

| pilatesK 小松   |               | 【 10/01 ~ 10/08 】 スケジュール |               |               |                       |               |                       | 2026/10/01 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            | close         | close         | 10:30 ~ 11:30         | 10:30 ~ 11:30 | close                 | close         | close |       |       |       |       |       |       |               |               |               |               |                       |
|               | Pre Basic 🌿   | Basic 🌿                  |               |               | Basic 🌿               | Hip & Leg 🌿   |                       |               |       |       |       |       |       |       |       |               |               |               |               |                       |
|               | Lisa.K        | Yumena.h                 |               |               | Miyako.T              | Yumena.h      |                       |               |       |       |       |       |       |       |       |               |               |               |               |                       |
|               | 12:30 ~ 13:30 | 12:30 ~ 13:30            |               |               | 12:30 ~ 13:30         | 12:30 ~ 13:30 |                       |               |       |       |       |       |       |       |       |               |               |               |               |                       |
|               | Basic 🌿       | Waist 🌿                  |               |               | Beauty Conditioning 🌿 | Basic 🌿       |                       |               |       |       |       |       |       |       |       |               |               |               |               |                       |
|               | Lisa.K        | Risa.H                   |               |               | Risa.H                | Miyako.T      |                       |               |       |       |       |       |       |       |       |               |               |               |               |                       |
|               | close         | 14:30 ~ 15:30            |               |               | close                 | close         |                       |               |       | close |       |       |       |       |       |               |               |               |               |                       |
|               |               | Basic 🌿                  |               |               |                       |               |                       |               |       |       |       |       |       |       |       |               |               |               |               |                       |
|               |               | Miyako.T                 |               |               |                       |               |                       |               |       |       |       |       |       |       |       |               |               |               |               |                       |
|               |               | 16:30 ~ 17:30            |               |               |                       |               |                       |               |       |       |       |       |       |       |       |               |               |               |               |                       |
|               |               | Back & Arm 🌿             |               |               |                       |               |                       |               |       |       |       |       |       |       |       |               |               |               |               |                       |
|               |               | Risa.H                   |               |               |                       |               |                       |               |       |       |       |       |       |       |       |               |               |               |               |                       |
|               | close         | close                    |               |               | close                 | 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         |
|               |               |                          |               |               |                       |               |                       |               |       |       |       |       |       |       |       | Basic 🌿       | Back & Arm 🌿  | Hip & Leg 🌿   | Basic 🌿       | Beauty Conditioning 🌿 |
|               |               |                          |               |               |                       |               |                       |               |       |       |       |       |       |       |       | Miyako.T      | Risa.H        | Yumena.h      | Miyako.T      | Risa.H                |
|               |               |                          |               |               |                       |               |                       |               |       |       |       |       |       |       |       | 19:00 ~ 20:00 | 19:00 ~ 20:00 | 19:00 ~ 20:00 | 19:00 ~ 20:00 | 19:00 ~ 20:00         |
| Hip & Leg 🌿   |               |                          | Basic 🌿       | Back & Arm 🌿  |                       |               | Beauty Conditioning 🌿 | Basic 🌿       |       |       |       |       |       |       |       |               |               |               |               |                       |
| Yumena.h      |               |                          | Miyako.T      | Risa.H        |                       |               | Risa.H                | Miyako.T      |       |       |       |       |       |       |       |               |               |               |               |                       |
| 20:30 ~ 21:30 |               |                          | 20:30 ~ 21:30 | 20:30 ~ 21:30 |                       |               | 20:30 ~ 21:30         | 20:30 ~ 21:30 |       |       |       |       |       |       |       |               |               |               |               |                       |
| Basic 🌿       |               |                          | Waist 🌿       | Waist 🌿       |                       |               | Back & Arm 🌿          | Hip & Leg 🌿   |       |       |       |       |       |       |       |               |               |               |               |                       |
| Lisa.K        |               |                          | Risa.H        | Yumena.h      |                       |               | Risa.H                | Yumena.h      |       |       |       |       |       |       |       |               |               |               |               |                       |

| pilatesK 小松   |                       | 【 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         | close                    | 10:30 ~ 11:30         | 10:30 ~ 11:30 | 10:30 ~ 11:30 | close         | 10:30 ~ 11:30 |       |
| Back & Arm 🌿  | Hip & Leg 🌿           |                          | Beauty Conditioning 🌿 | Pre Basic 🌿   | Basic 🌿       |               | Waist 🌿       |       |
| Risa.H        | Yumena.h              |                          | Risa.H                | Lisa.K        | Miyako.T      |               | Yumena.h      |       |
| 12:30 ~ 13:30 | 12:30 ~ 13:30         |                          | 12:30 ~ 13:30         | 12:30 ~ 13:30 | 12:30 ~ 13:30 |               | 12:30 ~ 13:30 |       |
| Waist 🌿       | Basic 🌿               |                          | Hip & Leg 🌿           | Basic 🌿       | Hip & Leg 🌿   |               | Basic 🌿       |       |
| Yumena.h      | Lisa.K                |                          | Yumena.h              | Miyako.T      | Yumena.h      |               | Lisa.K        |       |
| close         | 14:30 ~ 15:30         |                          | 14:30 ~ 15:30         | close         | close         |               | close         | close |
|               | Beauty Conditioning 🌿 |                          | Basic 🌿               |               |               |               |               |       |
|               | Risa.H                |                          | Lisa.K                |               |               |               |               |       |
|               | 16:30 ~ 17:30         |                          | 16:30 ~ 17:30         |               |               |               |               |       |
|               | Pre Basic 🌿           | Waist 🌿                  |                       |               |               |               |               |       |
|               | Lisa.K                | Risa.H                   |                       |               |               |               |               |       |
| 17:30 ~ 18:30 | close                 | close                    | 17:30 ~ 18:30         | 17:30 ~ 18:30 | 17:30 ~ 18:30 | 17:30 ~ 18:30 |               |       |
| Pre Basic 🌿   |                       |                          | Waist 🌿               | Pre Basic 🌿   | Basic 🌿       | Hip & Leg 🌿   |               |       |
| Lisa.K        |                       |                          | Risa.H                | Lisa.K        | Miyako.T      | Yumena.h      |               |       |
| 19:00 ~ 20:00 |                       |                          | 19:00 ~ 20:00         | 19:00 ~ 20:00 | 19:00 ~ 20:00 | 19:00 ~ 20:00 |               |       |
| Hip & Leg 🌿   |                       |                          | Basic 🌿               | Back & Arm 🌿  | Hip & Leg 🌿   | Back & Arm 🌿  |               |       |
| Yumena.h      |                       |                          | Lisa.K                | Miyako.T      | Yumena.h      | Miyako.T      |               |       |
| 20:30 ~ 21:30 | close                 | close                    | 20:30 ~ 21:30         | 20:30 ~ 21:30 | 20:30 ~ 21:30 | 20:30 ~ 21:30 |               |       |
| Basic 🌿       |                       |                          | Beauty Conditioning 🌿 | Basic 🌿       | Back & Arm 🌿  | Basic 🌿       |               |       |
| Lisa.K        |                       |                          | Risa.H                | Lisa.K        | Miyako.T      | Miyako.T      |               |       |

🌿：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。

| pilatesK 小松   |       | 【 10/17 ~ 10/24 】 スケジュール |               |               |       |               |                       | 2026/10/01 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 | close | close                    | 10:30 ~ 11:30 | 10:30 ~ 11:30 | close | 10:30 ~ 11:30 | 10:30 ~ 11:30         |               |                       |               |                       |       |  |
| Basic 🌱       |       |                          | Basic 🌱       | Back & Arm 🌱  |       | Hip & Leg 🌱   | Back & Arm 🌱          |               |                       |               |                       |       |  |
| Lisa.K        |       |                          | Lisa.K        | Miyako.T      |       | Yumena. h     | Miyako. T             |               |                       |               |                       |       |  |
| 12:30 ~ 13:30 |       |                          | 12:30 ~ 13:30 | 12:30 ~ 13:30 |       | 12:30 ~ 13:30 | 12:30 ~ 13:30         | 12:30 ~ 13:30 |                       |               |                       |       |  |
| Back &Arm 🌱   |       |                          | Back &Arm 🌱   | Pre Basic 🌱   |       | Waist 🌱       | Basic 🌱               |               |                       |               |                       |       |  |
| Miyako. T     |       |                          | Miyako. T     | Lisa. K       |       | Risa. H       | Lisa. K               |               |                       |               |                       |       |  |
| 14:30 ~ 15:30 |       |                          | close         | close         |       | close         | 14:30 ~ 15:30         | 14:30 ~ 15:30 |                       |               |                       |       |  |
| Basic 🌱       |       |                          |               |               |       |               | Beauty Conditioning 🌱 |               |                       |               |                       |       |  |
| Miyako. T     |       |                          |               |               |       |               | Risa. H               |               |                       |               |                       |       |  |
| 16:30 ~ 17:30 |       |                          |               |               |       |               | 16:30 ~ 17:30         |               |                       |               |                       |       |  |
| Hip &Leg 🌱    |       |                          |               |               |       |               | Basic 🌱               |               |                       |               |                       |       |  |
| Yumena. h     |       |                          |               |               |       |               | Lisa. K               |               |                       |               |                       |       |  |
| close         |       |                          |               |               |       |               | close                 | 17:30 ~ 18:30 | 17:30 ~ 18:30         | 17:30 ~ 18:30 | 17:30 ~ 18:30         | close |  |
|               |       |                          |               |               |       |               |                       | Hip &Leg 🌱    | Waist 🌱               | Back &Arm 🌱   | Basic 🌱               |       |  |
|               |       |                          |               |               |       |               |                       | Yumena. h     | Yumena. h             | Miyako. T     | Lisa. K               |       |  |
|               |       |                          |               |               |       |               |                       | 19:00 ~ 20:00 | 19:00 ~ 20:00         | 19:00 ~ 20:00 | 19:00 ~ 20:00         |       |  |
|               |       |                          |               |               |       |               |                       | Pre Basic 🌱   | Beauty Conditioning 🌱 | Waist 🌱       | Beauty Conditioning 🌱 |       |  |
|               |       |                          |               |               |       |               |                       | Lisa. K       | Risa. H               | Risa. H       | Risa. H               |       |  |
|               |       |                          |               |               |       |               |                       | 20:30 ~ 21:30 | 20:30 ~ 21:30         | 20:30 ~ 21:30 | 20:30 ~ 21:30         |       |  |
|               |       |                          |               |               |       |               |                       | Back &Arm 🌱   | Hip &Leg 🌱            | Basic 🌱       | Back &Arm 🌱           |       |  |
|               |       |                          |               |               |       |               |                       | Yumena. h     | Yumena. h             | Miyako. T     | Miyako. T             |       |  |
|               |       |                          |               |               |       |               |                       |               |                       |               |                       |       |  |

| pilatesK 小松   |               | 【 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             |                       |       |       |                       |               |               |               |
| close         | close         | 10:30 ~ 11:30     | 10:30 ~ 11:30 | close | 10:30 ~ 11:30         | 10:30 ~ 11:30 |                       |       |       |                       |               |               |               |
|               |               | Hip & Leg 🌱       | Basic 🌱       |       | Beauty Conditioning 🌱 | Basic 🌱       |                       |       |       |                       |               |               |               |
|               |               | Yumena.h          | Lisa.K        |       | Risa.H                | Lisa.K        |                       |       |       |                       |               |               |               |
|               |               | 12:30 ~ 13:30     | 12:30 ~ 13:30 |       | 12:30 ~ 13:30         | 12:30 ~ 13:30 |                       |       |       |                       |               |               |               |
|               |               | Basic 🌱           | Back & Arm 🌱  |       | Hip & Leg 🌱           | Waist 🌱       |                       |       |       |                       |               |               |               |
|               |               | Miyako.T          | Miyako.T      |       | Yumena.h              | Risa.H        |                       |       |       |                       |               |               |               |
|               |               | close             | close         |       | close                 | close         | 14:30 ~ 15:30         |       |       |                       |               |               |               |
|               |               |                   |               |       |                       |               | Basic 🌱               |       |       |                       |               |               |               |
|               |               |                   |               |       |                       |               | Lisa.K                |       |       |                       |               |               |               |
|               |               |                   |               |       |                       |               | 16:30 ~ 17:30         |       |       |                       |               |               |               |
|               |               |                   |               |       |                       |               | Beauty Conditioning 🌱 |       |       |                       |               |               |               |
|               |               |                   |               |       |                       |               | Risa.H                |       |       |                       |               |               |               |
|               |               | close             | close         |       | close                 | close         | close                 | close | close |                       |               |               |               |
|               |               |                   |               |       |                       |               |                       |       |       | 17:30 ~ 18:30         | 17:30 ~ 18:30 | 17:30 ~ 18:30 | 17:30 ~ 18:30 |
|               |               |                   |               |       |                       |               |                       |       |       | Basic 🌱               | Back & Arm 🌱  | Basic 🌱       | Back & Arm 🌱  |
|               |               |                   |               |       |                       |               |                       |       |       | Risa.H                | Risa.H        | Lisa.K        | Miyako.T      |
|               |               |                   |               |       |                       |               |                       |       |       | 19:00 ~ 20:00         | 19:00 ~ 20:00 | 19:00 ~ 20:00 | 19:00 ~ 20:00 |
|               |               |                   |               |       |                       |               |                       |       |       | Beauty Conditioning 🌱 | Basic 🌱       | Back & Arm 🌱  | Basic 🌱       |
| Risa.H        | Lisa.K        | Miyako.T          | Miyako.T      |       |                       |               |                       |       |       |                       |               |               |               |
| 20:30 ~ 21:30 | 20:30 ~ 21:30 | 20:30 ~ 21:30     | 20:30 ~ 21:30 |       |                       |               |                       |       |       |                       |               |               |               |
| Hip & Leg 🌱   | Waist 🌱       | Pre Basic 🌱       | Waist 🌱       |       |                       |               |                       |       |       |                       |               |               |               |
| Yumena.h      | Risa.H        | Lisa.K            | Risa.H        |       |                       |               |                       |       |       |                       |               |               |               |

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