

| pilatesK 春日店     |  | 【 09/01 ~ 09/08 】 スケジュール |  |               |  |                  |  | 2026/08/12 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            |  | close         |  | 10:30 ~ 11:30    |  | 10:30 ~ 11:30         |  | 10:30 ~ 11:30         |  | close         |  | 10:30 ~ 11:30 |  |
| Release&Strength |  | Basic 🍌                  |  |               |  | Hip & Leg 🍌      |  | Back & Arm 🍌          |  | Waist 🍌               |  |               |  | Reset Flow    |  |
| natsuki.s        |  | natsuki.s                |  |               |  | Aika.H           |  | Rina.A                |  | Rina.A                |  |               |  | karin.N       |  |
| 12:00 ~ 13:00    |  | 12:30 ~ 13:30            |  |               |  | 12:00 ~ 13:00    |  | 12:00 ~ 13:00         |  | 12:30 ~ 13:30         |  |               |  | 12:00 ~ 13:00 |  |
| Style up Pilates |  | Back & Arm 🍌             |  |               |  | Basic 🍌          |  | Hip & Leg 🍌           |  | Reset Flow            |  |               |  | Waist 🍌       |  |
| 未確定              |  | karin.N                  |  |               |  | Rina.A           |  | Aika.H                |  | karin.N               |  |               |  | Aika.H        |  |
| 13:30 ~ 14:30    |  | close                    |  |               |  | 13:30 ~ 14:30    |  | 13:30 ~ 14:30         |  | 14:30 ~ 15:30         |  |               |  | 13:30 ~ 14:30 |  |
| Pre Basic 🍌      |  |                          |  |               |  | Waist 🍌          |  | Pilates Workout       |  | Basic 🍌               |  |               |  | Hip & Leg 🍌   |  |
| karin.N          |  |                          |  |               |  | Aika.H           |  | karin.N               |  | Rina.A                |  |               |  | Aika.H        |  |
| close            |  |                          |  |               |  | close            |  | 15:00 ~ 16:00         |  | 16:30 ~ 17:30         |  |               |  | close         |  |
|                  |  |                          |  | Basic 🍌       |  |                  |  | Release&Strength      |  |                       |  |               |  |               |  |
|                  |  |                          |  | Rina.A        |  |                  |  | karin.N               |  |                       |  |               |  |               |  |
|                  |  |                          |  | close         |  |                  |  | close                 |  |                       |  |               |  |               |  |
|                  |  |                          |  | 17:30 ~ 18:30 |  |                  |  | Waist 🍌               |  |                       |  |               |  |               |  |
|                  |  |                          |  | Aika.H        |  |                  |  | close                 |  |                       |  |               |  |               |  |
|                  |  |                          |  | 18:00 ~ 19:00 |  |                  |  | 18:00 ~ 19:00         |  | 18:00 ~ 19:00         |  | 18:00 ~ 19:00 |  |               |  |
|                  |  | Back & Arm 🍌             |  | Hip & Leg 🍌   |  |                  |  | Pilates Cardio        |  | Beauty Conditioning 🍌 |  | Basic 🍌       |  |               |  |
|                  |  | Rina.A                   |  | Aika.H        |  |                  |  | 未確定                   |  | natsuki.s             |  | natsuki.s     |  |               |  |
|                  |  | 19:30 ~ 20:30            |  | 19:30 ~ 20:30 |  |                  |  | 19:30 ~ 20:30         |  | 19:30 ~ 20:30         |  | 19:30 ~ 20:30 |  |               |  |
| Hip & Leg 🍌      |  | Shape up waist           |  | Basic 🍌       |  | Back & Arm 🍌     |  | Pilates Workout       |  |                       |  |               |  |               |  |
| Aika.H           |  | natsuki.s                |  | natsuki.s     |  | Rina.A           |  | karin.N               |  |                       |  |               |  |               |  |
| 21:00 ~ 22:00    |  | 21:00 ~ 22:00            |  | 21:00 ~ 22:00 |  | 21:00 ~ 22:00    |  | 21:00 ~ 22:00         |  | 21:00 ~ 22:00         |  |               |  |               |  |
| Basic 🍌          |  | Waist 🍌                  |  | Hip & Leg 🍌   |  | Style up Pilates |  | Beauty Conditioning 🍌 |  |                       |  |               |  |               |  |
| Rina.A           |  | Aika.H                   |  | Aika.H        |  | 未確定              |  | natsuki.s             |  |                       |  |               |  |               |  |

| pilatesK 春日店     |               | 【 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    | close         | 10:30 ~ 11:30            | 10:30 ~ 11:30    | 10:30 ~ 11:30       | close | 10:30 ~ 11:30       | 10:30 ~ 11:30 |  |  |  |  |
| Style up Pilates |               | Pilates Cardio           | Shape up waist   | Beauty Conditioning |       | Pre Basic           | Reset Flow    |  |  |  |  |
| 未確定              |               | natsuki.s                | natsuki.s        | natsuki.s           |       | karin.N             | karin.N       |  |  |  |  |
| 12:30 ~ 13:30    |               | 12:00 ~ 13:00            | 12:00 ~ 13:00    | 12:30 ~ 13:30       |       | 12:00 ~ 13:00       | 12:30 ~ 13:30 |  |  |  |  |
| Hip & Leg        |               | Beauty Conditioning      | Back & Arm       | Basic               |       | Hip & Leg           | Waist         |  |  |  |  |
| Aika.H           |               | natsuki.s                | Rina.A           | Rina.A              |       | Aika.H              | Aika.H        |  |  |  |  |
| close            |               | 13:30 ~ 14:30            | 13:30 ~ 14:30    | 14:30 ~ 15:30       |       | 13:30 ~ 14:30       | close         |  |  |  |  |
|                  |               | Back & Arm               | Style up Pilates | Waist               |       | Pilates Workout     |               |  |  |  |  |
|                  |               | Rina.A                   | 未確定              | natsuki.s           |       | karin.N             |               |  |  |  |  |
|                  |               | close                    | 15:00 ~ 16:00    | 16:30 ~ 17:30       | close | close               |               |  |  |  |  |
|                  |               |                          | Hip & Leg        | Back & Arm          |       |                     |               |  |  |  |  |
|                  |               |                          | Aika.H           | Rina.A              |       |                     |               |  |  |  |  |
|                  |               |                          | close            | close               |       |                     |               |  |  |  |  |
|                  |               |                          |                  |                     |       |                     |               |  |  |  |  |
|                  |               |                          |                  |                     |       |                     |               |  |  |  |  |
|                  |               | 17:30 ~ 18:30            |                  |                     |       |                     |               |  |  |  |  |
|                  |               | Basic                    |                  |                     |       |                     |               |  |  |  |  |
|                  |               | Rina.A                   |                  |                     |       |                     |               |  |  |  |  |
| 18:00 ~ 19:00    | 18:00 ~ 19:00 | 18:00 ~ 19:00            | close            | 18:00 ~ 19:00       |       | 18:00 ~ 19:00       |               |  |  |  |  |
| Release&Strength | Back & Arm    | Basic                    |                  | Pilates Cardio      |       | Beauty Conditioning |               |  |  |  |  |
| karin.N          | karin.N       | Rina.A                   |                  | natsuki.s           |       | natsuki.s           |               |  |  |  |  |
| 19:30 ~ 20:30    | 19:30 ~ 20:30 | 19:30 ~ 20:30            |                  | 19:30 ~ 20:30       |       | 19:30 ~ 20:30       |               |  |  |  |  |
| Back & Arm       | Waist         | Hip & Leg                |                  | Waist               |       | Pre Basic           |               |  |  |  |  |
| Rina.A           | Rina.A        | Aika.H                   |                  | Aika.H              |       | karin.N             |               |  |  |  |  |
| 21:00 ~ 22:00    | 21:00 ~ 22:00 | 21:00 ~ 22:00            |                  | 21:00 ~ 22:00       |       | 21:00 ~ 22:00       |               |  |  |  |  |
| Pre Basic        | Reset Flow    | Waist                    |                  | Release&Strength    |       | Shape up waist      |               |  |  |  |  |
| karin.N          | karin.N       | Aika.H                   |                  | natsuki.s           |       | natsuki.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 春日店  |                       | 【 09/17 ~        |                  |         | 09/24 】       |                  | スケジュール                |                 | 2026/08/12 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 ~ 11:30         | 10:30 ~ 11:30    | 10:30 ~ 11:30    | close   | 10:30 ~ 11:30 | 10:30 ~ 11:30    | close                 |                 |               |  |
|               | Waist 🌱               | Release&Strength | Back & Arm 🌱     |         | Hip & Leg 🌱   | Waist 🌱          |                       |                 |               |  |
|               | Rina.A                | natsuki.s        | Rina.A           |         | Aika.H        | Aika.H           |                       |                 |               |  |
|               | 12:00 ~ 13:00         | 12:00 ~ 13:00    | 12:30 ~ 13:30    |         | 12:00 ~ 13:00 | 12:00 ~ 13:00    |                       |                 |               |  |
|               | Back & Arm 🌱          | Pre Basic 🌱      | Shape up waist   |         | Back & Arm 🌱  | Basic 🌱          |                       |                 |               |  |
|               | Rina.A                | karin.N          | natsuki.s        |         | karin.N       | Rina.A           |                       |                 |               |  |
|               | 13:30 ~ 14:30         | 13:30 ~ 14:30    | 14:30 ~ 15:30    |         | 13:30 ~ 14:30 | 13:30 ~ 14:30    |                       |                 |               |  |
|               | Beauty Conditioning 🌱 | Waist 🌱          | Style up Pilates |         | Waist 🌱       | Hip & Leg 🌱      |                       |                 |               |  |
|               | natsuki.s             | Rina.A           | natsuki.s        |         | Aika.H        | Aika.H           |                       |                 |               |  |
|               | close                 | 15:00 ~ 16:00    | 16:30 ~ 17:30    |         | 15:00 ~ 16:00 | 15:00 ~ 16:00    |                       |                 |               |  |
|               |                       | Pilates Cardio   | Basic 🌱          |         | Reset Flow    | Pre Basic 🌱      |                       |                 |               |  |
|               |                       | natsuki.s        | Rina.A           |         | karin.N       | karin.N          |                       |                 |               |  |
|               |                       | close            | close            |         | close         | close            |                       |                 |               |  |
|               |                       | 17:30 ~ 18:30    | Reset Flow       |         | 17:30 ~ 18:30 | 17:30 ~ 18:30    |                       |                 |               |  |
|               | 18:00 ~ 19:00         | 18:00 ~ 19:00    | close            |         | close         | Back & Arm 🌱     |                       | Pilates Workout | 18:00 ~ 19:00 |  |
| Basic 🌱       | Hip & Leg 🌱           | Rina.A           |                  | karin.N |               | Back & Arm 🌱     |                       |                 |               |  |
| karin.N       | Aika.H                | close            |                  | close   |               | 19:30 ~ 20:30    | Beauty Conditioning 🌱 |                 |               |  |
| 19:30 ~ 20:30 | Style up Pilates      |                  |                  |         |               | natsuki.s        | 21:00 ~ 22:00         |                 |               |  |
| Hip & Leg 🌱   | Style up Pilates      |                  |                  |         |               | Style up Pilates |                       |                 |               |  |
| Aika.H        | natsuki.s             |                  |                  |         |               |                  |                       |                 |               |  |
| 21:00 ~ 22:00 | 21:00 ~ 22:00         |                  |                  |         |               |                  |                       |                 |               |  |
| Waist 🌱       | Basic 🌱               |                  |                  |         |               |                  |                       |                 |               |  |
| Aika.H        | natsuki.s             |                  |                  |         |               |                  |                       |                 |               |  |

| pilatesK 春日店   |               |                       | 【 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         | close                    | 10:30 ~ 11:30  | 10:30 ~ 11:30 |
| Reset Flow     | Basic 🌱       | Style up Pilates      |                          | Basic 🌱        | Back & Arm 🌱  |
| karin.N        | Rina.A        | natsuki.s             |                          | natsuki.s      | Rina.A        |
| 12:00 ~ 13:00  | 12:00 ~ 13:00 | 12:30 ~ 13:30         |                          | 12:00 ~ 13:00  | 12:30 ~ 13:30 |
| Hip & Leg 🌱    | Waist 🌱       | Pilates Workout       |                          | Waist 🌱        | Hip & Leg 🌱   |
| Aika.H         | Aika.H        | karin.N               |                          | Aika.H         | Aika.H        |
| 13:30 ~ 14:30  | 13:30 ~ 14:30 | 14:30 ~ 15:30         |                          | 13:30 ~ 14:30  | close         |
| Pre Basic 🌱    | Basic 🌱       | Back & Arm 🌱          |                          | Shape up waist |               |
| karin.N        | Rina.A        | karin.N               |                          | natsuki.s      |               |
| close          | 15:00 ~ 16:00 | 16:30 ~ 17:30         |                          | close          |               |
|                | Back & Arm 🌱  | Beauty Conditioning 🌱 |                          |                |               |
|                | Rina.A        | natsuki.s             |                          |                |               |
|                | close         | close                 |                          |                |               |
| 17:30 ~ 18:30  |               |                       |                          |                |               |
| Hip & Leg 🌱    |               |                       |                          |                |               |
| Aika.H         | close         | 18:00 ~ 19:00         |                          | 18:00 ~ 19:00  | 18:00 ~ 19:00 |
| Shape up waist |               | Hip & Leg 🌱           | Basic 🌱                  |                |               |
| natsuki.s      |               | Aika.H                | natsuki.s                |                |               |
| 19:30 ~ 20:30  |               | 19:30 ~ 20:30         | 19:30 ~ 20:30            |                |               |
| Basic 🌱        |               | Release&Strength      | Reset Flow               |                |               |
| natsuki.s      |               | karin.N               | karin.N                  |                |               |
| 21:00 ~ 22:00  | 21:00 ~ 22:00 | 21:00 ~ 22:00         | 21:00 ~ 22:00            | 21:00 ~ 22:00  |               |
| Back & Arm 🌱   |               | Pilates Cardio        | Pre Basic 🌱              |                |               |
| Rina.A         |               | natsuki.s             | karin.N                  |                |               |

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