

pilatesK ゆめがけ姫路店

【 10/01 ~ 10/08 】 スケジュール

2026/09/12 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         |               |
|               | Release&Strength | Back & Arm 🌿     | Shape up waist        |               | Pilates Cardio | Pilates Barre    |               |               |
|               | Miku.y           | Risuzu.K         | Shiho.Y               |               | Shiho.Y        | Nami.M           |               |               |
|               | 12:00 ~ 13:00    | 12:00 ~ 13:00    | 12:30 ~ 13:00         |               | 12:00 ~ 13:00  | 12:00 ~ 13:00    |               |               |
|               | Pre Basic 🌿      | Pilates Barre    | Pre Basic 🌿           |               | Hip & Leg 🌿    | Basic 🌿          |               |               |
|               | Shiho.Y          | Nami.M           | Miku.y                |               | Risuzu.K       | Risuzu.K         |               |               |
|               | 13:30 ~ 14:30    | 13:30 ~ 14:30    | 14:30 ~ 15:30         |               | 13:30 ~ 14:30  | 13:30 ~ 14:30    |               |               |
|               | Pilates Workout  | Hip & Leg 🌿      | Beauty Conditioning 🌿 |               | Pre Basic 🌿    | Release&Strength |               |               |
|               | Miku.y           | Miku.y           | Rena.M                |               | Shiho.Y        | Rena.M           |               |               |
|               | close            | 15:00 ~ 16:00    | 16:30 ~ 17:30         |               | close          | close            |               | close         |
|               |                  | Release&Strength | Hip Punch             |               |                |                  |               |               |
|               |                  | Rena.M           | Miku.y                |               |                |                  |               |               |
|               |                  | 16:30 ~ 17:30    |                       |               |                |                  |               |               |
|               |                  | Waist 🌿          |                       |               |                |                  |               |               |
|               |                  | Nami.M           |                       |               |                |                  |               |               |
|               | 18:00 ~ 19:00    | 18:00 ~ 19:00    | close                 |               | close          | close            |               | close         |
| Basic 🌿       |                  |                  |                       |               |                |                  |               |               |
| Miku.y        |                  |                  |                       |               |                |                  |               |               |
| 18:00 ~ 19:00 | 18:00 ~ 19:00    | 18:00 ~ 19:00    |                       | 18:00 ~ 19:00 |                |                  |               |               |
| Hip & Leg 🌿   | Basic 🌿          | Shape up waist   |                       | Pre Basic 🌿   |                |                  |               |               |
| Risuzu.K      | Nami.M           | Shiho.Y          |                       | Shiho.Y       |                |                  |               |               |
| 19:30 ~ 20:30 | 19:30 ~ 20:30    | close            | close                 | close         | close          |                  |               |               |
| Pilates Barre | Waist 🌿          |                  |                       |               |                | 19:30 ~ 20:30    | 19:30 ~ 20:30 | 19:30 ~ 20:30 |
| Nami.M        | Risuzu.K         |                  |                       |               |                | Hip Punch        | Basic 🌿       | Back & Arm 🌿  |
|               |                  |                  |                       |               |                | Miku.y           | Shiho.Y       | Risuzu.K      |
| 21:00 ~ 22:00 | 21:00 ~ 22:00    | close            | close                 | close         | close          |                  |               |               |
| Basic 🌿       | Hip Punch        |                  |                       |               |                | 21:00 ~ 22:00    | 21:00 ~ 22:00 | 21:00 ~ 22:00 |
| Risuzu.K      | Nami.M           |                  |                       |               |                |                  |               |               |
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pilatesK ゆめがけ姫路店

【 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         |       |
| Basic👉👈          | Hip & Leg👉👈    | Pilates Barre   |               | Shape up waist        | Basic👉👈       |               | Beauty Conditioning👉👈 |       |
| Risuzu.K         | Miku.y         | Nami.M          |               | Nami.M                | Risuzu.K      |               | Rena.M                |       |
| 12:00 ~ 13:00    | 12:00 ~ 13:00  | 12:30 ~ 13:30   |               | 12:00 ~ 13:00         | 12:00 ~ 13:00 |               | 12:00 ~ 13:00         |       |
| Shape up waist   | Pilates Cardio | Waist👉👈         |               | Basic👉👈               | Hip Punch     |               | Pilates Barre         |       |
| Shiho.Y          | Shiho.Y        | Miku.y          |               | Risuzu.K              | Nami.M        |               | Nami.M                |       |
| 13:30 ~ 14:30    | 13:30 ~ 14:30  | 14:30 ~ 15:30   |               | 13:30 ~ 14:30         | 13:30 ~ 14:30 |               | 13:30 ~ 14:30         |       |
| Back & Arm👉👈     | Waist👉👈        | Hip & Leg👉👈     |               | Hip & Leg👉👈           | Back & Arm👉👈  |               | Basic👉👈               |       |
| Risuzu.K         | Nami.M         | Nami.M          |               | Nami.M                | Risuzu.K      |               | Risuzu.K              |       |
| close            | 15:00 ~ 16:00  | 16:30 ~ 17:30   |               | close                 | close         |               | close                 | close |
|                  | Pre Basic👉👈    | Pilates Workout |               |                       |               |               |                       |       |
|                  | Miku.y         | Miku.y          |               |                       |               |               |                       |       |
|                  | 16:30 ~ 17:30  | close           |               |                       |               |               |                       |       |
|                  | Back & Arm👉👈   |                 |               |                       |               |               |                       |       |
|                  | Shiho.Y        |                 |               |                       |               |               |                       |       |
|                  | 18:00 ~ 19:00  |                 |               |                       |               |               |                       |       |
| Hip Punch        |                |                 |               |                       |               |               |                       |       |
| Nami.M           |                |                 |               |                       |               |               |                       |       |
| 18:00 ~ 19:00    | close          | close           | 18:00 ~ 19:00 | 18:00 ~ 19:00         | 18:00 ~ 19:00 | 18:00 ~ 19:00 |                       |       |
| Release&Strength |                |                 | Pre Basic👉👈   | Pilates Barre         | Hip Punch     | Back & Arm👉👈  |                       |       |
| Miku.y           |                |                 | Shiho.Y       | Nami.M                | Miku.y        | Shiho.Y       |                       |       |
| 19:30 ~ 20:30    |                |                 | 19:30 ~ 20:30 | 19:30 ~ 20:30         | 19:30 ~ 20:30 | 19:30 ~ 20:30 |                       |       |
| Hip & Leg👉👈      |                |                 | Waist👉👈       | Beauty Conditioning👉👈 | Basic👉👈       | Pre Basic👉👈   |                       |       |
| Nami.M           |                |                 | Risuzu.K      | Rena.M                | Shiho.Y       | Miku.y        |                       |       |
| 21:00 ~ 22:00    |                |                 | 21:00 ~ 22:00 | 21:00 ~ 22:00         | 21:00 ~ 22:00 | 21:00 ~ 22:00 |                       |       |
| Basic👉👈          | Pilates Cardio | Hip & Leg👉👈     | Waist👉👈       | Shape up waist        |               |               |                       |       |
| Miku.y           | Shiho.Y        | Nami.M          | Miku.y        | Shiho.Y               |               |               |                       |       |

🟡：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時間前迄にお申し立てしております。

・レッスン開始時刻1時間前を切った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 ゆめタウン姫路店 |                | 【 10/17 ~ 10/24 】 スケジュール |                 |                        |               |               |               | 2026/09/12 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 🇯🇵          | Hip Punch      |                          | Waist 🇯🇵        | Hip & Leg 🇯🇵           |               | Hip Punch     | Back & Arm 🇯🇵 |                        |
| Shiho,Y           | Nami,M         |                          | Nami,M          | Risuzu,K               |               | Miku,y        | Shiho,Y       |                        |
| 12:00 ~ 13:00     | 12:30 ~ 13:30  |                          | 12:00 ~ 13:00   | 12:00 ~ 13:00          |               | 12:00 ~ 13:00 | 12:00 ~ 13:00 |                        |
| Release&Strength  | Pilates Cardio |                          | Pilates Workout | Basic 🇯🇵               |               | Back & Arm 🇯🇵 | Basic 🇯🇵      |                        |
| Miku,y            | Shiho,Y        |                          | Miku,y          | Risuzu,K               |               | Shiho,Y       | Miku,y        |                        |
| 13:30 ~ 14:30     | 14:30 ~ 15:30  |                          | 13:30 ~ 14:30   | 13:30 ~ 14:30          |               | 13:30 ~ 14:30 | 13:30 ~ 14:30 |                        |
| Back & Arm 🇯🇵     | Basic 🇯🇵       |                          | Basic 🇯🇵        | Beauty Conditioning 🇯🇵 |               | Pre Basic 🇯🇵  | Hip & Leg 🇯🇵  |                        |
| Risuzu,K          | Nami,M         |                          | Nami,M          | Rena,M                 |               | Miku,y        | Miku,y        |                        |
| 15:00 ~ 16:00     | 16:30 ~ 17:30  |                          | close           | close                  |               | close         | close         | 15:00 ~ 16:00          |
| Hip & Leg 🇯🇵      | Back & Arm 🇯🇵  |                          |                 |                        |               |               |               | Pilates Cardio         |
| Shiho,Y           | Shiho,Y        |                          |                 |                        |               |               |               | Shiho,Y                |
| 16:30 ~ 17:30     | close          |                          |                 |                        |               |               |               | 16:30 ~ 17:30          |
| Pilates Workout   |                |                          |                 |                        |               |               |               | Beauty Conditioning 🇯🇵 |
| Miku,y            |                |                          |                 |                        |               |               |               | Rena,M                 |
| 18:00 ~ 19:00     |                |                          |                 |                        |               |               |               | 18:00 ~ 19:00          |
| Waist 🇯🇵          |                |                          |                 |                        |               |               |               | Shape up waist         |
| Risuzu,K          |                |                          |                 |                        |               |               |               | Shiho,Y                |
| close             | close          | 18:00 ~ 19:00            |                 |                        | 18:00 ~ 19:00 |               |               | 18:00 ~ 19:00          |
|                   |                | Basic 🇯🇵                 | Back & Arm 🇯🇵   | Waist 🇯🇵               | Pilates Barre |               |               |                        |
|                   |                | Risuzu,K                 | Shiho,Y         | Risuzu,K               | Nami,M        |               |               |                        |
|                   |                | 19:30 ~ 20:30            | 19:30 ~ 20:30   | 19:30 ~ 20:30          | 19:30 ~ 20:30 |               |               |                        |
|                   |                | Release&Strength         | Shape up waist  | Pilates Cardio         | Hip & Leg 🇯🇵  |               |               |                        |
|                   |                | Miku,y                   | Shiho,Y         | Shiho,Y                | Risuzu,K      |               |               |                        |
|                   |                | 21:00 ~ 22:00            | 21:00 ~ 22:00   | 21:00 ~ 22:00          | 21:00 ~ 22:00 |               |               |                        |
| Hip & Leg 🇯🇵      | Pre Basic 🇯🇵   | Back & Arm 🇯🇵            | Basic 🇯🇵        |                        |               |               |               |                        |
| Risuzu,K          | Miku,y         | Risuzu,K                 | Nami,M          |                        |               |               |               |                        |

| pilatesK ゆめタウン姫路店 |               | 【 10/25 ~ 10/31 】   |                |                  |                 | スケジュール         |               |                     |                 |               |               |               |  |  |
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| 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  |               |                     |                 |               |               |               |  |  |
| Release&Strength  |               | Basic               | Back & Arm     |                  | Pilates Workout | Shape up waist |               |                     |                 |               |               |               |  |  |
| Rena.M            |               | Shiho.Y             | Risuzu.K       |                  | Miku.y          | Nami.M         |               |                     |                 |               |               |               |  |  |
| 12:30 ~ 13:30     |               | 12:00 ~ 13:00       | 12:00 ~ 13:00  |                  | 12:00 ~ 13:00   | 12:00 ~ 13:00  | 12:00 ~ 13:00 |                     |                 |               |               |               |  |  |
| Hip & Leg         |               | Beauty Conditioning | Pre Basic      |                  | Basic           | Hip & Leg      |               |                     |                 |               |               |               |  |  |
| Miku.y            |               | Rena.M              | Shiho.Y        |                  | Shiho.Y         | Risuzu.K       |               |                     |                 |               |               |               |  |  |
| 14:30 ~ 15:30     |               | 13:30 ~ 14:30       | 13:30 ~ 14:30  |                  | 13:30 ~ 14:30   | 13:30 ~ 14:30  | 13:30 ~ 14:30 |                     |                 |               |               |               |  |  |
| Back & Arm        |               | Pilates Cardio      | Waist          |                  | Hip & Leg       | Pre Basic      |               |                     |                 |               |               |               |  |  |
| Risuzu.K          |               | Shiho.Y             | Risuzu.K       |                  | Miku.y          | Miku.y         |               |                     |                 |               |               |               |  |  |
| 16:30 ~ 17:30     |               | close               | close          |                  | close           | close          | close         | 15:00 ~ 16:00       |                 |               |               |               |  |  |
| Pre Basic         |               |                     |                |                  |                 |                |               | Beauty Conditioning |                 |               |               |               |  |  |
| Miku.y            |               |                     |                |                  |                 |                |               | Rena.M              |                 |               |               |               |  |  |
| close             |               |                     |                |                  |                 |                |               | 16:30 ~ 17:30       |                 |               |               |               |  |  |
|                   |               |                     |                |                  |                 |                |               | Waist               |                 |               |               |               |  |  |
|                   |               |                     |                |                  |                 |                |               | Risuzu.K            |                 |               |               |               |  |  |
|                   |               |                     |                |                  |                 |                |               | 18:00 ~ 19:00       |                 |               |               |               |  |  |
| close             |               |                     |                |                  |                 |                |               | 18:00 ~ 19:00       | 18:00 ~ 19:00   | 18:00 ~ 19:00 | 18:00 ~ 19:00 | 18:00 ~ 19:00 |  |  |
|                   |               |                     |                |                  |                 |                |               | Back & Arm          | Pilates Workout | Basic         | Hip Punch     |               |  |  |
|                   | Risuzu.K      |                     |                | Miku.y           |                 |                |               | Risuzu.K            | Nami.M          |               |               |               |  |  |
|                   | 19:30 ~ 20:30 | 19:30 ~ 20:30       | 19:30 ~ 20:30  | 19:30 ~ 20:30    |                 |                |               |                     |                 |               |               |               |  |  |
|                   | Pre Basic     | Basic               | Shape up waist | Waist            |                 |                |               |                     |                 |               |               |               |  |  |
|                   | Shiho.Y       | Nami.M              | Shiho.Y        | Nami.M           |                 |                |               |                     |                 |               |               |               |  |  |
|                   | 21:00 ~ 22:00 | 21:00 ~ 22:00       | 21:00 ~ 22:00  | 21:00 ~ 22:00    |                 |                |               |                     |                 |               |               |               |  |  |
|                   | Waist         | Pilates Barre       | Hip & Leg      | Release&Strength |                 |                |               |                     |                 |               |               |               |  |  |
| Risuzu.K          | Nami.M        | Risuzu.K            | Rena.M         |                  |                 |                |               |                     |                 |               |               |               |  |  |

 : 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。