

| pilatesK |  | シナジー弘前                |               | 【 10/01 ~ 10/08 】 |               | スケジュール         |  | 2026/09/30 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     | 10:30 ~ 11:30 |                |  | 10:30 ~ 11:30         |  |               | 10:30 ~ 11:30 |               |               |       |       |
|          |  | Waist 🌿               |               | Basic 🌿           |               | Pre Basic 🌿    |  | Beauty Conditioning 🌿 |  |               |               |               |               |       |       |
|          |  | Yuga.t                |               | Kokoro.O          |               | Yuga.t         |  | Kokoro.O              |  |               |               |               | close         |       |       |
|          |  | 12:00 ~ 13:00         | 12:00 ~ 13:00 | 12:00 ~ 13:00     | 12:30 ~ 13:30 |                |  | 12:00 ~ 13:00         |  |               | 12:00 ~ 13:00 |               |               |       |       |
|          |  | Beauty Conditioning 🌿 |               | Back & Arm 🌿      |               | Hip & Leg 🌿    |  |                       |  | Pre Basic 🌿   |               |               |               |       |       |
|          |  | Kokoro.O              |               | tomoe.k           |               | Kokoro.O       |  |                       |  | Yuga.t        |               |               |               |       |       |
|          |  | 13:30 ~ 14:30         | 13:30 ~ 14:30 | 13:30 ~ 14:30     | 14:30 ~ 15:30 |                |  | 13:30 ~ 14:30         |  |               | 13:30 ~ 14:30 |               | 14:00 ~ 15:00 |       |       |
|          |  | Pre Basic 🌿           |               | Release&Strength  |               | Shape up waist |  |                       |  | Back & Arm 🌿  |               | jump to burn  |               |       |       |
|          |  | Yuga.t                |               | Kokoro.O          |               | Yuga.t         |  |                       |  | tomoe.k       |               | Kokoro.O      |               |       |       |
|          |  | close                 |               | 15:00 ~ 16:00     |               | 16:30 ~ 17:30  |  |                       |  | 15:00 ~ 16:00 |               | 15:30 ~ 16:30 |               |       | close |
|          |  |                       |               | Hip & Leg 🌿       |               | Basic 🌿        |  |                       |  | Basic 🌿       |               | Hip & Leg 🌿   |               |       |       |
|          |  |                       |               | tomoe.k           |               | Kokoro.O       |  |                       |  | Kokoro.O      |               | tomoe.k       |               |       |       |
|          |  |                       |               |                   |               |                |  |                       |  |               |               |               |               |       |       |
|          |  |                       |               |                   |               |                |  |                       |  |               |               |               |               |       |       |
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|          |  |                       |               |                   |               |                |  |                       |  |               |               |               |               |       |       |
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|          |  |                       |               |                   |               |                |  |                       |  |               |               |               |               |       |       |
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|          |  |                       |               |                   |               |                |  |                       |  |               |               |               |               |       |       |
|          |  |                       |               |                   |               |                |  |                       |  |               |               |               |               |       |       |
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|          |  |                       |               |                   |               |                |  |                       |  |               |               |               |               |       |       |
|          |  |                       |               |                   |               |                |  |                       |  |               |               |               |               |       |       |
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|          |  |                       |               |                   |               |                |  |                       |  |               |               |               |               |       |       |
|          |  |                       |               |                   |               |                |  |                       |  |               |               |               |               |       |       |
|          |  |                       |               |                   |               |                |  |                       |  |               |               |               |               |       |       |
|          |  |                       |               |                   |               |                |  |                       |  |               |               |               |               |       |       |
|          |  |                       |               |                   |               |                |  |                       |  |               |               |               |               |       |       |
|          |  |                       |               |                   |               |                |  |                       |  |               |               |               |               |       |       |
|          |  |                       |               |                   |               |                |  |                       |  |               |               |               |               |       |       |
|          |  |                       |               |                   |               |                |  |                       |  |               |               |               |               |       |       |
|          |  |                       |               |                   |               |                |  |                       |  |               |               |               |               |       |       |
|          |  |                       |               |                   |               |                |  |                       |  |               |               |               |               |       |       |
|          |  |                       |               |                   |               |                |  |                       |  |               |               |               |               |       |       |
|          |  |                       |               |                   |               |                |  |                       |  |               |               |               |               |       |       |
|          |  |                       |               |                   |               |                |  |                       |  |               |               |               |               |       |       |
|          |  |                       |               |                   |               |                |  |                       |  |               |               |               |               |       |       |
|          |  |                       |               |                   |               |                |  |                       |  |               |               |               |               |       |       |
|          |  |                       |               |                   |               |                |  |                       |  |               |               |               |               |       |       |
|          |  |                       |               |                   |               |                |  |                       |  |               |               |               |               |       |       |
|          |  |                       |               |                   |               |                |  |                       |  |               |               |               |               |       |       |
|          |  |                       |               |                   |               |                |  |                       |  |               |               |               |               |       |       |
|          |  |                       |               |                   |               |                |  |                       |  |               |               |               |               |       |       |
|          |  |                       |               |                   |               |                |  |                       |  |               |               |               |               |       |       |
|          |  |                       |               |                   |               |                |  |                       |  |               |               |               |               |       |       |
|          |  |                       |               |                   |               |                |  |                       |  |               |               |               |               |       |       |
|          |  |                       |               |                   |               |                |  |                       |  |               |               |               |               |       |       |
|          |  |                       |               |                   |               |                |  |                       |  |               |               |               |               |       |       |
|          |  |                       |               |                   |               |                |  |                       |  |               |               |               |               |       |       |
|          |  |                       |               |                   |               |                |  |                       |  |               |               |               |               |       |       |
|          |  |                       |               |                   |               |                |  |                       |  |               |               |               |               |       |       |
|          |  |                       |               |                   |               |                |  |                       |  |               |               |               |               |       |       |
|          |  |                       |               |                   |               |                |  |                       |  |               |               |               |               |       |       |
|          |  |                       |               |                   |               |                |  |                       |  |               |               |               |               |       |       |
|          |  |                       |               |                   |               |                |  |                       |  |               |               |               |               |       |       |
|          |  |                       |               |                   |               |                |  |                       |  |               |               |               |               |       |       |
|          |  |                       |               |                   |               |                |  |                       |  |               |               |               |               |       |       |
|          |  |                       |               |                   |               |                |  |                       |  |               |               |               |               |       |       |
|          |  |                       |               |                   |               |                |  |                       |  |               |               |               |               |       |       |
|          |  |                       |               |                   |               |                |  |                       |  |               |               |               |               |       |       |
|          |  |                       |               |                   |               |                |  |                       |  |               |               |               |               |       |       |
|          |  |                       |               |                   |               |                |  |                       |  |               |               |               |               |       |       |
|          |  |                       |               |                   |               |                |  |                       |  |               |               |               |               |       |       |
|          |  |                       |               |                   |               |                |  |                       |  |               |               |               |               |       |       |
|          |  |                       |               |                   |               |                |  |                       |  |               |               |               |               |       |       |

| pilatesK シーナナ弘前  |               |               | 【 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 |
| Back & Arm 🌿     | Hip & Leg 🌿   | Pre Basic 🌿   |                       | Waist 🌿        | Hip & Leg 🌿   |                       | jump to burn  |
| tomoe.k          | tomoe.k       | YuE.f         |                       | YuE.f          | tomoe.k       |                       | Kokoro.O      |
| 12:00 ~ 13:00    | 12:00 ~ 13:00 | 12:30 ~ 13:30 |                       | 12:00 ~ 13:00  | 12:30 ~ 13:30 |                       | 12:00 ~ 13:00 |
| Shape up waist   | Basic 🌿       | Back & Arm 🌿  |                       | Shape up waist | Pre Basic 🌿   |                       | Hip & Leg 🌿   |
| Yuga.t           | YuE.f         | tomoe.k       |                       | Yuga.t         | YuE.f         |                       | tomoe.k       |
| 13:30 ~ 14:30    | 13:30 ~ 14:30 | 14:30 ~ 15:30 |                       | 13:30 ~ 14:30  | close         | 13:30 ~ 14:30         |               |
| Hip & Leg 🌿      | jump to burn  | Waist 🌿       |                       | Basic 🌿        |               | Beauty Conditioning 🌿 |               |
| tomoe.k          | Kokoro.O      | YuE.f         |                       | YuE.f          |               | Kokoro.O              |               |
| close            | 15:00 ~ 16:00 | 16:30 ~ 17:30 |                       | close          |               | close                 |               |
|                  | Back & Arm 🌿  | Hip & Leg 🌿   |                       |                |               |                       |               |
|                  | tomoe.k       | tomoe.k       |                       |                |               |                       |               |
| 17:30 ~ 18:30    | 17:30 ~ 18:30 | close         | 17:30 ~ 18:30         | 17:30 ~ 18:30  | 17:30 ~ 18:30 | 17:30 ~ 18:30         |               |
| Waist 🌿          | Pre Basic 🌿   |               | Beauty Conditioning 🌿 | Back & Arm 🌿   | jump to burn  | Basic 🌿               |               |
| YuE.f            | YuE.f         |               | Kokoro.O              | Yuga.t         | Kokoro.O      | YuE.f                 |               |
| 19:00 ~ 20:00    | close         |               | 19:00 ~ 20:00         | 19:00 ~ 20:00  | 19:00 ~ 20:00 | 19:00 ~ 20:00         |               |
| Release&Strength |               |               | Pre Basic 🌿           | Waist 🌿        | Hip & Leg 🌿   | Back & Arm 🌿          |               |
| Kokoro.O         |               |               | Yuga.t                | YuE.f          | tomoe.k       | tomoe.k               |               |
| 20:30 ~ 21:30    |               | 20:30 ~ 21:30 | 20:30 ~ 21:30         | 20:30 ~ 21:30  | 20:30 ~ 21:30 | 20:30 ~ 21:30         |               |
| Basic 🌿          | Hip & Leg 🌿   | Basic 🌿       | Release&Strength      | Pre Basic 🌿    |               |                       |               |
| YuE.f            |               |               | Kokoro.O              | Yuga.t         | Kokoro.O      | YuE.f                 |               |

🌿：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。

## 2026/09/30 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 & Leg 🏊           |               | Hip & Leg 🏊      | Waist 🏊       |               | Basic 🏊       | Hip & Leg 🏊    |               |               |
| Yuga.t                | tomoe.k               |               | tomoe.k          | YuE.f         |               | Yuga.t        | tomoe.k        |               |               |
| 12:00 ~ 13:00         | 12:30 ~ 13:30         |               | 12:00 ~ 13:00    | 12:30 ~ 13:30 |               | 12:00 ~ 13:00 | 12:00 ~ 13:00  |               |               |
| jump to burn          | Pre Basic 🏊           |               | Basic 🏊          | Hip & Leg 🏊   |               | Waist 🏊       | Shape up waist |               |               |
| Kokoro.O              | Yuga.t                |               | Kokoro.O         | tomoe.k       |               | YuE.f         | Yuga.t         |               |               |
| 13:30 ~ 14:30         | 14:30 ~ 15:30         |               | 13:30 ~ 14:30    | close         |               | 13:30 ~ 14:30 | 13:30 ~ 14:30  |               |               |
| Hip & Leg 🏊           | Back & Arm 🏊          |               | Back & Arm 🏊     |               |               | Pilates Barre | Back & Arm 🏊   |               |               |
| tomoe.k               | tomoe.k               |               | tomoe.k          |               |               | Yuga.t        | tomoe.k        |               |               |
| 15:00 ~ 16:00         | 16:30 ~ 17:30         |               | close            |               |               | close         | 15:00 ~ 16:00  | 15:00 ~ 16:00 |               |
| Beauty Conditioning 🏊 | Waist 🏊               | Pilates Barre |                  | Yuga.t        |               |               |                |               |               |
| Kokoro.O              | Yuga.t                | close         |                  | close         | close         |               | close          |               |               |
| close                 |                       |               |                  |               |               |               |                |               |               |
| 17:30 ~ 18:30         | close                 |               | 17:30 ~ 18:30    |               |               | 17:30 ~ 18:30 |                | 17:30 ~ 18:30 | 17:30 ~ 18:30 |
| Pilates Barre         |                       |               | Waist 🏊          |               |               | Basic 🏊       |                | Pre Basic 🏊   | Back & Arm 🏊  |
| Yuga.t                |                       | YuE.f         | Kokoro.O         | YuE.f         | tomoe.k       | tomoe.k       |                |               |               |
| close                 |                       | 19:00 ~ 20:00 | 19:00 ~ 20:00    | 19:00 ~ 20:00 | 19:00 ~ 20:00 | close         |                |               |               |
|                       | Beauty Conditioning 🏊 | Back & Arm 🏊  | Release&Strength | Basic 🏊       |               |               |                |               |               |
|                       | Kokoro.O              | tomoe.k       | Kokoro.O         | YuE.f         |               |               |                |               |               |
|                       | 20:30 ~ 21:30         | 20:30 ~ 21:30 | 20:30 ~ 21:30    | 20:30 ~ 21:30 |               |               |                |               |               |
| Pre Basic 🏊           | jump to burn          | Basic 🏊       | Hip & Leg 🏊      |               |               |               |                |               |               |
| YuE.f                 | Kokoro.O              | YuE.f         | tomoe.k          |               |               |               |                |               |               |

| 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         |               |               |
| Beauty Conditioning 🍏 |                  | Pilates Barre | Hip & Leg 🍏   |                       | Shape up waist | Back & Arm 🍏          |               |               |
| Kokoro.O              |                  | Yuga.t        | tomoe.k       |                       | Yuga.t         | tomoe.k               |               |               |
| 12:30 ~ 13:30         |                  | 12:00 ~ 13:00 | 12:30 ~ 13:30 |                       | 12:00 ~ 13:00  | 12:00 ~ 13:00         |               |               |
| Waist 🍏               |                  | Waist 🍏       | Pre Basic 🍏   |                       | jump to burn   | Beauty Conditioning 🍏 |               |               |
| YuE.f                 |                  | YuE.f         | YuE.f         |                       | Kokoro.O       | Kokoro.O              |               |               |
| 14:30 ~ 15:30         |                  | 13:30 ~ 14:30 | close         |                       | 13:30 ~ 14:30  | 13:30 ~ 14:30         |               |               |
| jump to burn          |                  | Basic 🍏       |               |                       | Back & Arm 🍏   | Pilates Barre         |               |               |
| Kokoro.O              |                  | Yuga.t        |               |                       | Yuga.t         | Yuga.t                |               |               |
| 16:30 ~ 17:30         |                  | close         |               |                       | close          | close                 | 15:00 ~ 16:00 |               |
| Basic 🍏               | Hip & Leg 🍏      |               |               |                       |                |                       |               |               |
| YuE.f                 | tomoe.k          |               |               |                       |                |                       |               |               |
| close                 | 17:30 ~ 18:30    |               | 17:30 ~ 18:30 | 17:30 ~ 18:30         |                |                       | 17:30 ~ 18:30 | 17:30 ~ 18:30 |
|                       | Hip & Leg 🍏      |               | jump to burn  | Hip & Leg 🍏           |                |                       | Waist 🍏       | Basic 🍏       |
|                       | tomoe.k          | Kokoro.O      | tomoe.k       | YuE.f                 | Kokoro.O       |                       |               |               |
|                       | 19:00 ~ 20:00    | 19:00 ~ 20:00 | 19:00 ~ 20:00 | 19:00 ~ 20:00         | close          |                       |               |               |
|                       | Release&Strength | Back & Arm 🍏  | Pilates Barre | Beauty Conditioning 🍏 |                |                       |               |               |
| Kokoro.O              | tomoe.k          | Yuga.t        | Kokoro.O      |                       |                |                       |               |               |
| 20:30 ~ 21:30         | 20:30 ~ 21:30    | 20:30 ~ 21:30 | 20:30 ~ 21:30 | 20:30 ~ 21:30         | close          |                       |               |               |
| Back & Arm 🍏          | Basic 🍏          | Back & Arm 🍏  | Pre Basic 🍏   |                       |                |                       |               |               |
| tomoe.k               | Kokoro.O         | tomoe.k       | YuE.f         |                       |                |                       |               |               |

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 ・レッスン開始時刻1時間前を切った、翌月の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。

※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。