

| pilatesK 葛西店                    |                                        | 【 10/01 ~ 10/08 】 スケジュール               |                               |                                        |                                 |                                        |       | 2026/09/14 更新                   |
|---------------------------------|----------------------------------------|----------------------------------------|-------------------------------|----------------------------------------|---------------------------------|----------------------------------------|-------|---------------------------------|
| 10/01                           | 10/02                                  | 10/03                                  | 10/04                         | 10/05                                  | 10/06                           | 10/07                                  | 10/08 |                                 |
| 木                               | 金                                      | 土                                      | 日                             | 月                                      | 火                               | 水                                      | 木     |                                 |
| close                           | 10:30 ~ 11:30<br>Pre Basic 🌿           | 10:30 ~ 11:30<br>Pilates Cardio        | 10:30 ~ 11:30<br>Back & Arm 🌿 | 10:30 ~ 11:30<br>Beauty Conditioning 🌿 | 10:30 ~ 11:30<br>Hip & Leg 🌿    | 10:30 ~ 11:30<br>Reset Flow            | close |                                 |
|                                 | Misa.K                                 | Misa.K                                 | ayami.s                       | Misa.K                                 | Misa.K                          | Mii                                    |       |                                 |
|                                 | 12:00 ~ 13:00<br>Waist 🌿               | 12:00 ~ 13:00<br>Pre Basic 🌿           | 12:30 ~ 13:30<br>Hip & Leg 🌿  | 12:30 ~ 13:30<br>Pilates Cardio        | 12:00 ~ 13:00<br>Pre Basic 🌿    | 12:30 ~ 13:30<br>Hip Punch             |       |                                 |
|                                 | Karen.T                                | Misa.K                                 | Rina.f                        | Misa.K                                 | Misa.K                          | Rina.f                                 |       |                                 |
|                                 | 13:30 ~ 14:30<br>jump to burn          | 13:30 ~ 14:30<br>Back & Arm 🌿          | 14:30 ~ 15:30<br>Basic 🌿      | close                                  | 13:30 ~ 14:30<br>Shape up waist | close                                  |       |                                 |
|                                 | Misa.K                                 | ayami.s                                | ayami.s                       |                                        | Rina.f                          |                                        |       |                                 |
|                                 | close                                  | 15:00 ~ 16:00<br>Beauty Conditioning 🌿 | 16:30 ~ 17:30<br>Reset Flow   |                                        | close                           |                                        |       |                                 |
|                                 |                                        | Misa.K                                 | Rina.f                        |                                        |                                 |                                        |       |                                 |
|                                 |                                        | close                                  |                               |                                        |                                 |                                        |       |                                 |
|                                 |                                        | 17:30 ~ 18:30<br>Basic 🌿               |                               |                                        |                                 |                                        |       |                                 |
|                                 | ayami.s                                |                                        |                               |                                        |                                 |                                        |       |                                 |
|                                 | 18:00 ~ 19:00<br>Hip & Leg 🌿           | 18:00 ~ 19:00<br>Basic 🌿               | close                         | 18:00 ~ 19:00<br>Shape up waist        | 18:00 ~ 19:00<br>Body Balance   | 18:00 ~ 19:00<br>Waist 🌿               |       | 18:00 ~ 19:00<br>Back & Arm 🌿   |
|                                 | Misa.K                                 | ayami.s                                |                               | Rina.f                                 | Mii                             | ayami.s                                |       | ayami.s                         |
|                                 | 19:30 ~ 20:30<br>Reset Flow            | 19:30 ~ 20:30<br>Hip Punch             |                               | 19:30 ~ 20:30<br>Hip & Leg 🌿           | 19:30 ~ 20:30<br>Basic 🌿        | 19:30 ~ 20:30<br>Beauty Conditioning 🌿 |       | 19:30 ~ 20:30<br>Pilates Cardio |
|                                 | Rina.f                                 | Rina.f                                 |                               | Rina.f                                 | ayami.s                         | Misa.K                                 |       | Misa.K                          |
| 21:00 ~ 22:00<br>Pilates Cardio | 21:00 ~ 22:00<br>Beauty Conditioning 🌿 | 21:00 ~ 22:00<br>Basic 🌿               |                               | 21:00 ~ 22:00<br>Hip Punch             | 21:00 ~ 22:00<br>Shape up waist | 21:00 ~ 22:00<br>Pre Basic 🌿           |       |                                 |
| Misa.K                          | Rina.f                                 | Mii                                    |                               | Mii                                    | Misa.K                          | Misa.K                                 |       |                                 |
|                                 |                                        |                                        |                               |                                        |                                 |                                        |       |                                 |

| pilatesK 葛西店     |                       | 【 10/09 ~ 10/16 】 スケジュール |               |                |                       |                  |               |
|------------------|-----------------------|--------------------------|---------------|----------------|-----------------------|------------------|---------------|
| 10/09            | 10/10                 | 10/11                    | 10/12         | 10/13          | 10/14                 | 10/15            | 10/16         |
| 金                | 土                     | 日                        | 月             | 火              | 水                     | 木                | 金             |
| 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 |
| Body Balance     | Basic 🌿               | Style up Pilates         | Back & Arm 🌿  | Pilates Cardio | Waist 🌿               |                  | Basic 🌿       |
| Mii              | ayami.s               | Mii                      | ayami.s       | Misa.K         | Karen.T               |                  | ayami.s       |
| 12:00 ~ 13:00    | 12:00 ~ 13:00         | 12:30 ~ 13:30            | 12:00 ~ 13:00 | 12:00 ~ 13:00  | 12:30 ~ 13:30         |                  | 12:00 ~ 13:00 |
| Hip & Leg 🌿      | Style up Pilates      | Back & Arm 🌿             | Reset Flow    | Waist 🌿        | Style up Pilates      |                  | Back & Arm 🌿  |
| Rina.f           | Mii                   | ayami.s                  | Rina.f        | Karen.T        | Mii                   |                  | ayami.s       |
| 13:30 ~ 14:30    | 13:30 ~ 14:30         | 14:30 ~ 15:30            | 13:30 ~ 14:30 | 13:30 ~ 14:30  | close                 |                  | 13:30 ~ 14:30 |
| Style up Pilates | Waist 🌿               | Body Balance             | jump to burn  | Pre Basic 🌿    |                       |                  | 13:30 ~ 14:30 |
| Mii              | Karen.T               | Mii                      | Rina.f        | Misa.K         |                       |                  | Waist 🌿       |
| close            | 15:00 ~ 16:00         | 16:30 ~ 17:30            | 15:00 ~ 16:00 | close          |                       |                  | close         |
|                  | Hip Punch             | Hip & Leg 🌿              | Basic 🌿       |                |                       |                  |               |
|                  | Mii                   | Rina.f                   | ayami.s       |                |                       |                  |               |
|                  | 17:30 ~ 18:30         | 17:30 ~ 18:30            | 17:30 ~ 18:30 |                |                       |                  |               |
|                  | Back & Arm 🌿          | Waist 🌿                  | Waist 🌿       |                |                       |                  |               |
| ayami.s          |                       | Karen.T                  |               |                |                       |                  |               |
| 18:00 ~ 19:00    | close                 | close                    | close         | 18:00 ~ 19:00  |                       | 18:00 ~ 19:00    | 18:00 ~ 19:00 |
| Basic 🌿          |                       |                          |               | jump to burn   | Beauty Conditioning 🌿 | Hip Punch        |               |
| Kurumi.U         |                       |                          |               | ayami.s        | Rina.f                | Misa.K           | Mii           |
| 19:30 ~ 20:30    |                       |                          |               | 19:30 ~ 20:30  | 19:30 ~ 20:30         | 19:30 ~ 20:30    | 19:30 ~ 20:30 |
| Reset Flow       |                       |                          |               | Shape up waist | Basic 🌿               | Style up Pilates | Waist 🌿       |
| Rina.f           |                       |                          |               | Rina.f         | Mii                   | Mii              | Karen.T       |
| 21:00 ~ 22:00    |                       |                          |               | 21:00 ~ 22:00  | 21:00 ~ 22:00         | 21:00 ~ 22:00    | 21:00 ~ 22:00 |
| jump to burn     | Beauty Conditioning 🌿 | Reset Flow               | Hip & Leg 🌿   | Body Balance   |                       |                  |               |
| Kurumi.U         | Rina.f                | Rina.f                   | Misa.K        | Mii            |                       |                  |               |

🍃：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時間前を切った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 葛西店  |  | 【 10/17 ~ 10/24 】     |  |                  |  |                | スケジュール |                  | 2026/09/14 | 更新            |  |                |  |                       |  |                  |  |
|---------------|--|-----------------------|--|------------------|--|----------------|--------|------------------|------------|---------------|--|----------------|--|-----------------------|--|------------------|--|
| 10/17         |  | 10/18                 |  | 10/19            |  | 10/20          |        | 10/21            |            | 10/22         |  | 10/23          |  | 10/24                 |  |                  |  |
| 土             |  | 日                     |  | 月                |  | 火              |        | 水                |            | 木             |  | 金              |  | 土                     |  |                  |  |
| 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         |  |                  |  |
| Pre Basic 🌱   |  | Back & Arm 🌱          |  | Style up Pilates |  | Shape up waist |        | Basic 🌱          |            |               |  | Reset Flow     |  | Hip Punch             |  |                  |  |
| Misa.K        |  | ayami.s               |  | Mii              |  | Rina.f         |        | Rina.f           |            |               |  | Rina.f         |  | Rina.f                |  |                  |  |
| 12:00 ~ 13:00 |  | 12:30 ~ 13:30         |  | 12:30 ~ 13:30    |  | 12:00 ~ 13:00  |        | 12:30 ~ 13:30    |            |               |  | 12:00 ~ 13:00  |  | 12:00 ~ 13:00         |  |                  |  |
| Hip Punch     |  | Beauty Conditioning 🌱 |  | Back & Arm 🌱     |  | Pre Basic 🌱    |        | Hip Punch        |            |               |  | Shape up waist |  | Basic 🌱               |  |                  |  |
| Rina.f        |  | Rina.f                |  | ayami.s          |  | Misa.K         |        | Rina.f           |            |               |  | Rina.f         |  | Mii                   |  |                  |  |
| 13:30 ~ 14:30 |  | 14:30 ~ 15:30         |  | close            |  | 13:30 ~ 14:30  |        | close            |            |               |  | 13:30 ~ 14:30  |  | 13:30 ~ 14:30         |  |                  |  |
| Hip & Leg 🌱   |  | Basic 🌱               |  |                  |  | Hip & Leg 🌱    |        |                  |            |               |  | Back & Arm 🌱   |  | Beauty Conditioning 🌱 |  |                  |  |
| Misa.K        |  | ayami.s               |  |                  |  | Misa.K         |        |                  |            |               |  | ayami.s        |  | Rina.f                |  |                  |  |
| 15:00 ~ 16:00 |  | 16:30 ~ 17:30         |  |                  |  | close          |        |                  |            | close         |  | close          |  | 15:00 ~ 16:00         |  |                  |  |
| Reset Flow    |  | Shape up waist        |  |                  |  |                |        |                  |            |               |  |                |  | Body Balance          |  |                  |  |
| Rina.f        |  | Rina.f                |  |                  |  |                |        |                  |            |               |  |                |  | Mii                   |  |                  |  |
| close         |  | close                 |  |                  |  |                |        |                  |            |               |  |                |  | close                 |  | close            |  |
| 17:30 ~ 18:30 |  |                       |  |                  |  | 17:30 ~ 18:30  |        |                  |            |               |  |                |  |                       |  |                  |  |
| jump to burn  |  |                       |  |                  |  | Hip & Leg 🌱    |        |                  |            |               |  |                |  |                       |  |                  |  |
| Misa.K        |  |                       |  |                  |  | Rina.f         |        |                  |            |               |  |                |  |                       |  |                  |  |
| close         |  |                       |  | close            |  | 18:00 ~ 19:00  |        | 18:00 ~ 19:00    |            | 18:00 ~ 19:00 |  | 18:00 ~ 19:00  |  | close                 |  |                  |  |
|               |  |                       |  |                  |  | Reset Flow     |        | Body Balance     |            | Hip & Leg 🌱   |  | Waist 🌱        |  |                       |  | Style up Pilates |  |
|               |  |                       |  |                  |  | Rina.f         |        | Mii              |            | Misa.K        |  | Karen.T        |  |                       |  | Mii              |  |
|               |  |                       |  |                  |  | 19:30 ~ 20:30  |        | 19:30 ~ 20:30    |            | 19:30 ~ 20:30 |  | 19:30 ~ 20:30  |  |                       |  | 19:30 ~ 20:30    |  |
|               |  |                       |  |                  |  | Waist 🌱        |        | Style up Pilates |            | Back & Arm 🌱  |  | Pilates Cardio |  |                       |  | Waist 🌱          |  |
|               |  |                       |  |                  |  | Karen.T        |        | Mii              |            | ayami.s       |  | Misa.K         |  |                       |  | ayami.s          |  |
|               |  | 21:00 ~ 22:00         |  |                  |  | 21:00 ~ 22:00  |        | 21:00 ~ 22:00    |            | 21:00 ~ 22:00 |  | 21:00 ~ 22:00  |  |                       |  |                  |  |
|               |  | Shape up waist        |  |                  |  | Waist 🌱        |        | jump to burn     |            | Pre Basic 🌱   |  | Basic 🌱        |  |                       |  |                  |  |
| Rina.f        |  | Karen.T               |  |                  |  | Misa.K         |        | Misa.K           |            | Mii           |  |                |  |                       |  |                  |  |

| pilatesK 葛西店     |               | 【 10/25 ~ 10/31 】 |                |               |               | スケジュール         |               |                |  |
|------------------|---------------|-------------------|----------------|---------------|---------------|----------------|---------------|----------------|--|
| 10/25            | 10/26         | 10/27             | 10/28          | 10/29         | 10/30         | 10/31          |               |                |  |
| 日                | 月             | 火                 | 水              | 木             | 金             | 土              |               |                |  |
| 10:30 ~ 11:30    | closes        | 10:30 ~ 11:30     | 10:30 ~ 11:30  | close         | 10:30 ~ 11:30 | 10:30 ~ 11:30  |               |                |  |
| Body Balance     |               | Hip Punch         | jump to burn   |               | Back & Arm 🌱  | Basic 🌱        |               |                |  |
| Mii              |               | Mii               | Misa.K         |               | ayami.s       | ayami.s        |               |                |  |
| 12:30 ~ 13:30    |               | 12:00 ~ 13:00     | 12:30 ~ 13:30  |               | 12:00 ~ 13:00 | 12:00 ~ 13:00  |               |                |  |
| Back & Arm 🌱     |               | Back & Arm 🌱      | Pre Basic 🌱    |               | Body Balance  | Shape up waist |               |                |  |
| ayami.s          |               | ayami.s           | Misa.K         |               | Mii           | Rina.f         |               |                |  |
| 14:30 ~ 15:30    |               | 13:30 ~ 14:30     | close          |               | 13:30 ~ 14:30 | 13:30 ~ 14:30  |               |                |  |
| Style up Pilates |               | Reset Flow        |                |               | Basic 🌱       | Back & Arm 🌱   |               |                |  |
| Mii              |               | Mii               |                |               | ayami.s       | ayami.s        |               |                |  |
| 16:30 ~ 17:30    |               | close             |                |               | close         | close          | close         | 15:00 ~ 16:00  |  |
| Basic 🌱          |               |                   |                |               |               |                |               | Pilates Cardio |  |
| ayami.s          |               |                   |                |               |               |                |               | Misa.K         |  |
| close            |               |                   | close          |               |               |                |               |                |  |
|                  |               |                   | 17:30 ~ 18:30  |               |               |                |               |                |  |
|                  | Reset Flow    |                   |                |               |               |                |               |                |  |
|                  | Rina.f        |                   |                |               |               |                |               |                |  |
|                  | 18:00 ~ 19:00 |                   | 18:00 ~ 19:00  | 18:00 ~ 19:00 |               |                | 18:00 ~ 19:00 | close          |  |
| Waist 🌱          | Basic 🌱       |                   | Hip Punch      | Pre Basic 🌱   |               |                |               |                |  |
| Karen.T          | ayami.s       |                   | Rina.f         | Misa.K        |               |                |               |                |  |
| 19:30 ~ 20:30    | 19:30 ~ 20:30 | 19:30 ~ 20:30     | 19:30 ~ 20:30  |               |               |                |               |                |  |
| Basic 🌱          | Body Balance  | Hip & Leg 🌱       | Pilates Cardio |               |               |                |               |                |  |
| ayami.s          | MIO.M         | Rina.f            | Misa.K         |               |               |                |               |                |  |
| 21:00 ~ 22:00    | 21:00 ~ 22:00 | 21:00 ~ 22:00     | 21:00 ~ 22:00  |               |               |                |               |                |  |
| Waist 🌱          | Back & Arm 🌱  | Style up Pilates  | Waist 🌱        |               |               |                |               |                |  |
| Karen.T          | ayami.s       | Mii               | Karen.T        |               |               |                |               |                |  |

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