

| pilatesK 中目黒          |               | 【 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 |
|                       | Back & Arm 🏊  | Basic 🏊               | Release&Strength |                | Back & Arm 🏊     | Beauty Conditioning 🏊 |       |
|                       | SENA.K        | SENA.K                | Ayano.m          |                | SENA.K           | maika.O               |       |
|                       | 12:00 ~ 13:00 | 12:00 ~ 13:00         | 12:30 ~ 13:30    |                | 12:00 ~ 13:00    | 12:30 ~ 13:30         |       |
|                       | Basic 🏊       | Shape up waist        | Back & Arm 🏊     |                | Release&Strength | Back & Arm 🏊          |       |
|                       | Shunsuke.S    | maika.O               | SENA.K           |                | Ayano.m          | SENA.K                |       |
|                       | 13:30 ~ 14:30 | 13:30 ~ 14:30         | 14:30 ~ 15:30    |                | 13:30 ~ 14:30    |                       |       |
|                       | Hip & Leg 🏊   | Waist 🏊               | Pilates Workout  |                | Basic 🏊          |                       |       |
|                       | SENA.K        | Shunsuke.S            | Ayano.m          |                | SENA.K           |                       |       |
|                       | close         | 15:00 ~ 16:00         | 16:30 ~ 17:30    |                |                  |                       |       |
|                       |               | Beauty Conditioning 🏊 | Basic 🏊          |                |                  |                       |       |
|                       |               | maika.O               | Shunsuke.S       |                |                  |                       |       |
|                       |               | close                 |                  |                |                  |                       |       |
|                       | 17:30 ~ 18:30 |                       |                  |                |                  |                       |       |
|                       | Hip & Leg 🏊   |                       |                  |                |                  |                       |       |
| Shunsuke.S            |               |                       |                  |                |                  |                       |       |
| 18:00 ~ 19:00         | 18:00 ~ 19:00 | close                 | 18:00 ~ 19:00    | 18:00 ~ 19:00  | 18:00 ~ 19:00    |                       |       |
| Beauty Conditioning 🏊 | Pre Basic 🏊   |                       | Hip & Leg 🏊      | Shape up waist | Basic 🏊          |                       |       |
| maika.O               | maika.O       |                       | Shunsuke.S       | Ayano.m        | maika.O          |                       |       |
| 19:30 ~ 20:30         | 19:30 ~ 20:30 |                       | 19:30 ~ 20:30    | 19:30 ~ 20:30  | 19:30 ~ 20:30    |                       |       |
| Basic 🏊               | Waist 🏊       |                       | Pre Basic 🏊      | Hip & Leg 🏊    | Pilates Workout  |                       |       |
| SENA.K                | Shunsuke.S    |                       | Ayano.m          | Shunsuke.S     | Ayano.m          |                       |       |
| 21:00 ~ 22:00         | 21:00 ~ 22:00 |                       | 21:00 ~ 22:00    | 21:00 ~ 22:00  | 21:00 ~ 22:00    |                       |       |
| Shape up waist        | Body Balance  |                       | Waist 🏊          | Pre Basic 🏊    | Body Balance     |                       |       |
| maika.O               | maika.O       |                       | Shunsuke.S       | Ayano.m        | maika.O          |                       |       |

| pilatesK 中目黒   |                       |                | 【 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 |               |               |
| Pre Basic 🏊    | Shape up waist        | Body Balance   |                   | Basic 🏊        | Waist 🏊         |               | Body Balance  |               |               |
| Ayano.m        | maika.O               | maika.O        |                   | SENA.K         | Shunsuke.S      |               | maika.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 |               |               |
| Hip & Leg 🏊    | Basic 🏊               | Waist 🏊        |                   | Shape up waist | Pilates Workout |               | Waist 🏊       |               |               |
| SENA.K         | SENA.K                | Shunsuke.S     |                   | Ayano.m        | Ayano.m         |               | Shunsuke.S    |               |               |
| 13:30 ~ 14:30  | 13:30 ~ 14:30         | 14:30 ~ 15:30  |                   | 13:30 ~ 14:30  | close           |               | 13:30 ~ 14:30 |               |               |
| Shape up waist | Beauty Conditioning 🏊 | Pre Basic 🏊    |                   | Back & Arm 🏊   |                 | Hip & Leg 🏊   |               |               |               |
| Ayano.m        | maika.O               | maika.O        |                   | SENA.K         |                 | maika.O       |               |               |               |
| close          | 15:00 ~ 16:00         | 16:30 ~ 17:30  |                   | close          |                 | close         | close         |               |               |
|                | Waist 🏊               | Hip & Leg 🏊    |                   |                |                 |               |               |               |               |
|                | Shunsuke.S            | Shunsuke.S     |                   |                |                 |               |               |               |               |
|                | close                 | close          |                   |                |                 |               |               |               |               |
| 17:30 ~ 18:30  |                       |                |                   |                |                 |               |               |               |               |
| Back & Arm 🏊   |                       |                |                   |                |                 |               |               |               |               |
| SENA.K         |                       |                |                   |                |                 |               |               |               |               |
| 18:00 ~ 19:00  | close                 | close          | 18:00 ~ 19:00     |                | 18:00 ~ 19:00   |               |               | 18:00 ~ 19:00 | 18:00 ~ 19:00 |
| Waist 🏊        |                       |                | Body Balance      |                | Pre Basic 🏊     |               |               | Back & Arm 🏊  |               |
| Shunsuke.S     |                       |                | maika.O           |                | Ayano.m         |               |               | Ayano.m       |               |
| 19:30 ~ 20:30  |                       |                | 19:30 ~ 20:30     | 19:30 ~ 20:30  | 19:30 ~ 20:30   |               |               |               |               |
| Back & Arm 🏊   |                       |                | Basic 🏊           | Waist 🏊        | Shape up waist  |               |               |               |               |
| SENA.K         |                       |                | maika.O           | Shunsuke.S     | maika.O         |               |               |               |               |
| 21:00 ~ 22:00  |                       |                | 21:00 ~ 22:00     | 21:00 ~ 22:00  | 21:00 ~ 22:00   | 21:00 ~ 22:00 |               |               |               |
| Basic 🏊        | Hip & Leg 🏊           | Shape up waist | Release&Strength  | Pre Basic 🏊    |                 |               |               |               |               |
| Shunsuke.S     | Ayano.m               | maika.O        | Ayano.m           | Ayano.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 中目黒          |                 | 【 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   |               |               |       |
| Hip & Leg 🌱           | Pilates Workout |                          | Waist 🌱          | Body Balance     |               | Hip & Leg 🌱   | Basic 🌱         |               |               |       |
| SENA.K                | Ayano.m         |                          | Shunsuke.S       | maika.O          |               | Shunsuke.S    | Shunsuke.S      |               |               |       |
| 12:00 ~ 13:00         | 12:30 ~ 13:30   |                          | 12:00 ~ 13:00    | 12:30 ~ 13:30    |               | 12:00 ~ 13:00 | 12:00 ~ 13:00   |               |               |       |
| Body Balance          | Hip & Leg 🌱     |                          | Release&Strength | Hip & Leg 🌱      |               | Basic 🌱       | Hip & Leg 🌱     |               |               |       |
| maika.O               | SENA.K          |                          | Ayano.m          | SENA.K           |               | SENA.K        | maika.O         |               |               |       |
| 13:30 ~ 14:30         | 14:30 ~ 15:30   |                          | 13:30 ~ 14:30    | close            |               | 13:30 ~ 14:30 | 13:30 ~ 14:30   |               |               |       |
| Back & Arm 🌱          | Basic 🌱         |                          | Hip & Leg 🌱      |                  |               | Waist 🌱       | Pilates Workout |               |               |       |
| SENA.K                | SENA.K          |                          | Shunsuke.S       |                  |               | Shunsuke.S    | Ayano.m         |               |               |       |
| 15:00 ~ 16:00         | 16:30 ~ 17:30   |                          | close            |                  |               | close         | 15:00 ~ 16:00   | 15:00 ~ 16:00 |               |       |
| Basic 🌱               | Back & Arm 🌱    |                          |                  |                  |               |               | Waist 🌱         | Waist 🌱       |               |       |
| SENA.K                | Ayano.m         |                          |                  |                  |               |               | Shunsuke.S      | Shunsuke.S    |               |       |
| close                 | close           |                          |                  |                  |               |               | close           | close         | close         | close |
| 17:30 ~ 18:30         |                 |                          |                  |                  |               |               | 17:30 ~ 18:30   | 17:30 ~ 18:30 | 17:30 ~ 18:30 |       |
| Beauty Conditioning 🌱 |                 |                          |                  |                  |               |               | Pre Basic 🌱     | Pre Basic 🌱   | Pre Basic 🌱   |       |
| maika.O               |                 |                          |                  |                  |               |               | maika.O         | maika.O       | maika.O       |       |
| close                 |                 | close                    | 18:00 ~ 19:00    | 18:00 ~ 19:00    | 18:00 ~ 19:00 | 18:00 ~ 19:00 |                 |               |               |       |
|                       |                 |                          | Basic 🌱          | Release&Strength | Hip & Leg 🌱   | Pre Basic 🌱   |                 |               |               |       |
|                       |                 |                          | SENA.K           | Ayano.m          | maika.O       | Ayano.m       |                 |               |               |       |
|                       |                 |                          | 19:30 ~ 20:30    | 19:30 ~ 20:30    | 19:30 ~ 20:30 | 19:30 ~ 20:30 |                 |               |               |       |
|                       |                 |                          | Pilates Workout  | Waist 🌱          | Basic 🌱       | Back & Arm 🌱  |                 |               |               |       |
|                       |                 |                          | Ayano.m          | Shunsuke.S       | SENA.K        | SENA.K        |                 |               |               |       |
|                       | 21:00 ~ 22:00   |                          | 21:00 ~ 22:00    | 21:00 ~ 22:00    | 21:00 ~ 22:00 |               |                 |               |               |       |
| Back & Arm 🌱          | Pre Basic 🌱     | Beauty Conditioning 🌱    | Shape up waist   |                  |               |               |                 |               |               |       |
| SENA.K                | Ayano.m         | maika.O                  | Ayano.m          |                  |               |               |                 |               |               |       |
|                       |                 |                          |                  |                  |               |               |                 |               |               |       |

| pilatesK 中目黒          |                  | 【 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 🌱           |                  | Shape up waist    | Basic 🌱               |               | Back & Arm 🌱  | Pre Basic 🌱     |               |               |               |               |
| maika.O               |                  | maika.O           | Shunsuke.S            |               | SENA.K        | maika.O         |               |               |               |               |
| 12:30 ~ 13:30         |                  | 12:00 ~ 13:00     | 12:30 ~ 13:30         |               | 12:00 ~ 13:00 | 12:00 ~ 13:00   | 12:00 ~ 13:00 |               |               |               |
| Back & Arm 🌱          |                  | Back & Arm 🌱      | Beauty Conditioning 🌱 |               | Hip & Leg 🌱   | Pilates Workout |               |               |               |               |
| SENA.K                |                  | Ayano.m           | maika.O               |               | Shunsuke.S    | Ayano.m         |               |               |               |               |
| 14:30 ~ 15:30         |                  | 13:30 ~ 14:30     | close                 |               | 13:30 ~ 14:30 | 13:30 ~ 14:30   | 13:30 ~ 14:30 |               |               |               |
| Beauty Conditioning 🌱 |                  | Pre Basic 🌱       |                       |               | Basic 🌱       | Hip & Leg 🌱     |               |               |               |               |
| maika.O               |                  | maika.O           |                       |               | SENA.K        | SENA.K          |               |               |               |               |
| 16:30 ~ 17:30         |                  | close             |                       |               | close         | close           | close         | 15:00 ~ 16:00 |               |               |
| Basic 🌱               |                  |                   |                       |               |               |                 |               | Basic 🌱       | Shunsuke.S    |               |
| SENA.K                |                  |                   |                       |               |               |                 |               | close         |               |               |
| close                 |                  |                   |                       |               |               |                 |               | 17:30 ~ 18:30 |               |               |
|                       |                  |                   |                       |               |               |                 |               | Body Balance  |               |               |
|                       |                  |                   |                       |               |               |                 |               | maika.O       |               |               |
|                       |                  |                   |                       |               |               |                 |               | 18:00 ~ 19:00 | 18:00 ~ 19:00 | 18:00 ~ 19:00 |
|                       | Hip & Leg 🌱      |                   | Pilates Workout       | Back & Arm 🌱  |               |                 |               | Waist 🌱       |               |               |
|                       | Shunsuke.S       |                   | Ayano.m               | SENA.K        |               |                 |               | Shunsuke.S    |               |               |
|                       | 19:30 ~ 20:30    |                   | 19:30 ~ 20:30         | 19:30 ~ 20:30 |               |                 |               | 19:30 ~ 20:30 |               |               |
|                       | Release&Strength | Pre Basic 🌱       | Hip & Leg 🌱           | Pre Basic 🌱   |               |                 |               |               |               |               |
|                       | Ayano.m          | maika.O           | Ayano.m               | maika.O       |               |                 |               |               |               |               |
|                       | 21:00 ~ 22:00    | 21:00 ~ 22:00     | 21:00 ~ 22:00         | 21:00 ~ 22:00 |               |                 |               |               |               |               |
| Waist 🌱               | Release&Strength | Basic 🌱           | Body Balance          |               |               |                 |               |               |               |               |
| Shunsuke.S            | Ayano.m          | SENA.K            | maika.O               |               |               |                 |               |               |               |               |

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