

| pilatesK 銀座店     |  | 【 09/01 ~ 09/08 】 |  |                 |  | スケジュール                |  | 2026/08/15 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    |  | 10:00 ~ 11:00     |  | 10:00 ~ 11:00   |  | 10:00 ~ 11:00         |  | 10:00 ~ 11:00    |  | 10:00 ~ 11:00         |  | close |  | 10:00 ~ 11:00    |  |
| Back & Arm 🌱     |  | Basic 🌱           |  | Back & Spine    |  | Pre Basic 🌱           |  | Pilates Workout  |  | Back & Arm 🌱          |  |       |  | Body Balance     |  |
| aiko.k           |  | Maako.M           |  | Sakura          |  | mami.m                |  | Sakura           |  | mami.m                |  |       |  | Minami.S         |  |
| 11:30 ~ 12:30    |  | 11:30 ~ 12:30     |  | 11:30 ~ 12:30   |  | 11:30 ~ 12:30         |  | 11:30 ~ 12:30    |  | 11:30 ~ 12:30         |  |       |  | 11:30 ~ 12:30    |  |
| Shape up waist   |  | Body Balance      |  | Hip & Leg 🌱     |  | Beauty Conditioning 🌱 |  | Back & Arm 🌱     |  | Waist 🌱               |  |       |  | Waist 🌱          |  |
| Riri             |  | aiko.k            |  | mami.m          |  | Minami.S              |  | Minami.S         |  | Maako.M               |  |       |  | Maako.M          |  |
| 13:00 ~ 14:00    |  | 13:00 ~ 14:00     |  | 13:00 ~ 14:00   |  | 13:00 ~ 14:00         |  | 13:00 ~ 14:00    |  | 13:00 ~ 14:00         |  |       |  | 13:00 ~ 14:00    |  |
| Reset Flow       |  | Waist 🌱           |  | Pilates Workout |  | Hip & Leg 🌱           |  | Style up Pilates |  | Pilates Cardio        |  |       |  | Back & Arm 🌱     |  |
| aiko.k           |  | Maako.M           |  | Sakura          |  | mami.m                |  | Sakura           |  | aiko.k                |  |       |  | Minami.S         |  |
| 14:30 ~ 15:30    |  | 14:30 ~ 15:30     |  | 14:30 ~ 15:30   |  | 14:30 ~ 15:30         |  | 14:30 ~ 15:30    |  | 14:30 ~ 15:30         |  |       |  | 14:30 ~ 15:30    |  |
| Release&Strength |  | Pilates Cardio    |  | Back & Arm 🌱    |  | Body Balance          |  | Shape up waist   |  | Pre Basic 🌱           |  |       |  | Advance          |  |
| Riri             |  | aiko.k            |  | Minami.M        |  | Minami.S              |  | Riri             |  | mami.m                |  |       |  | Riri             |  |
| close            |  | close             |  | close           |  | close                 |  | 16:00 ~ 17:00    |  | 16:00 ~ 17:00         |  |       |  | close            |  |
|                  |  |                   |  |                 |  |                       |  | Body Balance     |  | Beauty Conditioning 🌱 |  |       |  |                  |  |
|                  |  |                   |  |                 |  |                       |  | Minami.S         |  | Minami.S              |  |       |  |                  |  |
|                  |  |                   |  |                 |  |                       |  | 17:30 ~ 18:30    |  | 17:30 ~ 18:30         |  |       |  |                  |  |
|                  |  |                   |  |                 |  | Animal Stretch        |  | Reset Flow       |  |                       |  |       |  |                  |  |
|                  |  |                   |  |                 |  |                       |  | Riri             |  | aiko.k                |  |       |  |                  |  |
| 18:00 ~ 19:00    |  | 18:00 ~ 19:00     |  | 18:00 ~ 19:00   |  | 18:00 ~ 19:00         |  | 19:00 ~ 20:00    |  | 19:00 ~ 20:00         |  |       |  | 18:00 ~ 19:00    |  |
| Hip & Leg 🌱      |  | Shape up waist    |  | Basic 🌱         |  | Pilates Cardio        |  | Waist 🌱          |  | Body Balance          |  |       |  | Power up Control |  |
| mami.m           |  | Sakura            |  | Maako.M         |  | Riri                  |  | aiko.k           |  | Minami.S              |  |       |  | Sakura           |  |
| 19:30 ~ 20:30    |  | 19:30 ~ 20:30     |  | 19:30 ~ 20:30   |  | 19:30 ~ 20:30         |  | close            |  | close                 |  |       |  | 19:30 ~ 20:30    |  |
| Style up Pilates |  | Basic 🌱           |  | Body Balance    |  | Waist 🌱               |  |                  |  |                       |  |       |  | Release&Strength |  |
| Sakura           |  | Maako.M           |  | Minami.M        |  | Maako.M               |  |                  |  |                       |  |       |  | Riri             |  |
| 21:00 ~ 22:00    |  | 21:00 ~ 22:00     |  | 21:00 ~ 22:00   |  | 21:00 ~ 22:00         |  |                  |  |                       |  |       |  | 21:00 ~ 22:00    |  |
| Pre Basic 🌱      |  | Back & Spine      |  | Waist 🌱         |  | Advance               |  |                  |  |                       |  |       |  | Style up Pilates |  |
| mami.m           |  | Sakura            |  | Maako.M         |  | Riri                  |  |                  |  |                       |  |       |  | Sakura           |  |

| pilatesK 銀座店          |                  | 【 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                     |
| 10:00 ~ 11:00         | 10:00 ~ 11:00    | 10:00 ~ 11:00            | 10:00 ~ 11:00   | 10:00 ~ 11:00    | 10:00 ~ 11:00    | 10:00 ~ 11:00         | 10:00 ~ 11:00         |
| Beauty Conditioning 🌱 | Basic 🌱          | Shape up waist           | Back & Arm 🌱    | Power up Control | Hip & Leg 🌱      | Reset Flow            | Pre Basic 🌱           |
| Minami.S              | Maako.M          | Riri                     | mami.m          | Riri             | mami.m           | aiko.k                | mami.m                |
| 11:30 ~ 12:30         | 11:30 ~ 12:30    | 11:30 ~ 12:30            | 11:30 ~ 12:30   | 11:30 ~ 12:30    | 11:30 ~ 12:30    | 11:30 ~ 12:30         | 11:30 ~ 12:30         |
| Reset Flow            | Animal Stretch   | Style up Pilates         | Basic 🌱         | Body Balance     | Pilates Cardio   | Hip & Leg 🌱           | Waist 🌱               |
| aiko.k                | Riri             | Sakura                   | Sakura          | Minami.S         | aiko.k           | mami.m                | Maako.M               |
| 13:00 ~ 14:00         | 13:00 ~ 14:00    | 13:00 ~ 14:00            | 13:00 ~ 14:00   | 13:00 ~ 14:00    | 13:00 ~ 14:00    | 13:00 ~ 14:00         | 13:00 ~ 14:00         |
| Body Balance          | Basic 🌱          | Pilates Workout          | Hip & Leg 🌱     | Back & Spine     | Back & Arm 🌱     | Body Balance          | Hip & Leg 🌱           |
| Minami.S              | Maako.M          | Riri                     | mami.m          | Riri             | mami.m           | aiko.k                | mami.m                |
| close                 | 14:30 ~ 15:30    | 14:30 ~ 15:30            | 14:30 ~ 15:30   | 14:30 ~ 15:30    | 14:30 ~ 15:30    | 14:30 ~ 15:30         | 14:30 ~ 15:30         |
|                       | Power up Control | Release&Strength         | Pilates Workout | Style up Pilates | Reset Flow       | Back & Arm 🌱          | Beauty Conditioning 🌱 |
|                       | Riri             | Sakura                   | Sakura          | Minami.S         | aiko.k           | Minami.S              | Minami.S              |
|                       | close            | close                    | 16:00 ~ 17:00   | 16:00 ~ 17:00    | close            | close                 | close                 |
|                       |                  |                          | Waist 🌱         | Shape up waist   |                  |                       |                       |
|                       |                  |                          | aiko.k          | Sakura           |                  |                       |                       |
|                       |                  |                          | 17:30 ~ 18:30   | 17:30 ~ 18:30    |                  |                       |                       |
| Style up Pilates      | Basic 🌱          |                          |                 |                  |                  |                       |                       |
| Sakura                | Maako.M          |                          |                 |                  |                  |                       |                       |
| 18:00 ~ 19:00         | 18:00 ~ 19:00    | 18:00 ~ 19:00            | 19:00 20:00     | 19:00 20:00      | 18:00 ~ 19:00    | 18:00 ~ 19:00         | 18:00 ~ 19:00         |
| Back & Spine          | Pilates Cardio   | Back & Arm 🌱             | Reset Flow      | Animal Stretch   | Style up Pilates | Pilates Workout       | Release&Strength      |
| Riri                  | aiko.k           | mami.m                   | aiko.k          | Sakura           | Sakura           | Riri                  | Sakura                |
| 19:30 ~ 20:30         | 19:30 ~ 20:30    | 19:30 ~ 20:30            | close           | close            | 19:30 ~ 20:30    | 19:30 ~ 20:30         | 19:30 ~ 20:30         |
| Pilates Workout       | Hip & Leg 🌱      | Basic 🌱                  |                 |                  | Waist 🌱          | Beauty Conditioning 🌱 | Style up Pilates      |
| Sakura                | mami.m           | aiko.k                   |                 |                  | Maako.M          | Minami.S              | Minami.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         |
| Pre Basic 🌱           | Body Balance     | Hip & Leg 🌱              |                 |                  | Release&Strength | Shape up waist        | Animal Stretch        |
| mami.m                | aiko.k           | mami.m                   |                 |                  | Sakura           | Riri                  | Sakura                |

🌱：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 銀座店          |                | 【 09/17 ~ 09/24 】 スケジュール |                  |                  |                       |                  |                  | 2026/08/14 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         | 10:00 ~ 11:00  | 10:00 ~ 11:00            | 10:00 ~ 11:00    | 10:00 ~ 11:00    | 10:00 ~ 11:00         | 10:00 ~ 11:00    | 10:00 ~ 11:00    |               |
| Hip & Leg 🌱           | Basic 🌱        | Reset Flow               | Back & Arm 🌱     | Style up Pilates | Pilates Workout       | Hip & Leg 🌱      | Style up Pilates |               |
| mami.m                | Maako.M        | aiko.k                   | Minami.S         | Minami.S         | Sakura                | mami.m           | Sakura           |               |
| 11:30 ~ 12:30         | 11:30 ~ 12:30  | 11:30 ~ 12:30            | 11:30 ~ 12:30    | 11:30 ~ 12:30    | 11:30 ~ 12:30         | 11:30 ~ 12:30    | 11:30 ~ 12:30    |               |
| Basic 🌱               | Back & Arm 🌱   | Hip & Leg 🌱              | Pilates Cardio   | Waist 🌱          | Beauty Conditioning 🌱 | Pilates Cardio   | Back & Arm 🌱     |               |
| Maako.M               | Minami.S       | mami.m                   | aiko.k           | aiko.k           | Minami.S              | non,k            | mami.m           |               |
| 13:00 ~ 14:00         | 13:00 ~ 14:00  | 13:00 ~ 14:00            | 13:00 ~ 14:00    | 13:00 ~ 14:00    | 13:00 ~ 14:00         | 13:00 ~ 14:00    | 13:00 ~ 14:00    |               |
| Back & Arm 🌱          | Waist 🌱        | Animal Stretch           | Style up Pilates | Body Balance     | Advance               | Back & Arm 🌱     | Power up Control |               |
| mami.m                | Maako.M        | Sakura                   | Minami.S         | Minami.S         | Sakura                | mami.m           | Sakura           |               |
| 14:30 ~ 15:30         | 14:30 ~ 15:30  | 14:30 ~ 15:30            | 14:30 ~ 15:30    | 14:30 ~ 15:30    | 14:30 ~ 15:30         | 14:30 ~ 15:30    | 14:30 ~ 15:30    |               |
| Waist 🌱               | Body Balance   | Pre Basic 🌱              | Back & Spine     | Pilates Cardio   | Basic 🌱               | Release&Strength | Pre Basic 🌱      |               |
| Maako.M               | Minami.S       | mami.m                   | Cocono.H         | aiko.k           | aiko.k                | non,k            | mami.m           |               |
| close                 | close          | 16:00 ~ 17:00            | 16:00 ~ 17:00    | 16:00 ~ 17:00    | 16:00 ~ 17:00         | 16:00 ~ 17:00    | close            |               |
|                       |                | Shape up waist           | Reset Flow       | Basic 🌱          | Back & Arm 🌱          | Pilates Workout  |                  |               |
|                       |                | Cocono.H                 | aiko.k           | Maako.M          | Minami.S              | Cocono.H         |                  |               |
|                       |                | 17:30 ~ 18:30            | 17:30 ~ 18:30    | 17:30 ~ 18:30    | 17:30 ~ 18:30         | 17:30 ~ 18:30    |                  |               |
|                       |                | Release&Strength         | Power up Control | Shape up waist   | Waist 🌱               | Basic 🌱          |                  |               |
|                       |                | Sakura                   | Cocono.H         | Cocono.H         | Maako.M               | Maako.M          |                  |               |
| 18:00 ~ 19:00         | 18:00 ~ 19:00  | 19:00 ~ 20:00            | 19:00 ~ 20:00    | 19:00 ~ 20:00    | 19:00 ~ 20:00         | 19:00 ~ 20:00    | 18:00 ~ 19:00    |               |
| Beauty Conditioning 🌱 | Shape up waist | Waist 🌱                  | Body Balance     | Basic 🌱          | Reset Flow            | Back & Spine     | Waist 🌱          |               |
| Minami.S              | Cocono.H       | Cocono.H                 | aiko.k           | Maako.M          | aiko.k                | Cocono.H         | Maako.M          |               |
| 19:30 ~ 20:30         | 19:30 ~ 20:30  | close                    | close            | close            | close                 | close            | 19:30 ~ 20:30    |               |
| Pilates Cardio        | Animal Stretch |                          |                  |                  |                       |                  | Reset Flow       |               |
| aiko.k                | Sakura         |                          |                  |                  |                       |                  | aiko.k           |               |
| 21:00 ~ 22:00         | 21:00 ~ 22:00  | close                    | close            | close            | close                 | close            | 21:00 ~ 22:00    |               |
| Back & Arm 🌱          | Back & Spine   |                          |                  |                  |                       |                  | Basic 🌱          |               |
| Minami.S              | Cocono.H       |                          |                  |                  |                       |                  | Maako.M          |               |

| pilatesK 銀座店          |                 | 【 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                |
| 10:00 ~ 11:00         | 10:00 ~ 11:00   | 10:00 ~ 11:00            | 10:00 ~ 11:00         | 10:00 ~ 11:00   | 10:00 ~ 11:00    |
| Back & Arm 🌱          | Hip & Leg 🌱     | Basic 🌱                  | Back & Arm 🌱          | Waist 🌱         | Back & Arm 🌱     |
| mami.m                | mami.m          | Maako.M                  | mami.m                | Maako.M         | Minami.S         |
| 11:30 ~ 12:30         | 11:30 ~ 12:30   | 11:30 ~ 12:30            | 11:30 ~ 12:30         | 11:30 ~ 12:30   | 11:30 ~ 12:30    |
| Advance               | Shape up waist  | Release&Strength         | Basic 🌱               | Pilates Workout | Waist 🌱          |
| Sakura                | Cocono.H        | Sakura                   | Maako.M               | Cocono.H        | Maako.M          |
| 13:00 ~ 14:00         | 13:00 ~ 14:00   | 13:00 ~ 14:00            | 13:00 ~ 14:00         | 13:00 ~ 14:00   | 13:00 ~ 14:00    |
| Beauty Conditioning 🌱 | Pre Basic 🌱     | Waist 🌱                  | Hip & Leg 🌱           | Basic 🌱         | Style up Pilates |
| Minami.S              | mami.m          | Maako.M                  | mami.m                | Maako.M         | Minami.S         |
| close                 | 14:30 ~ 15:30   | 14:30 ~ 15:30            | 14:30 ~ 15:30         | 14:30 ~ 15:30   | 14:30 ~ 15:30    |
|                       | Pilates Cardio  | Style up Pilates         | Reset Flow            | Back & Spine    | Basic 🌱          |
|                       | aiko.k          | Minami.S                 | aiko.k                | Cocono.H        | Maako.M          |
|                       | 16:00 ~ 17:00   | 16:00 ~ 17:00            | close                 | close           | close            |
|                       | Back & Arm 🌱    | Power up Control         |                       |                 |                  |
|                       | Cocono.H        | Sakura                   |                       |                 |                  |
|                       | 17:30 ~ 18:30   | 17:30 ~ 18:30            |                       |                 |                  |
|                       | Reset Flow      | Body Balance             |                       |                 |                  |
|                       | aiko.k          | Minami.S                 |                       |                 |                  |
| 18:00 ~ 19:00         | 19:00 ~ 20:00   | 19:00 ~ 20:00            | 18:00 ~ 19:00         | 18:00 ~ 19:00   | 18:00 ~ 19:00    |
| Power up Control      | Pilates Workout | Back & Spine             | Style up Pilates      | Hip & Leg 🌱     | Animal Stretch   |
| Cocono.H              | Cocono.H        | Sakura                   | Minami.S              | mami.m          | Sakura           |
| 19:30 ~ 20:30         | close           | close                    | 19:30 ~ 20:30         | 19:30 ~ 20:30   | 19:30 ~ 20:30    |
| Waist 🌱               |                 |                          | Pilates Cardio        | Shape up waist  | Power up Control |
| Maako.M               |                 |                          | aiko.k                | Sakura          | Cocono.H         |
| 21:00 ~ 22:00         |                 |                          | 21:00 ~ 22:00         | 21:00 ~ 22:00   | 21:00 ~ 22:00    |
| Reset Flow            |                 |                          | Beauty Conditioning 🌱 | Back & Arm 🌱    | Reset Flow       |
| aiko.k                |                 |                          | Minami.S              | mami.m          | aiko.k           |

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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。