

| pilatesK 南大沢店 |                | 【 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  | 10:30 ~ 11:30     | 10:30 ~ 11:30    | close         | 10:30 ~ 11:30    |                | close |               |
|               | Pilates Cardio | Waist 🌿           | Reset Flow       |               | Hip & Leg 🌿      |                |       |               |
|               | yumika.o       | COCO.H            | yumika.o         |               | COCO.H           |                |       |               |
|               | 12:00 ~ 13:00  | 12:00 ~ 13:00     | 12:30 ~ 13:30    |               | 12:00 ~ 13:00    |                |       |               |
|               | Hip & Leg 🌿    | Pilates Barre     | Basic 🌿          |               | Style up Pilates |                |       |               |
|               | Akie.T         | yumika.o          | COCO.H           |               | yumika.o         |                |       |               |
|               | 13:30 ~ 14:30  | 13:30 ~ 14:30     | 14:30 ~ 15:30    |               | 13:30 ~ 14:30    | 14:00 ~ 15:00  |       |               |
|               | Reset Flow     | Pilates Workout   | Style up Pilates |               | Basic 🌿          | Shape up waist |       |               |
|               | yumika.o       | Mirai.B           | yumika.o         |               | COCO.H           | Mirai.B        |       |               |
|               | close          | 15:00 ~ 16:00     | 16:30 ~ 17:30    |               | 15:00 ~ 16:00    | 15:30 ~ 16:30  |       |               |
|               |                | Style up Pilates  | Waist 🌿          |               | Reset Flow       | Basic 🌿        |       |               |
|               |                | yumika.o          | COCO.H           |               | yumika.o         | COCO.H         |       |               |
|               |                |                   |                  |               |                  |                |       |               |
|               |                | 17:30 ~ 18:30     | close            |               | 17:30 ~ 18:30    |                |       |               |
|               |                | Pre Basic 🌿       |                  |               | Pilates Cardio   |                |       |               |
|               |                | Mirai.B           |                  |               | Mirai.B          |                |       |               |
| 18:00 ~ 19:00 | 18:00 ~ 19:00  | close             |                  | 18:00 ~ 19:00 | 18:00 ~ 19:00    |                |       |               |
| Waist 🌿       | Shape up waist |                   |                  | Waist 🌿       | Pilates Cardio   |                |       |               |
| COCO.H        | Mirai.B        |                   |                  | yumika.o      | Mirai.B          |                |       |               |
| 19:30 ~ 20:30 | 19:30 ~ 20:30  |                   | 19:30 ~ 20:30    | 19:30 ~ 20:30 |                  |                |       |               |
| Hip & Leg 🌿   | Back & Arm 🌿   |                   | Pilates Barre    | Waist 🌿       |                  |                |       |               |
| Akie.T        | Akie.T         |                   | Mirai.B          | COCO.H        |                  |                |       |               |
| 21:00 ~ 22:00 | 21:00 ~ 22:00  |                   | 21:00 ~ 22:00    | 21:00 ~ 22:00 |                  |                |       |               |
| Basic 🌿       | Pre Basic 🌿    |                   | Style up Pilates | Pilates Barre |                  |                |       |               |
| COCO.H        | Mirai.B        |                   | yumika.o         | Mirai.B       |                  |                |       |               |

| pilatesK 南大沢店    |  |               | 【 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   |        | close         |  | 10:30 ~ 11:30    |  | 10:30 ~ 11:30    |  | close          |  | 10:30 ~ 11:30    |  |
| Waist 🍌          |  | Pilates Barre |                   | Hip & Leg 🍌     |        |               |  | Basic 🍌          |  | Waist 🍌          |  |                |  | Back & Arm 🍌     |  |
| Akie.T           |  | yumika.o      |                   | COCO.H          |        |               |  | COCO.H           |  | COCO.H           |  |                |  | Akie.T           |  |
| 12:00 ~ 13:00    |  | 12:00 ~ 13:00 |                   | 12:30 ~ 13:30   |        |               |  | 12:00 ~ 13:00    |  | 12:30 ~ 13:30    |  |                |  | 12:00 ~ 13:00    |  |
| Reset Flow       |  | Back & Arm 🍌  |                   | Pilates Cardio  |        |               |  | Reset Flow       |  | Release&Strength |  |                |  | Waist 🍌          |  |
| yumika.o         |  | Akie.T        |                   | yumika.o        |        |               |  | yumika.o         |  | Mirai.B          |  |                |  | Akie.T           |  |
| 13:30 ~ 14:30    |  | 13:30 ~ 14:30 |                   | 14:30 ~ 15:30   |        |               |  | 13:30 ~ 14:30    |  | close            |  |                |  | 13:30 ~ 14:30    |  |
| Hip & Leg 🍌      |  | Reset Flow    |                   | Waist 🍌         |        |               |  | Hip & Leg 🍌      |  |                  |  |                |  | Style up Pilates |  |
| Akie.T           |  | yumika.o      |                   | COCO.H          |        |               |  | COCO.H           |  |                  |  |                |  | yumika.o         |  |
| close            |  | 15:00 ~ 16:00 |                   | 16:30 ~ 17:30   |        |               |  | close            |  |                  |  |                |  | close            |  |
|                  |  | Hip & Leg 🍌   |                   | Pilates Barre   |        |               |  |                  |  |                  |  |                |  |                  |  |
|                  |  | Akie.T        |                   | yumika.o        |        |               |  |                  |  |                  |  |                |  |                  |  |
| 17:30 ~ 18:30    |  | close         |                   | close           |        |               |  |                  |  |                  |  |                |  |                  |  |
| Style up Pilates |  |               |                   |                 |        |               |  |                  |  |                  |  |                |  |                  |  |
| yumika.o         |  |               |                   |                 |        |               |  |                  |  |                  |  |                |  |                  |  |
| 18:00 ~ 19:00    |  |               |                   |                 |        | 18:00 ~ 19:00 |  | 18:00 ~ 19:00    |  | 18:00 ~ 19:00    |  |                |  |                  |  |
| Pre Basic 🍌      |  |               |                   |                 |        | Back & Arm 🍌  |  | Hip & Leg 🍌      |  | Shape up waist   |  | Pilates Cardio |  |                  |  |
| Mirai.B          |  | Akie.T        |                   | Akie.T          |        | Mirai.B       |  | yumika.o         |  |                  |  |                |  |                  |  |
| 19:30 ~ 20:30    |  | 19:30 ~ 20:30 |                   | 19:30 ~ 20:30   |        | 19:30 ~ 20:30 |  | 19:30 ~ 20:30    |  | 19:30 ~ 20:30    |  |                |  |                  |  |
| Release&Strength |  | Waist 🍌       |                   | Pilates Workout |        | Pre Basic 🍌   |  | Pilates Barre    |  |                  |  |                |  |                  |  |
| Mirai.B          |  | Akie.T        |                   | Mirai.B         |        | yumika.o      |  | Mirai.B          |  |                  |  |                |  |                  |  |
| 21:00 ~ 22:00    |  | 21:00 ~ 22:00 |                   | 21:00 ~ 22:00   |        | 21:00 ~ 22:00 |  | 21:00 ~ 22:00    |  | 21:00 ~ 22:00    |  |                |  |                  |  |
| Shape up waist   |  | Pilates Barre |                   | Back & Arm 🍌    |        | Reset Flow    |  | Release&Strength |  |                  |  |                |  |                  |  |
| Mizuki.K         |  | Mirai.B       |                   | Akie.T          |        | Mirai.B       |  | Mirai.B          |  |                  |  |                |  |                  |  |

🟢：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 南大沢店   |                  | 【 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    | close                    | 10:30 ~ 11:30    | 10:30 ~ 11:30  | close            | 10:30 ~ 11:30    | 10:30 ~ 11:30  |               |  |  |  |  |  |  |  |
| Hip & Leg 🟡     | Style up Pilates |                          | Waist 🟢          | Pilates Cardio |                  | Shape up waist   | Back & Arm 🟡   |               |  |  |  |  |  |  |  |
| Akie.T          | yumika.o         |                          | Akie.T           | Mirai.B        |                  | Mirai.B          | Akie.T         |               |  |  |  |  |  |  |  |
| 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 Workout | Hip & Leg 🟡      |                          | Basic 🟢          | Hip & Leg 🟡    |                  | Back & Arm 🟡     | Reset Flow     |               |  |  |  |  |  |  |  |
| Mirai.B         | COCO.H           |                          | COCO.H           | Akie.T         |                  | Akie.T           | yumika.o       |               |  |  |  |  |  |  |  |
| 13:30 ~ 14:30   | 14:30 ~ 15:30    |                          | 13:30 ~ 14:30    | close          |                  | 13:30 ~ 14:30    | 13:30 ~ 14:30  |               |  |  |  |  |  |  |  |
| Pre Basic 🟡     | Pilates Barre    |                          | Back & Arm 🟡     |                |                  | Release&Strength | Waist 🟢        |               |  |  |  |  |  |  |  |
| Mirai.B         | yumika.o         |                          | Akie.T           |                |                  | Mirai.B          | Akie.T         |               |  |  |  |  |  |  |  |
| 15:00 ~ 16:00   | 16:30 ~ 17:30    |                          | close            |                |                  | close            | 15:00 ~ 16:00  |               |  |  |  |  |  |  |  |
| Back & Arm 🟡    | Waist 🟢          |                          |                  |                |                  |                  | Pilates Cardio |               |  |  |  |  |  |  |  |
| Akie.T          | COCO.H           |                          |                  |                |                  |                  | yumika.o       |               |  |  |  |  |  |  |  |
| close           | close            |                          |                  |                |                  |                  | close          |               |  |  |  |  |  |  |  |
|                 |                  |                          |                  |                |                  |                  |                |               |  |  |  |  |  |  |  |
|                 |                  |                          |                  |                |                  |                  |                |               |  |  |  |  |  |  |  |
| 17:30 ~ 18:30   | close            |                          |                  |                |                  |                  | 17:30 ~ 18:30  |               |  |  |  |  |  |  |  |
| Reset Flow      |                  |                          |                  |                |                  |                  | Hip & Leg 🟡    |               |  |  |  |  |  |  |  |
| Mirai.B         |                  |                          |                  |                |                  |                  | Akie.T         |               |  |  |  |  |  |  |  |
| close           |                  |                          | 18:00 ~ 19:00    | 18:00 ~ 19:00  | 18:00 ~ 19:00    | 18:00 ~ 19:00    | close          |               |  |  |  |  |  |  |  |
|                 |                  |                          | Style up Pilates | Basic 🟢        | Pilates Cardio   | Waist 🟡          |                |               |  |  |  |  |  |  |  |
|                 |                  |                          | yumika.o         | COCO.H         | yumika.o         | Akie.T           |                |               |  |  |  |  |  |  |  |
|                 |                  |                          | 19:30 ~ 20:30    | 19:30 ~ 20:30  | 19:30 ~ 20:30    | 19:30 ~ 20:30    |                |               |  |  |  |  |  |  |  |
|                 |                  |                          | Hip & Leg 🟡      | Pilates Barre  | Waist 🟡          | Basic 🟢          |                |               |  |  |  |  |  |  |  |
|                 |                  |                          | COCO.H           | yumika.o       | COCO.H           | COCO.H           |                |               |  |  |  |  |  |  |  |
|                 |                  |                          | 21:00 ~ 22:00    | 21:00 ~ 22:00  | 21:00 ~ 22:00    | 21:00 ~ 22:00    |                |               |  |  |  |  |  |  |  |
|                 |                  |                          | Reset Flow       | Waist 🟡        | Style up Pilates | Hip & Leg 🟡      |                |               |  |  |  |  |  |  |  |
| yumika.o        | COCO.H           |                          | yumika.o         | COCO.H         |                  |                  |                |               |  |  |  |  |  |  |  |

| pilatesK 南大沢店  |  | 【 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    |  |       |  |       |  |                |  |
| Hip & Leg 🍌    |  |                          |  | Style up Pilates |  | Hip & Leg 🍌      |  |       |  | Waist 🍌       |  | Pilates Cardio   |  |       |  |       |  |                |  |
| Akie.T         |  |                          |  | yumika.o         |  | COCO.H           |  |       |  | Akie.T        |  | yumika.o         |  |       |  |       |  |                |  |
| 12:30 ~ 13:30  |  |                          |  | 12:00 ~ 13:00    |  | 12:30 ~ 13:30    |  |       |  | 12:00 ~ 13:00 |  | 12:00 ~ 13:00    |  |       |  |       |  |                |  |
| Shape up waist |  |                          |  | Back & Arm 🍌     |  | Pilates Workout  |  |       |  | Pilates Barre |  | Release&Strength |  |       |  |       |  |                |  |
| Mirai.B        |  |                          |  | Akie.T           |  | Mirai.B          |  |       |  | Mirai.B       |  | Mirai.B          |  |       |  |       |  |                |  |
| 14:30 ~ 15:30  |  |                          |  | 13:30 ~ 14:30    |  | close            |  |       |  | 13:30 ~ 14:30 |  | 13:30 ~ 14:30    |  |       |  |       |  |                |  |
| Back & Arm 🍌   |  |                          |  | Waist 🍌          |  |                  |  |       |  | Hip & Leg 🍌   |  | Style up Pilates |  |       |  |       |  |                |  |
| Akie.T         |  |                          |  | Akie.T           |  |                  |  |       |  | Akie.T        |  | yumika.o         |  |       |  |       |  |                |  |
| 16:30 ~ 17:30  |  |                          |  | close            |  |                  |  |       |  | close         |  | 15:00 ~ 16:00    |  |       |  |       |  |                |  |
| Pre Basic 🍌    |  | Back & Arm 🍌             |  |                  |  |                  |  |       |  |               |  |                  |  |       |  |       |  |                |  |
| Mirai.B        |  | Akie.T                   |  |                  |  |                  |  |       |  |               |  |                  |  |       |  |       |  |                |  |
| close          |  | close                    |  |                  |  |                  |  | close |  |               |  | 17:30 ~ 18:30    |  |       |  |       |  |                |  |
|                |  |                          |  |                  |  |                  |  |       |  |               |  | Waist 🍌          |  |       |  |       |  |                |  |
|                |  |                          |  |                  |  |                  |  |       |  |               |  | Akie.T           |  |       |  |       |  |                |  |
|                |  |                          |  |                  |  |                  |  |       |  |               |  | close            |  | close |  | close |  | 18:00 ~ 19:00  |  |
|                |  |                          |  |                  |  | Hip & Leg 🍌      |  |       |  |               |  |                  |  |       |  |       |  | Waist 🍌        |  |
|                |  |                          |  |                  |  | COCO.H           |  |       |  |               |  |                  |  |       |  |       |  | Akie.T         |  |
|                |  |                          |  |                  |  | 19:30 ~ 20:30    |  |       |  |               |  |                  |  |       |  |       |  | 19:30 ~ 20:30  |  |
|                |  |                          |  | Pilates Cardio   |  | Basic 🍌          |  |       |  | Hip & Leg 🍌   |  |                  |  |       |  |       |  | Shape up waist |  |
|                |  |                          |  | yumika.o         |  | COCO.H           |  |       |  | COCO.H        |  |                  |  |       |  |       |  | Mirai.B        |  |
|                |  |                          |  | 21:00 ~ 22:00    |  | 21:00 ~ 22:00    |  |       |  | 21:00 ~ 22:00 |  |                  |  |       |  |       |  | 21:00 ~ 22:00  |  |
| Basic 🍌        |  | Back & Arm 🍌             |  | Waist 🍌          |  | Style up Pilates |  |       |  |               |  |                  |  |       |  |       |  |                |  |
| COCO.H         |  | Akie.T                   |  | COCO.H           |  | yumika.o         |  |       |  |               |  |                  |  |       |  |       |  |                |  |

🟡 : 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。