
| 18:30 ~ 19:30         | 18:30 ~ 19:30    | 18:30 ~ 19:30     |                  |                  | 18:30 ~ 19:30 | 18:30 ~ 19:30   | 18:30 ~ 19:30 |
| Hip&Leg 🌿             | Body Balance     | Basic 🌿           |                  |                  | Basic 🌿       | Pilates Workout | Reset Flow    |
| Cocono.H              | miku             | 未定                |                  |                  | 未定            | Cocono.H        | Airi          |
| 20:00 ~ 21:00         | 20:00 ~ 21:00    | 20:00 ~ 21:00     |                  |                  | 20:00 ~ 21:00 | 20:00 ~ 21:00   | 20:00 ~ 21:00 |
| Style up Pilates      | Back&Spine       | jump to burn      |                  |                  | Waist 🌿       | Basic 🌿         | Back&Arm 🌿    |
| Tomomi.I              | Tomomi.I         | Airi              |                  |                  | Anna.S        | Cocono.H        | Anna.S        |

🌿：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。

| pilatesK 広島店          |                  | 【 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                |               |
| 10:30 ~ 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    |               |
| jump to burn          | Shape up waist   | Basic 🌿                  | Power up Control | Style up Pilates | jump to burn          | Basic 🌿          | Waist 🌿          |               |
| Anna.S                | Airi             | 未定                       | miku             | Tomomi.I         | Anna.S                | 未定               | miku             |               |
| 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    |               |
| Reset Flow            | Basic 🌿          | Waist 🌿                  | Basic 🌿          | Back & Arm 🌿     | Basic 🌿               | Body Balance     | Back & Arm 🌿     |               |
| Airi                  | 未定               | Haruna.I                 | Tomomi.I         | Anna.S           | 未定                    | miku             | Haruna.I         |               |
| 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 🌿 | Pilates Barre    | Back & Spine             | Body Balance     | Pre Basic 🌿      | Back & Arm 🌿          | Back & Spine     | jump to burn     |               |
| Anna.S                | Airi             | Tomomi.I                 | miku             | Airi             | Haruna.I              | Tomomi.I         | miku             |               |
| 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 & Arm 🌿          |                  | Beauty Conditioning 🌿    | Style up Pilates | Waist 🌿          | Shape up waist        | Power up Control | Hip & Leg 🌿      |               |
| Haruna.I              |                  | Anna.S                   | Tomomi.I         | Anna.S           | Airi                  | miku             | Tomomi.I         |               |
| close                 |                  | 16:30 ~ 17:30            | 16:30 ~ 17:30    | 16:30 ~ 17:30    | 16:30 ~ 17:30         | 16:30 ~ 17:30    | 16:30 ~ 17:30    | close         |
|                       |                  | Basic 🌿                  | Waist 🌿          | Pilates Cardio   | Beauty Conditioning 🌿 | Waist 🌿          |                  |               |
|                       |                  | 未定                       | Haruna.I         | Airi             | Anna.S                | Anna.S           |                  |               |
|                       |                  | 18:00 ~ 19:00            | 18:00 ~ 19:00    | 18:00 ~ 19:00    | 18:00 ~ 19:00         | 18:00 ~ 19:00    | 18:00 ~ 19:00    |               |
|                       |                  | Back & Arm 🌿             | Hip & Leg 🌿      | Basic 🌿          | Reset Flow            | Hip Punch        |                  |               |
|                       | Anna.S           | Tomomi.I                 | 未定               | Airi             | Tomomi.I              |                  |                  |               |
| 17:00 ~ 18:00         | 17:00 ~ 18:00    | 19:30 ~ 20:30            |                  | 19:30 ~ 20:30    | 19:30 ~ 20:30         | 19:30 ~ 20:30    | 17:00 ~ 18:00    |               |
| Basic 🌿               | Back & Spine     | Hip & Leg 🌿              |                  | Body Balance     | Waist 🌿               | Back & Arm 🌿     | Waist 🌿          |               |
| Airi                  | Tomomi.I         | Tomomi.I                 |                  | Airi             | Haruna.I              | Anna.S           | Haruna.I         |               |
| 18:30 ~ 19:30         | 18:30 ~ 19:30    |                          |                  |                  |                       |                  | 18:30 ~ 19:30    |               |
| Waist 🌿               | Back & Arm 🌿     |                          |                  |                  |                       |                  | Release&Strength |               |
| Haruna.I              | Anna.S           |                          |                  |                  |                       |                  | Tomomi.I         |               |
| 20:00 ~ 21:00         | 20:00 ~ 21:00    |                          |                  |                  |                       |                  | 20:00 ~ 21:00    |               |
| Pilates Cardio        | Release&Strength |                          |                  |                  |                       |                  | Hip Punch        |               |
| Airi                  | Tomomi.I         |                          |                  |                  |                       |                  | Tomomi.I         |               |

| pilatesK 広島店     |                  | 【 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    |  |
| Basic 🌿          | Release&Strength | Basic 🌿                  | Hip & Leg 🌿           | Basic 🌿               | Body Balance     |  |
| miku             | Tomomi.I         | miku                     | Airi                  | 未定                    | miku             |  |
| 12:00 ~ 13:00    | 12:00 ~ 13:00    | 12:00 ~ 13:00            | 12:00 ~ 13:00         | 12:00 ~ 13:00         | 12:00 ~ 13:00    |  |
| Power up Control | Basic 🌿          | Waist 🌿                  | Body Balance          | Waist 🌿               | Style up Pilates |  |
| miku             | 未定               | Haruna.I                 | miku                  | miku                  | Tomomi.I         |  |
| 13:30 ~ 14:30    | 13:30 ~ 14:30    | 13:30 ~ 14:30            | 13:30 ~ 14:30         | 13:30 ~ 14:30         | 13:30 ~ 14:30    |  |
| Waist 🌿          | Reset Flow       | jump to burn             | Reset Flow            | Beauty Conditioning 🌿 | Basic 🌿          |  |
| Anna.S           | Airi             | miku                     | Airi                  | Anna.S                | miku             |  |
| close            | 15:00 ~ 16:00    | 15:00 ~ 16:00            | close                 | 15:00 ~ 16:00         | close            |  |
|                  | Back & Arm 🌿     | Body Balance             |                       | Power up Control      |                  |  |
|                  | Anna.S           | miku                     |                       | miku                  |                  |  |
|                  | 16:30 ~ 17:30    | 16:30 ~ 17:30            |                       | close                 |                  |  |
|                  | Pilates Barre    | Basic 🌿                  |                       |                       |                  |  |
|                  | Airi             | 未定                       |                       |                       |                  |  |
|                  | 18:00 ~ 19:00    | 18:00 ~ 19:00            |                       |                       |                  |  |
| Waist 🌿          | Back & Arm 🌿     |                          |                       |                       |                  |  |
| Anna.S           | Haruna.I         |                          |                       |                       |                  |  |
| 17:00 ~ 18:00    | 19:30 ~ 20:30    |                          | 17:00 ~ 18:00         | 17:00 ~ 18:00         | 17:00 ~ 18:00    |  |
| jump to burn     | Shape up waist   |                          | Beauty Conditioning 🌿 | Basic 🌿               | Hip & Leg 🌿      |  |
| Anna.S           | Airi             |                          | Anna.S                | 未定                    | Airi             |  |
| 18:30 ~ 19:30    |                  |                          | 18:30 ~ 19:30         | 18:30 ~ 19:30         | 18:30 ~ 19:30    |  |
| Hip & Leg 🌿      |                  |                          | Basic 🌿               | Back & Arm 🌿          | Waist 🌿          |  |
| Airi             |                  |                          | Tomomi.I              | Haruna.I              | Anna.S           |  |
| 20:00 ~ 21:00    |                  |                          | 20:00 ~ 21:00         | 20:00 ~ 21:00         | 20:00 ~ 21:00    |  |
| Pre Basic 🌿      |                  |                          | Waist 🌿               | jump to burn          | Basic 🌿          |  |
| Airi             |                  |                          | Haruna.I              | Anna.S                | 未定               |  |

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※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。