

| pilatesK 松戸店     |                  | 【 10/01 ~ 10/08 】     |                |                  | スケジュール           |               |       | 2026/09/11 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    | 10:30 ~ 11:30         | 10:30 ~ 11:30  | close            | 10:30 ~ 11:30    | 10:30 ~ 11:30 | close |               |
|                  | Waist 🌿          | Pre Basic 🌿           | Pilates Cardio |                  | Basic 🌿          | Hip & Leg 🌿   |       |               |
|                  | Hina.N           | Hina.N                | Hina.N         |                  | Mareha.N         | Aisha.M       |       |               |
|                  | 12:00 ~ 13:00    | 12:00 ~ 13:00         | 12:30 ~ 13:30  |                  | 12:00 ~ 13:00    | 12:30 ~ 13:30 |       |               |
|                  | Basic 🌿          | Animal Stretch        | Basic 🌿        |                  | Back & Arm 🌿     | Pre Basic 🌿   |       |               |
|                  | Mareha.N         | runa                  | Mareha.N       |                  | Tina.a           | Hina.N        |       |               |
|                  | 13:30 ~ 14:30    | 13:30 ~ 14:30         | 14:30 ~ 15:30  |                  | 13:30 ~ 14:30    |               |       |               |
|                  | Style up Pilates | Beauty Conditioning 🌿 | Waist 🌿        |                  | Basic 🌿          |               |       |               |
|                  | Hina.N           | Aisha.M               | Hina.N         |                  | Mareha.N         |               |       |               |
|                  | close            | 15:00 ~ 16:00         | 16:30 ~ 17:30  |                  | close            |               |       |               |
|                  |                  | Back & Arm 🌿          | Basic 🌿        |                  |                  |               |       |               |
|                  |                  | Tina.a                | Mareha.N       |                  |                  |               |       |               |
|                  |                  | close                 |                |                  |                  |               |       |               |
|                  | 17:30 ~ 18:30    |                       |                |                  |                  |               |       |               |
|                  | Advance          |                       |                |                  |                  |               |       |               |
|                  | runa             | close                 |                |                  |                  |               |       |               |
| 18:00 ~ 19:00    | 18:00 ~ 19:00    |                       | 18:00 ~ 19:00  | 18:00 ~ 19:00    | 18:00 ~ 19:00    |               |       |               |
| Animal Stretch   | Hip & Leg 🌿      |                       |                | Back & Arm 🌿     | Basic 🌿          | Advance       |       |               |
| runa             | Aisha.M          |                       |                | Tina.a           | Mareha.N         | runa          |       |               |
| 19:30 ~ 20:30    | 19:30 ~ 20:30    |                       |                | 19:30 ~ 20:30    | 19:30 ~ 20:30    | 19:30 ~ 20:30 |       |               |
| Basic 🌿          | Back & Arm 🌿     |                       |                | Release&Strength | Back & Arm 🌿     | Hip & Leg 🌿   |       |               |
| Mareha.N         | Tina.a           |                       |                | Satomi.K         | Tina.a           | Aisha.M       |       |               |
| 21:00 ~ 22:00    | 21:00 ~ 22:00    |                       |                | 21:00 ~ 22:00    | 21:00 ~ 22:00    | 21:00 ~ 22:00 |       |               |
| Release&Strength | Basic 🌿          |                       | Waist 🌿        | Basic 🌿          | Power up Control |               |       |               |
| runa             | Tina.a           |                       | Satomi.K       | Mareha.N         | runa             |               |       |               |

| pilatesK 松戸店     |  |                  | 【 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         |
| Basic 🌿          |  | Back & Arm 🌿     | Release&Strength  |       | Waist 🌿          | Style up Pilates      |                | Beauty Conditioning 🌿 |
| Mareha.N         |  | Tina.a           | Satomi.K          |       | Satomi.K         | Hina.N                |                | Aisha.M               |
| 12:00 ~ 13:00    |  | 12:00 ~ 13:00    | 12:30 ~ 13:30     |       | 12:00 ~ 13:00    | 12:30 ~ 13:30         |                | 12:00 ~ 13:00         |
| Animal Stretch   |  | Style up Pilates | Hip & Leg 🌿       |       | Basic 🌿          | Back & Arm 🌿          |                | Basic 🌿               |
| runa             |  | Hina.N           | Aisha.M           |       | Tina.a           | Tina.a                |                | Tina.a                |
| 13:30 ~ 14:30    |  | 13:30 ~ 14:30    | 14:30 ~ 15:30     |       | 13:30 ~ 14:30    |                       |                | 13:30 ~ 14:30         |
| Back & Arm 🌿     |  | Pilates Cardio   | Basic 🌿           |       | Release&Strength |                       |                | Hip & Leg 🌿           |
| Tina.a           |  | Hina.N           | Tina.a            |       | Satomi.K         |                       |                | Aisha.M               |
| close            |  | 15:00 ~ 16:00    | 16:30 ~ 17:30     |       | close            | close                 | close          | close                 |
|                  |  | Basic 🌿          | Back & Arm 🌿      |       |                  |                       |                |                       |
|                  |  | Mareha.N         | Tina.a            |       |                  |                       |                |                       |
|                  |  | close            |                   |       |                  |                       |                |                       |
|                  |  | 17:30 ~ 18:30    |                   |       |                  |                       |                |                       |
|                  |  |                  |                   |       |                  |                       |                |                       |
| Pre Basic 🌿      |  |                  |                   |       |                  |                       |                |                       |
| Hina.N           |  |                  |                   |       |                  |                       |                |                       |
| 18:00 ~ 19:00    |  |                  |                   |       | 18:00 ~ 19:00    | 18:00 ~ 19:00         | 18:00 ~ 19:00  | 18:00 ~ 19:00         |
| Waist 🌿          |  |                  |                   |       | Pilates Cardio   | Beauty Conditioning 🌿 | Basic 🌿        | Pre Basic 🌿           |
| Aisha.M          |  |                  |                   |       | Hina.N           | Aisha.M               | Mareha.N       | Hina.N                |
| 19:30 ~ 20:30    |  |                  |                   |       | 19:30 ~ 20:30    | 19:30 ~ 20:30         | 19:30 ~ 20:30  | 19:30 ~ 20:30         |
| Style up Pilates |  |                  |                   |       | Hip & Leg 🌿      | Basic 🌿               | Pilates Cardio | Back & Arm 🌿          |
| Hina.N           |  |                  |                   |       | Aisha.M          | Mareha.N              | Maki.H         | Hina.N                |
| 21:00 ~ 22:00    |  |                  |                   |       | 21:00 ~ 22:00    | 21:00 ~ 22:00         | 21:00 ~ 22:00  | 21:00 ~ 22:00         |
| Hip & Leg 🌿      |  |                  |                   |       | Pre Basic 🌿      | Hip & Leg 🌿           | Waist 🌿        | Basic 🌿               |
| Aisha.M          |  |                  |                   |       | Hina.N           | Aisha.M               | Maki.H         | Mareha.N              |

🌿：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 松戸店     |                        | 【 10/17 ~ 10/24 】 スケジュール |                        |                  |                |                        |                        | 2026/09/11 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          | close                    | 10:30 ~ 11:30          | 10:30 ~ 11:30    | close          | 10:30 ~ 11:30          | 10:30 ~ 11:30          |                |       |
| Basic 🇯🇵         | Waist 🇯🇵               |                          | Basic 🇯🇵               | Back & Arm 🇯🇵    |                | Waist 🇯🇵               | Beauty Conditioning 🇯🇵 |                |       |
| Tina.a           | Aisha.M                |                          | Tina.a                 | Tina.a           |                | Aisha.M                | Aisha.M                |                |       |
| 12:00 ~ 13:00    | 12:30 ~ 13:30          |                          | 12:00 ~ 13:00          | 12:30 ~ 13:30    |                | 12:00 ~ 13:00          | 12:00 ~ 13:00          |                |       |
| Pilates Cardio   | Basic 🇯🇵               |                          | Back & Arm 🇯🇵          | Basic 🇯🇵         |                | Beauty Conditioning 🇯🇵 | Back & Arm 🇯🇵          |                |       |
| Hina.N           | Mareha.N               |                          | Tina.a                 | Mareha.N         |                | Aisha.M                | Tina.a                 |                |       |
| 13:30 ~ 14:30    | 14:30 ~ 15:30          |                          | 13:30 ~ 14:30          | close            |                | 13:30 ~ 14:30          | 13:30 ~ 14:30          |                |       |
| Basic 🇯🇵         | Beauty Conditioning 🇯🇵 |                          | Basic 🇯🇵               |                  |                | Back & Arm 🇯🇵          | Style up Pilates       |                |       |
| Mareha.N         | Aisha.M                |                          | Mareha.N               |                  |                | Tina.a                 | Hina.N                 |                |       |
| 15:00 ~ 16:00    | 16:30 ~ 17:30          |                          | close                  |                  |                | close                  | close                  | 15:00 ~ 16:00  |       |
| Style up Pilates | Power up Control       |                          |                        |                  |                |                        |                        | Waist 🇯🇵       |       |
| Hina.N           | runa                   |                          |                        |                  |                |                        |                        | Aisha.M        |       |
| close            | close                  |                          |                        |                  |                |                        |                        | close          | close |
| 17:30 ~ 18:30    |                        |                          |                        |                  |                |                        |                        | 17:30 ~ 18:30  |       |
| Back & Arm 🇯🇵    |                        |                          |                        |                  |                |                        |                        | Pilates Cardio |       |
| Tina.a           |                        |                          |                        |                  |                |                        |                        | Hina.N         |       |
| close            |                        |                          | close                  | 18:00 ~ 19:00    | 18:00 ~ 19:00  | 18:00 ~ 19:00          | 18:00 ~ 19:00          |                |       |
|                  |                        |                          | Style up Pilates       | Waist 🇯🇵         | Hip & Leg 🇯🇵   | Basic 🇯🇵               |                        |                |       |
|                  |                        |                          | Hina.N                 | Aisha.M          | Mareha.N       | Maki.H                 |                        |                |       |
|                  |                        |                          | 19:30 ~ 20:30          | 19:30 ~ 20:30    | 19:30 ~ 20:30  | 19:30 ~ 20:30          |                        |                |       |
|                  |                        |                          | Beauty Conditioning 🇯🇵 | Advance          | Pre Basic 🇯🇵   | Hip & Leg 🇯🇵           |                        |                |       |
|                  |                        |                          | Aisha.M                | runa             | Hina.N         | Mareha.N               |                        |                |       |
|                  | 21:00 ~ 22:00          |                          | 21:00 ~ 22:00          | 21:00 ~ 22:00    | 21:00 ~ 22:00  |                        |                        |                |       |
|                  | Hip & Leg 🇯🇵           |                          | Back & Arm 🇯🇵          | Style up Pilates | Pilates Cardio |                        |                        |                |       |
| Aisha.M          | Hina.N                 |                          | Hina.N                 | Maki.H           |                |                        |                        |                |       |
|                  |                        |                          |                        |                  |                |                        |                        |                |       |

| pilatesK 松戸店   |               | 【 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  | close         | 10:30 ~ 11:30            | 10:30 ~ 11:30         | close            | 10:30 ~ 11:30 | 10:30 ~ 11:30  |                  |       |       |               |               |       |
| Pilates Cardio |               | Hip & Leg 🏃              | Beauty Conditioning 🏃 |                  | Basic 🏃       | Pre Basic 🏃    |                  |       |       |               |               |       |
| Hina.N         |               | Hikari.K                 | Aisha.M               |                  | Tina.a        | Maki.H         |                  |       |       |               |               |       |
| 12:30 ~ 13:30  |               | 12:00 ~ 13:00            | 12:30 ~ 13:30         |                  | 12:00 ~ 13:00 | 12:00 ~ 13:00  |                  |       |       |               |               |       |
| Waist 🏃        |               | Style up Pilates         | Hip & Leg 🏃           |                  | Back & Arm 🏃  | Hip & Leg 🏃    |                  |       |       |               |               |       |
| Aisha.M        |               | Hina.N                   | Mareha.N              |                  | Tina.a        | Mareha.N       |                  |       |       |               |               |       |
| 14:30 ~ 15:30  |               | 13:30 ~ 14:30            | close                 |                  | 13:30 ~ 14:30 | 13:30 ~ 14:30  |                  |       |       |               |               |       |
| Hip & Leg 🏃    |               | Pilates Cardio           |                       |                  | Waist 🏃       | Pilates Cardio |                  |       |       |               |               |       |
| Mareha.N       |               | Hina.N                   |                       |                  | Aisha.M       | Maki.H         |                  |       |       |               |               |       |
| 16:30 ~ 17:30  |               | close                    |                       |                  | close         | close          | 15:00 ~ 16:00    |       |       |               |               |       |
| Pre Basic 🏃    |               |                          |                       |                  |               |                | Style up Pilates |       |       |               |               |       |
| Hina.N         |               |                          |                       |                  |               |                | Hina.N           |       |       |               |               |       |
| close          |               |                          |                       |                  |               |                | close            | close | close | close         |               |       |
|                |               |                          |                       |                  |               |                |                  |       |       |               | 17:30 ~ 18:30 |       |
|                |               |                          |                       |                  |               |                |                  |       |       |               | Basic 🏃       |       |
|                |               |                          |                       |                  |               |                |                  |       |       |               | Mareha.N      |       |
|                |               |                          | 18:00 ~ 19:00         | 18:00 ~ 19:00    |               |                |                  |       |       | 18:00 ~ 19:00 | 18:00 ~ 19:00 | close |
|                |               |                          | Back & Arm 🏃          | Power up Control |               |                |                  |       |       | Basic 🏃       | Waist 🏃       |       |
|                |               |                          | Tina.a                | runa             |               |                |                  |       |       | Mareha.N      | Hina.N        |       |
|                | 19:30 ~ 20:30 | 19:30 ~ 20:30            | 19:30 ~ 20:30         | 19:30 ~ 20:30    |               |                |                  |       |       |               |               |       |
|                | Pre Basic 🏃   | Hip & Leg 🏃              | Back & Arm 🏃          | Style up Pilates |               |                |                  |       |       |               |               |       |
|                | Hina.N        | Mareha.N                 | Tina.a                | Hina.N           |               |                |                  |       |       |               |               |       |
| 21:00 ~ 22:00  | 21:00 ~ 22:00 | 21:00 ~ 22:00            | 21:00 ~ 22:00         |                  |               |                |                  |       |       |               |               |       |
| Basic 🏃        | Advance       | Hip & Leg 🏃              | Beauty Conditioning 🏃 |                  |               |                |                  |       |       |               |               |       |
| Tina.a         | runa          | Mareha.N                 | Aisha.M               |                  |               |                |                  |       |       |               |               |       |

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