

pilatesK smart 仙台店		【 10/01 ~ 10/08 】		スケジュール		2026/09/16 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 ~ 11:00	10:30 ~ 11:00	close	close	10:30 ~ 11:00	10:30 ~ 11:00	close	
	Basic B	Stretch A			Hip B	Basic B		
	MIZUKI.T	Hinata.i			Hinata.i	MIZUKI.T		
	11:30 ~ 12:00	11:30 ~ 12:00			11:30 ~ 12:00	11:30 ~ 12:00		
	Jump A	Basic A			Basic B	Balance A		
	Hinata.i	MIZUKI.T			Hinata.i	MAYUKI.H		
	12:30 ~ 13:00	12:30 ~ 13:00			12:30 ~ 13:00	12:30 ~ 13:00		
	Hip A	Leg A			Stretch A	Hip A		
	MIZUKI.T	Hinata.i			MAYUKI.H	MIZUKI.T		
	13:30 ~ 14:00	13:30 ~ 14:00			13:30 ~ 14:00	13:30 ~ 14:00		
	Balance A	Basic B			Leg A	Basic A		
	Hinata.i	MIZUKI.T			Hinata.i	MAYUKI.H		
	close	close			14:30 ~ 15:00	close		close
					Jump A			
					Hinata.i			
					15:30 ~ 16:00			
					Hip A			
					MIZUKI.T			
close	close	16:30 ~ 17:00	close	close				
		Back A						
		Hinata.i						
		close						
		17:30 ~ 18:00			17:30 ~ 18:00	17:30 ~ 18:00	17:30 ~ 18:00	
		Hip A			Basic B	Basic B	Waist A	Basic A
Hinata.i	MAYUKI.H	MIZUKI.T	MAYUKI.H	Hinata.i				
18:30 ~ 19:00	18:30 ~ 19:00	18:30 ~ 19:00	18:30 ~ 19:00	18:30 ~ 19:00				
Basic A	Back A	Balance A	Back A	Jump A				
MAYUKI.H	Hinata.i	Hinata.i	Hinata.i	MAYUKI.H				
19:30 ~ 20:00	19:30 ~ 20:00	19:30 ~ 20:00	19:30 ~ 20:00	19:30 ~ 20:00				
Jump A	Leg A	Hip A	Basic A	Hip B				
Hinata.i	MAYUKI.H	MIZUKI.T	MAYUKI.H	Hinata.i				
20:30 ~ 21:00	20:30 ~ 21:00	20:30 ~ 21:00	20:30 ~ 21:00	20:30 ~ 21:00				
Balance A	Basic A	Jump A	Leg A	Basic B				
MAYUKI.H	Hinata.i	Hinata.i	Hinata.i	MAYUKI.H				

pilatesK_ernart 仙台店		【 10/09 ~ 10/16 】		スケジュール		2026/09/16 更新					
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 ~ 11:00	10:30 ~ 11:00	close	close	10:30 ~ 11:00	10:30 ~ 11:00	close	10:30 ~ 11:00				
Back A	Jump A			Balance A	Jump A		Hip A				
Hinata.i	MAYUKI.H			Hinata.i	Hinata.i		MIZUKI.T				
11:30 ~ 12:00	11:30 ~ 12:00			11:30 ~ 12:00	11:30 ~ 12:00		11:30 ~ 12:00				
Basic B	Hip A			Leg A	Basic A		Waist A				
MIZUKI.T	MIZUKI.T			MAYUKI.H	MIZUKI.T		MAYUKI.H				
12:30 ~ 13:00	12:30 ~ 13:00			12:30 ~ 13:00	12:30 ~ 13:00		12:30 ~ 13:00				
Basic A	Waist A			Basic B	Hip B		Basic B				
MIZUKI.T	MAYUKI.H			Hinata.i	Hinata.i		MIZUKI.T				
13:30 ~ 14:00	13:30 ~ 14:00			13:30 ~ 14:00	13:30 ~ 14:00		13:30 ~ 14:00				
Stretch A	Hip B			Waist A	Basic B		Leg A				
Hinata.i	MAYUKI.H			MAYUKI.H	MIZUKI.T		MAYUKI.H				
close	14:30 ~ 15:00			close	close		close	close	close	close	
	Basic A										
	MIZUKI.T										
	15:30 ~ 16:00										
	Balance A										
MAYUKI.H											
16:30 ~ 17:00											
Basic B											
MIZUKI.T											
17:30 ~ 18:00	close	17:30 ~ 18:00	17:30 ~ 18:00			17:30 ~ 18:00					17:30 ~ 18:00
Leg A		Hip B	Stretch A			Hip A					Balance A
MAYUKI.H		MAYUKI.H	MAYUKI.H			MIZUKI.T					MAYUKI.H
18:30 ~ 19:00		18:30 ~ 19:00	18:30 ~ 19:00			18:30 ~ 19:00					18:30 ~ 19:00
Hip A		Back A	Basic B			Waist A					Basic A
MIZUKI.T		Hinata.i	MIZUKI.T			Hinata.i					MIZUKI.T
19:30 ~ 20:00		19:30 ~ 20:00	19:30 ~ 20:00	19:30 ~ 20:00	19:30 ~ 20:00						
Basic B		Stretch A	Jump A	Basic B	Hip B						
MIZUKI.T		MAYUKI.H	MAYUKI.H	MIZUKI.T	MAYUKI.H						
20:30 ~ 21:00		20:30 ~ 21:00	20:30 ~ 21:00	20:30 ~ 21:00	20:30 ~ 21:00						
Waist A		Basic A	Hip A	Back A	Basic B						
MAYUKI.H		Hinata.i	MIZUKI.T	Hinata.i	MIZUKI.T						

pilatesK_smart 仙台店		【 10/17 ~ 10/24 】		スケジュール		2026/09/16 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 ~ 11:00	close	close	10:30 ~ 11:00	10:30 ~ 11:00	close	10:30 ~ 11:00	10:30 ~ 11:00		
Waist A			Basic B	Hip A		Hip B	Leg A		
Hinata.i			MIZUKI.T	MIZUKI.T		MAYUKI.H	MAYUKI.H		
11:30 ~ 12:00			11:30 ~ 12:00	11:30 ~ 12:00		11:30 ~ 12:00	11:30 ~ 12:00	11:30 ~ 12:00	
Stretch A			Jump A	Leg A		Basic B	Hip A		
MAYUKI.H			Hinata.i	MAYUKI.H		MIZUKI.T	MIZUKI.T		
12:30 ~ 13:00			12:30 ~ 13:00	12:30 ~ 13:00		12:30 ~ 13:00	12:30 ~ 13:00	12:30 ~ 13:00	
Back A			Back A	Basic A		Jump A	Stretch A		
Hinata.i			Hinata.i	MIZUKI.T		MAYUKI.H	MAYUKI.H		
13:30 ~ 14:00			13:30 ~ 14:00	13:30 ~ 14:00		13:30 ~ 14:00	13:30 ~ 14:00	13:30 ~ 14:00	
Jump A			Basic A	Waist A		Basic A	Waist A		
MAYUKI.H			MIZUKI.T	MAYUKI.H		MIZUKI.T	MAYUKI.H		
14:30 ~ 15:00			close	close		close	close	14:30 ~ 15:00	
Hip A								Basic B	
MIZUKI.T								MIZUKI.T	
15:30 ~ 16:00								15:30 ~ 16:00	
Basic A								Hip B	
MIZUKI.T								MAYUKI.H	
16:30 ~ 17:00								16:30 ~ 17:00	
Hip B								Jump A	
Hinata.i								MAYUKI.H	
close			17:30 ~ 18:00	17:30 ~ 18:00	17:30 ~ 18:00	17:30 ~ 18:00	close		
			Jump A	Back A	Waist A	Basic B			
			Hinata.i	Hinata.i	MAYUKI.H	MIZUKI.T			
			18:30 ~ 19:00	18:30 ~ 19:00	18:30 ~ 19:00	18:30 ~ 19:00			
			Hip A	Jump A	Basic A	Stretch A			
			MIZUKI.T	MAYUKI.H	MIZUKI.T	MAYUKI.H			
			19:30 ~ 20:00	19:30 ~ 20:00	19:30 ~ 20:00	19:30 ~ 20:00			
			Waist A	Leg A	Jump A	Leg A			
			Hinata.i	Hinata.i	MAYUKI.H	MAYUKI.H			
			20:30 ~ 21:00	20:30 ~ 21:00	20:30 ~ 21:00	20:30 ~ 21:00			
			Basic A	Stretch A	Basic B	Hip A			
			MIZUKI.T	MAYUKI.H	MIZUKI.T	MIZUKI.T			

pilatesK smart 仙台店		【 10/25 ~ 10/31 】		スケジュール		2026/09/16 更新	
10/25	10/26	10/27	10/28	10/29	10/30	10/31	
日	月	火	水	木	金	土	
close	close	10:30 ~ 11:00	10:30 ~ 11:00	close	10:30 ~ 11:00	10:30 ~ 11:00	
		Hip A	Balance A		Basic A	Back A	
		MIZUKI.T	MAYUKI.H		MIZUKI.T	Hinata.i	
		11:30 ~ 12:00	11:30 ~ 12:00		11:30 ~ 12:00	11:30 ~ 12:00	
		Balance A	Basic A		Back A	Jump A	
		MAYUKI.H	Hinata.i		Hinata.i	Hinata.i	
		12:30 ~ 13:00	12:30 ~ 13:00		12:30 ~ 13:00	12:30 ~ 13:00	
		Basic A	Waist A		Hip A	Basic B	
		MIZUKI.T	MAYUKI.H		MIZUKI.T	MIZUKI.T	
		13:30 ~ 14:00	13:30 ~ 14:00		13:30 ~ 14:00	13:30 ~ 14:00	
		Jump A	Back A		Jump A	Hip B	
		MAYUKI.H	Hinata.i		Hinata.i	MAYUKI.H	
						14:30 ~ 15:00	
						Balance A	
						Hinata.i	
						15:30 ~ 16:00	
						Basic A	
						MAYUKI.H	
						16:30 ~ 17:00	
						Waist A	
						Hinata.i	
						close	
		17:30 ~ 18:00	17:30 ~ 18:00	17:30 ~ 18:00	17:30 ~ 18:00		
		Leg A	Waist A	Basic A	Leg A		
		Hinata.i	Hinata.i	MIZUKI.T	MAYUKI.H		
		18:30 ~ 19:00	18:30 ~ 19:00	18:30 ~ 19:00	18:30 ~ 19:00		
		Basic A	Hip B	Hip A	Hip A		
		MIZUKI.T	Hinata.i	Hinata.i	MIZUKI.T		
		19:30 ~ 20:00	19:30 ~ 20:00	19:30 ~ 20:00	19:30 ~ 20:00		
		Basic B	Stretch A	Back A	Waist A		
		MIZUKI.T	MAYUKI.H	Hinata.i	MAYUKI.H		
		20:30 ~ 21:00	20:30 ~ 21:00	20:30 ~ 21:00	20:30 ~ 21:00		
		Back A	Jump A	Basic A	Basic B		
		Hinata.i	Hinata.i	MIZUKI.T	MIZUKI.T		