

| pilatesK 国分寺店 |                | 【 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 | 10:30 ~ 11:30    | 10:30 ~ 11:30         | 10:30 ~ 11:30 | close |                  |               |               |
|               | Pilates Cardio | Basic 🌿                  | Back & Spine  | Style up Pilates | Waist 🌿               | Hip Punch     |       |                  |               |               |
|               | Camila.K       | momoko.A                 | Camila.K      | Rei.U            | sayaka.K              | Camila.K      |       |                  |               |               |
|               | 12:00 ~ 13:00  | 12:00 ~ 13:00            | 12:30 ~ 13:30 | 12:30 ~ 13:30    | 12:00 ~ 13:00         | 12:30 ~ 13:30 |       |                  |               |               |
|               | Basic 🌿        | Hip & Leg 🌿              | Waist 🌿       | Pilates Cardio   | Beauty Conditioning 🌿 | Basic 🌿       |       |                  |               |               |
|               | Sakura.Y       | Rei.U                    | 未確定           | Camila.K         | sayaka.K              | momoko.A      |       |                  |               |               |
|               | 13:30 ~ 14:30  | 13:30 ~ 14:30            | 14:30 ~ 15:30 | close            | 13:30 ~ 14:30         | close         |       |                  |               |               |
|               | Hip & Leg 🌿    | Release&Strength         | Hip Punch     |                  | Basic 🌿               |               |       |                  |               |               |
|               | Camila.K       | Rei.U                    | Camila.K      |                  | Sakura.Y              |               |       |                  |               |               |
|               | close          | 15:00 ~ 16:00            | 16:30 ~ 17:30 |                  | close                 |               |       |                  |               |               |
|               |                | Waist 🌿                  | Basic 🌿       |                  |                       |               |       |                  |               |               |
|               |                | 未確定                      | momoko.A      |                  |                       |               |       |                  |               |               |
|               |                | close                    | close         |                  |                       |               |       |                  |               |               |
|               |                |                          |               |                  |                       |               |       | 17:30 ~ 18:30    |               |               |
|               |                |                          |               |                  |                       |               |       | Style up Pilates |               |               |
|               | Rei.U          |                          |               |                  |                       |               |       |                  |               |               |
|               | 18:00 ~ 19:00  | 18:00 ~ 19:00            | close         |                  | 18:00 ~ 19:00         |               |       | 18:00 ~ 19:00    | 18:00 ~ 19:00 | 18:00 ~ 19:00 |
|               | Hip Punch      | Waist 🌿                  |               |                  | Back & Arm 🌿          |               |       | Basic 🌿          | Pilates Barre | Basic 🌿       |
|               | Camila.K       | 未確定                      |               | Sakura.Y         | Sakura.Y              | Rei.U         |       | momoko.A         |               |               |
|               | 19:30 ~ 20:30  | 19:30 ~ 20:30            |               | 19:30 ~ 20:30    | 19:30 ~ 20:30         | 19:30 ~ 20:30 |       | 19:30 ~ 20:30    |               |               |
|               | Basic 🌿        | Back & Arm 🌿             |               | Hip Punch        | Back & Arm 🌿          | Pre Basic 🌿   |       | Pilates Cardio   |               |               |
|               | momoko.A       | Sakura.Y                 |               | Camila.K         | Sakura.Y              | Rei.U         |       | Camila.K         |               |               |
|               | 21:00 ~ 22:00  | 21:00 ~ 22:00            |               | 21:00 ~ 22:00    | 21:00 ~ 22:00         | 21:00 ~ 22:00 |       | 21:00 ~ 22:00    |               |               |
|               | Back & Spine   | Basic 🌿                  |               | Basic 🌿          | Style up Pilates      | Back & Arm 🌿  |       | Hip Punch        |               |               |
|               | Camila.K       | momoko.A                 | Sakura.Y      | Rei.U            | Sakura.Y              | Camila.K      |       |                  |               |               |

| pilatesK 国分寺店    |  | 【 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    |  | 10:30 ~ 11:30    |  | 10:30 ~ 11:30 |  | 10:30 ~ 11:30 |  | close                 |  | 10:30 ~ 11:30  |  |
| Basic 🍃          |  | Hip&Leg 🍃                |  | Pre Basic 🍃      |  | Back&Spine       |  | Basic 🍃       |  | Waist 🍃       |  |                       |  | Waist 🍃        |  |
| Sakura.Y         |  | Rei.U                    |  | Rei.U            |  | Camila.K         |  | Sakura.Y      |  | 未確定           |  |                       |  | 未確定            |  |
| 12:00 ~ 13:00    |  | 12:00 ~ 13:00            |  | 12:30 ~ 13:30    |  | 12:00 ~ 13:00    |  | 12:00 ~ 13:00 |  | 12:30 ~ 13:30 |  |                       |  | 12:00 ~ 13:00  |  |
| Waist 🍃          |  | Basic 🍃                  |  | Pilates Cardio   |  | Pre Basic 🍃      |  | Hip Punch     |  | Back&Arm 🍃    |  |                       |  | Pilates Cardio |  |
| 未確定              |  | Sakura.Y                 |  | Camila.K         |  | Rei.U            |  | Camila.K      |  | Sakura.Y      |  |                       |  | sayaka.K       |  |
| 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 🍃       |  | Pilates Barre            |  | Style up Pilates |  | Hip&Leg 🍃        |  | Back&Arm 🍃    |  |               |  |                       |  | Basic 🍃        |  |
| Sakura.Y         |  | Rei.U                    |  | Rei.U            |  | Camila.K         |  | Sakura.Y      |  |               |  |                       |  | Sakura.Y       |  |
| close            |  | 15:00 ~ 16:00            |  | 16:30 ~ 17:30    |  | 15:00 ~ 16:00    |  | close         |  | close         |  |                       |  | close          |  |
|                  |  | Back&Arm 🍃               |  | Hip&Leg 🍃        |  | Style up Pilates |  |               |  |               |  |                       |  |                |  |
|                  |  | Sakura.Y                 |  | Camila.K         |  | Rei.U            |  |               |  |               |  |                       |  |                |  |
|                  |  | close                    |  | close            |  | close            |  |               |  |               |  |                       |  |                |  |
|                  |  | 17:30 ~ 18:30            |  |                  |  | 17:30 ~ 18:30    |  |               |  |               |  |                       |  |                |  |
|                  |  | Basic 🍃                  |  |                  |  | Hip Punch        |  |               |  |               |  |                       |  |                |  |
| Sakura.Y         |  |                          |  | Camila.K         |  |                  |  |               |  |               |  |                       |  |                |  |
| 18:00 ~ 19:00    |  | close                    |  | close            |  | 18:00 ~ 19:00    |  | 18:00 ~ 19:00 |  | 18:00 ~ 19:00 |  | 18:00 ~ 19:00         |  |                |  |
| Hip&Leg 🍃        |  |                          |  |                  |  | Waist 🍃          |  | Hip Punch     |  | Back&Spine    |  | Beauty Conditioning 🍃 |  |                |  |
| Rei.U            |  |                          |  |                  |  | 未確定              |  | Camila.K      |  | Camila.K      |  | sayaka.K              |  |                |  |
| 19:30 ~ 20:30    |  |                          |  |                  |  | 19:30 ~ 20:30    |  | 19:30 ~ 20:30 |  | 19:30 ~ 20:30 |  | 19:30 ~ 20:30         |  |                |  |
| Basic 🍃          |  |                          |  |                  |  | Basic 🍃          |  | Back&Spine    |  | Basic 🍃       |  | Pilates Barre         |  |                |  |
| momoko.A         |  |                          |  |                  |  | momoko.A         |  | Camila.K      |  | Sakura.Y      |  | Rei.U                 |  |                |  |
| 21:00 ~ 22:00    |  |                          |  |                  |  | 21:00 ~ 22:00    |  | 21:00 ~ 22:00 |  | 21:00 ~ 22:00 |  | 21:00 ~ 22:00         |  | 21:00 ~ 22:00  |  |
| Release&Strength |  |                          |  |                  |  | Pilates Cardio   |  | Basic 🍃       |  | Hip&Leg 🍃     |  | Back&Arm 🍃            |  |                |  |
| Rei.U            |  |                          |  |                  |  | Camila.K         |  | momoko.A      |  | Camila.K      |  | Sakura.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時間前迄にお願いしております。  
 ・レッスン開始時刻1時間前を切っ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 国分寺店    |                | 【 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  | 10:30 ~ 11:30     | 10:30 ~ 11:30    | 10:30 ~ 11:30         |       | 10:30 ~ 11:30    | 10:30 ~ 11:30    |               |               |                |               |               |               |               |  |  |
| Back & Arm 🌱     | Pilates Cardio | Basic 🌱           | Waist 🌱          | Beauty Conditioning 🌱 |       | Basic 🌱          | Release&Strength |               |               |                |               |               |               |               |  |  |
| Sakura.Y         | Camila.K       | momoko.A          | 未確定              | sayaka.K              |       | momoko.A         | Rei.U            |               |               |                |               |               |               |               |  |  |
| 12:00 ~ 13:00    | 12:30 ~ 13:30  | 12:30 ~ 13:30     | 12:00 ~ 13:00    | 12:30 ~ 13:30         |       | 12:00 ~ 13:00    | 12:00 ~ 13:00    |               |               |                |               |               |               |               |  |  |
| Style up Pilates | Basic 🌱        | Waist 🌱           | Back & Arm 🌱     | Basic 🌱               |       | Waist 🌱          | Basic 🌱          |               |               |                |               |               |               |               |  |  |
| Rei.U            | momoko.A       | 未確定               | Sakura.Y         | momoko.A              |       | 未確定              | momoko.A         |               |               |                |               |               |               |               |  |  |
| 13:30 ~ 14:30    | 14:30 ~ 15:30  | close             | 13:30 ~ 14:30    | close                 |       | 13:30 ~ 14:30    | 13:30 ~ 14:30    |               |               |                |               |               |               |               |  |  |
| Hip & Leg 🌱      | Back & Spine   |                   | Pilates Barre    |                       |       | Release&Strength | Style up Pilates |               |               |                |               |               |               |               |  |  |
| Rei.U            | Camila.K       |                   | Rei.U            |                       |       |                  |                  |               |               |                |               |               |               |               |  |  |
| 15:00 ~ 16:00    | 16:30 ~ 17:30  |                   | close            |                       |       | close            | close            | close         | 15:00 ~ 16:00 |                |               |               |               |               |  |  |
| Basic 🌱          | Waist 🌱        |                   |                  |                       |       |                  |                  |               | Waist 🌱       |                |               |               |               |               |  |  |
| Sakura.Y         | 未確定            |                   |                  |                       |       |                  |                  |               | 未確定           |                |               |               |               |               |  |  |
| close            | close          |                   |                  |                       |       |                  |                  |               | close         | close          | close         | close         | close         |               |  |  |
| 17:30 ~ 18:30    |                |                   |                  |                       |       |                  |                  |               | 17:30 ~ 18:30 | 17:30 ~ 18:30  | 17:30 ~ 18:30 | 17:30 ~ 18:30 | 17:30 ~ 18:30 | 17:30 ~ 18:30 |  |  |
| Release&Strength |                |                   |                  |                       |       |                  |                  |               | Waist 🌱       | Waist 🌱        | Waist 🌱       | Waist 🌱       | Waist 🌱       | Waist 🌱       |  |  |
| Rei.U            |                |                   |                  |                       |       |                  |                  |               | 未確定           | 未確定            | 未確定           | 未確定           | 未確定           | 未確定           |  |  |
| close            |                | close             |                  | 18:00 ~ 19:00         |       |                  |                  |               | 18:00 ~ 19:00 | 18:00 ~ 19:00  | 18:00 ~ 19:00 | 18:00 ~ 19:00 | 18:00 ~ 19:00 |               |  |  |
|                  |                |                   |                  | Back & Arm 🌱          |       |                  |                  |               | Basic 🌱       | Pilates Cardio | Basic 🌱       | Waist 🌱       | Waist 🌱       | Waist 🌱       |  |  |
|                  |                |                   |                  | Sakura.Y              |       |                  |                  |               | momoko.A      | Camila.K       | Sakura.Y      | 未確定           | 未確定           | 未確定           |  |  |
|                  |                |                   | 19:30 ~ 20:30    | 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 🌱               |       | Back & Arm 🌱     | Hip Punch        | Back & Arm 🌱  | Back & Arm 🌱  | Back & Arm 🌱   |               |               |               |               |  |  |
|                  |                |                   | Rei.U            | 未確定                   |       | Sakura.Y         | Camila.K         | Sakura.Y      | Sakura.Y      | Sakura.Y       |               |               |               |               |  |  |
|                  | 21:00 ~ 22:00  |                   | 21:00 ~ 22:00    | 21:00 ~ 22:00         |       | 21:00 ~ 22:00    | 21:00 ~ 22:00    | 21:00 ~ 22:00 | 21:00 ~ 22:00 |                |               |               |               |               |  |  |
|                  | Basic 🌱        |                   | Style up Pilates | Hip Punch             |       | Back & Spine     | Basic 🌱          | Basic 🌱       | Basic 🌱       |                |               |               |               |               |  |  |
| Sakura.Y         | Rei.U          | Camila.K          | Camila.K         | Sakura.Y              |       | Sakura.Y         | Sakura.Y         |               |               |                |               |               |               |               |  |  |

| pilatesK 国分寺店    |                | 【 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 |               |       |       |               |                  |               |       |
| Pre Basic 🌱      |                | Beauty Conditioning 🌱 | Hip Punch     |               | Style up Pilates | Back & Spine  |               |       |       |               |                  |               |       |
| Rei.U            |                | sayaka.K              | Camila.K      |               | Rei.U            | Camila.K      |               |       |       |               |                  |               |       |
| 12:30 ~ 13:30    |                | 12:00 ~ 13:00         | 12:30 ~ 13:30 |               | 12:00 ~ 13:00    | 12:00 ~ 13:00 |               |       |       |               |                  |               |       |
| Hip Punch        |                | Basic 🌱               | Waist 🌱       |               | Back & Arm 🌱     | Pre Basic 🌱   |               |       |       |               |                  |               |       |
| Camila.K         |                | momoko.A              | 未確定           |               | Sakura.Y         | Rei.U         |               |       |       |               |                  |               |       |
| 14:30 ~ 15:30    |                | 13:30 ~ 14:30         | close         |               | 13:30 ~ 14:30    | 13:30 ~ 14:30 |               |       |       |               |                  |               |       |
| Release&Strength |                | Pilates Cardio        |               |               | Basic 🌱          | Hip & Leg 🌱   |               |       |       |               |                  |               |       |
| Rei.U            |                | sayaka.K              |               |               | Sakura.Y         | Camila.K      |               |       |       |               |                  |               |       |
| 16:30 ~ 17:30    |                | close                 |               |               | close            | close         | 15:00 ~ 16:00 |       |       |               |                  |               |       |
| Hip & Leg 🌱      |                |                       |               |               |                  |               | Basic 🌱       |       |       |               |                  |               |       |
| Camila.K         |                |                       |               |               |                  |               | Sakura.Y      |       |       |               |                  |               |       |
| close            |                |                       |               |               |                  |               | close         | close | close | close         |                  |               |       |
|                  |                |                       |               |               |                  |               |               |       |       | 17:30 ~ 18:30 |                  |               |       |
|                  |                |                       |               |               |                  |               |               |       |       | Back & Arm 🌱  |                  |               |       |
|                  |                |                       |               |               |                  |               |               |       |       | Sakura.Y      |                  |               |       |
|                  |                |                       | 18:00 ~ 19:00 |               |                  |               |               |       |       | 18:00 ~ 19:00 | 18:00 ~ 19:00    | 18:00 ~ 19:00 | close |
|                  |                |                       | Waist 🌱       |               |                  |               |               |       |       | Back & Arm 🌱  | Release&Strength | Back & Arm 🌱  |       |
|                  |                |                       | 未確定           |               |                  |               |               |       |       | Sakura.Y      | Rei.U            | Sakura.Y      |       |
|                  | 19:30 ~ 20:30  | 19:30 ~ 20:30         | 19:30 ~ 20:30 | 19:30 ~ 20:30 |                  |               |               |       |       |               |                  |               |       |
|                  | Pilates Barre  | Basic 🌱               | Waist 🌱       | Basic 🌱       |                  |               |               |       |       |               |                  |               |       |
|                  | Rei.U          | Sakura.Y              | 未確定           | momoko.A      |                  |               |               |       |       |               |                  |               |       |
| 21:00 ~ 22:00    | 21:00 ~ 22:00  | 21:00 ~ 22:00         | 21:00 ~ 22:00 |               |                  |               |               |       |       |               |                  |               |       |
| Back & Arm 🌱     | Pilates Cardio | Basic 🌱               | Waist 🌱       |               |                  |               |               |       |       |               |                  |               |       |
| Sakura.Y         | Camila.K       | momoko.A              | 未確定           |               |                  |               |               |       |       |               |                  |               |       |

🌱 : 体験可能レッスン  
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・ 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。