

| pilatesK 新宿店     |                       | 【 10/01 ~ 10/08 】 スケジュール |                 |                |                       |               |               | 2026/09/14 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             |               |
| 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 |               |
| Style up Pilates | Hip & Leg 🍃           | Back & Arm 🍃             | Hip & Leg 🍃     | Animal Stretch | Back & Arm 🍃          |               | Hip Punch     |               |
| NOERU.S          | Akane                 | Ayu.M                    | Akane           | Yuuki          | Ayu.M                 |               | NOERU.S       |               |
| 12:00 ~ 13:00    | 12:00 ~ 13:00         | 12:00 ~ 13:00            | 12:30 ~ 13:30   | 12:00 ~ 13:00  | 12:00 ~ 13:00         |               | 12:00 ~ 13:00 |               |
| Hip & Leg 🍃      | Hip Punch             | Basic 🍃                  | Reset Flow      | Waist 🍃        | Style up Pilates      |               | Back & Arm 🍃  |               |
| Akane            | NOERU.S               | 未定                       | NOERU.S         | Ayu.M          | Akane                 |               | Ayu.M         |               |
| 13:30 ~ 14:30    | 13:30 ~ 14:30         | 13:30 ~ 14:30            | 14:30 ~ 15:30   | 13:30 ~ 14:30  | 13:30 ~ 14:30         |               | 13:30 ~ 14:30 |               |
| Body Balance     | Pre Basic 🍃           | Shape up waist           | Basic 🍃         | Back & Spine   | Beauty Conditioning 🍃 |               | Reset Flow    |               |
| Yuuki            | Akane                 | Yuuki                    | NOERU.S         | Yuuki          | Ayu.M                 | NOERU.S       |               |               |
| close            | close                 | 15:00 ~ 16:00            | 16:30 ~ 17:30   | close          | 15:00 ~ 16:00         | 14:00 ~ 15:00 | close         |               |
|                  |                       | Beauty Conditioning 🍃    | Pilates Workout |                | Pre Basic 🍃           | Body Balance  |               |               |
|                  |                       | Ayu.M                    | Akane           |                | Yuuki                 | Akane         |               |               |
|                  |                       | 16:30 ~ 17:30            | close           |                | close                 | 15:30 ~ 16:30 |               |               |
|                  |                       | Waist 🍃                  |                 |                |                       | Back & Spine  |               |               |
|                  |                       | 未定                       |                 |                | Yuuki                 |               |               |               |
|                  |                       | 18:00 ~ 19:00            |                 |                | 17:30 ~ 18:30         | close         |               |               |
|                  |                       | Animal Stretch           |                 |                | Shape up waist        |               |               |               |
|                  |                       | Yuuki                    |                 |                | Yuuki                 |               |               |               |
| 18:00 ~ 19:00    | 18:00 ~ 19:00         | close                    | close           | 18:00 ~ 19:00  | 18:00 ~ 19:00         |               |               |               |
| Basic 🍃          | Beauty Conditioning 🍃 |                          |                 | Hip Punch      | Back & Arm 🍃          | Waist 🍃       |               |               |
| 未定               | Ayu.M                 |                          |                 | NOERU.S        | Ayu.M                 | 未定            |               |               |
| 19:30 ~ 20:30    | 19:30 ~ 20:30         |                          |                 | 19:30 ~ 20:30  | 19:30 ~ 20:30         | 19:30 ~ 20:30 |               |               |
| Shape up waist   | Reset Flow            |                          |                 | Back & Arm 🍃   | Pre Basic 🍃           | Hip & Leg 🍃   |               |               |
| Yuuki            | NOERU.S               |                          |                 | Ayu.M          | Yuuki                 | Akane         |               |               |
| 21:00 ~ 22:00    | 21:00 ~ 22:00         |                          |                 | 21:00 ~ 22:00  | 21:00 ~ 22:00         | 21:00 ~ 22:00 |               |               |
| Waist 🍃          | Back & Arm 🍃          |                          |                 | Reset Flow     | Waist 🍃               | Basic 🍃       |               |               |
| 未定               | Ayu.M                 |                          |                 | NOERU.S        | Ayu.M                 | 未定            |               |               |

| pilatesK 新宿店     |                | 【 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   | 10:30 ~ 11:30  | 10:30 ~ 11:30 |
| Waist 🍃          | Shape up waist | Basic 🍃                  | Back & Spine    | Style up Pilates      | Back & Arm 🍃    | Hip & Leg 🍃    | Hip Punch     |
| Ayu.M            | Yuuki          | NOERU.S                  | Yuuki           | Akane                 | Ayu.M           | Akane          | NOERU.S       |
| 12:00 ~ 13:00    | 12:00 ~ 13:00  | 12:30 ~ 13:30            | 12:00 ~ 13:00   | 12:00 ~ 13:00         | 12:00 ~ 13:00   | 12:00 ~ 13:00  | 12:00 ~ 13:00 |
| Body Balance     | Reset Flow     | Back & Spine             | Pilates Workout | Beauty Conditioning 🍃 | Back & Spine    | Reset Flow     | Basic 🍃       |
| Yuuki            | NOERU.S        | Yuuki                    | Akane           | Ayu.M                 | NOERU.S         | NOERU.S        | 未定            |
| 13:30 ~ 14:30    | 13:30 ~ 14:30  | 14:30 ~ 15:30            | 13:30 ~ 14:30   | 13:30 ~ 14:30         | 13:30 ~ 14:30   | 13:30 ~ 14:30  | 13:30 ~ 14:30 |
| Back & Arm 🍃     | Basic 🍃        | Style up Pilates         | Back & Arm 🍃    | Back & Arm 🍃          | Waist 🍃         | Hip Punch      | Reset Flow    |
| Ayu.M            | 未定             | NOERU.S                  | Ayu.M           | Ayu.M                 | Ayu.M           | NOERU.S        | NOERU.S       |
| close            | 15:00 ~ 16:00  | 16:30 ~ 17:30            | 15:00 ~ 16:00   | close                 | close           | close          | close         |
|                  | Back & Spine   | Animal Stretch           | Body Balance    |                       |                 |                |               |
|                  | Yuuki          | Yuuki                    | Yuuki           |                       |                 |                |               |
|                  | 16:30 ~ 17:30  | close                    | 16:30 ~ 17:30   |                       |                 |                |               |
|                  | Hip Punch      |                          | Pre Basic 🍃     |                       |                 |                |               |
|                  | NOERU.S        |                          | Akane           |                       |                 |                |               |
|                  | 18:00 ~ 19:00  |                          | 18:00 ~ 19:00   |                       |                 |                |               |
|                  | Waist 🍃        |                          | Waist 🍃         |                       |                 |                |               |
|                  | 未定             |                          | Ayu.M           |                       |                 |                |               |
| 18:00 ~ 19:00    | close          | close                    | close           | 18:00 ~ 19:00         | 18:00 ~ 19:00   | 18:00 ~ 19:00  | 18:00 ~ 19:00 |
| Pilates Workout  |                |                          |                 | Hip Punch             | Body Balance    | Basic 🍃        | Waist 🍃       |
| Akane            |                |                          |                 | NOERU.S               | Akane           | 未定             | 未定            |
| 19:30 ~ 20:30    |                |                          |                 | 19:30 ~ 20:30         | 19:30 ~ 20:30   | 19:30 ~ 20:30  | 19:30 ~ 20:30 |
| Basic 🍃          |                |                          |                 | Hip & Leg 🍃           | Basic 🍃         | Shape up waist | Body Balance  |
| NOERU.S          |                |                          |                 | Akane                 | NOERU.S         | Akane          | Yuuki         |
| 21:00 ~ 22:00    | close          | close                    | close           | 21:00 ~ 22:00         | 21:00 ~ 22:00   | 21:00 ~ 22:00  | 21:00 ~ 22:00 |
| Style up Pilates |                |                          |                 | Reset Flow            | Pilates Workout | Waist 🍃        | Pre Basic 🍃   |
| Akane            |                |                          |                 | NOERU.S               | Akane           | 未定             | Yuuki         |

🍃：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 新宿店          |                | 【 10/17 ~ 10/24 】 スケジュール |                |                       |                  |                       |                       | 2026/09/14 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         | 10:30 ~ 11:30         |               |
| Pilates Workout       | Body Balance   | Pre Basic 🌱              | Waist 🌱        | Style up Pilates      | Back & Spine     | Basic 🌱               | Back & Arm 🌱          |               |
| Akane                 | Yuuki          | Yuuki                    | 未定             | NOERU.S               | Yuuki            | 未定                    | Ayu.M                 |               |
| 12:00 ~ 13:00         | 12:30 ~ 13:30  | 12:00 ~ 13:00            | 12:00 ~ 13:00  | 12:00 ~ 13:00         | 12:00 ~ 13:00    | 12:00 ~ 13:00         | 12:00 ~ 13:00         |               |
| Back & Arm 🌱          | Waist 🌱        | Style up Pilates         | Shape up waist | Basic 🌱               | Hip & Leg 🌱      | Back & Arm 🌱          | Body Balance          |               |
| Ayu.M                 | Ayu.M          | NOERU.S                  | Akane          | Yuuki                 | Akane            | Ayu.M                 | Yuuki                 |               |
| 13:30 ~ 14:30         | 14:30 ~ 15:30  | 13:30 ~ 14:30            | 13:30 ~ 14:30  | 13:30 ~ 14:30         | 13:30 ~ 14:30    | 13:30 ~ 14:30         | 13:30 ~ 14:30         |               |
| Waist 🌱               | Shape up waist | Animal Stretch           | Basic 🌱        | Back & Spine          | Body Balance     | Waist 🌱               | Basic 🌱               |               |
| 未定                    | Yuuki          | Yuuki                    | 未定             | NOERU.S               | Yuuki            | 未定                    | 未定                    |               |
| 15:00 ~ 16:00         | 16:30 ~ 17:30  | close                    | close          | close                 | close            | close                 | 15:00 ~ 16:00         |               |
| Body Balance          | Back & Arm 🌱   |                          |                |                       |                  |                       | Beauty Conditioning 🌱 |               |
| Akane                 | Ayu            |                          |                |                       |                  |                       | Ayu.M                 |               |
| 16:30 ~ 17:30         | close          |                          |                |                       |                  |                       | 16:30 ~ 17:30         |               |
| Basic 🌱               |                |                          |                |                       |                  |                       | Shape up waist        |               |
| 未定                    |                |                          |                |                       |                  |                       | Yuuki                 |               |
| 18:00 ~ 19:00         |                |                          |                |                       |                  |                       | 18:00 ~ 19:00         |               |
| Beauty Conditioning 🌱 |                |                          |                |                       |                  |                       | Waist 🌱               |               |
| Ayu.M                 |                |                          |                |                       |                  |                       | 未定                    |               |
| close                 | close          |                          |                |                       |                  |                       | 18:00 ~ 19:00         | 18:00 ~ 19:00 |
|                       |                | Hip & Leg 🌱              | Back & Spine   | Beauty Conditioning 🌱 | Waist 🌱          | Animal Stretch        |                       |               |
|                       |                | Akane                    | NOERU.S        | Ayu.M                 | 未定               | Yuuki                 |                       |               |
|                       |                | 19:30 ~ 20:30            | 19:30 ~ 20:30  | 19:30 ~ 20:30         | 19:30 ~ 20:30    | 19:30 ~ 20:30         |                       |               |
|                       |                | Basic 🌱                  | Reset Flow     | Pilates Workout       | Style up Pilates | Beauty Conditioning 🌱 |                       |               |
|                       |                | NOERU.S                  | NOERU.S        | Akane                 | Akane            | Ayu.M                 |                       |               |
|                       |                | 21:00 ~ 22:00            | 21:00 ~ 22:00  | 21:00 ~ 22:00         | 21:00 ~ 22:00    | 21:00 ~ 22:00         |                       |               |
| Body Balance          | Hip & Leg 🌱    | Back & Arm 🌱             | Basic 🌱        | Shape up waist        |                  |                       |                       |               |
| Akane                 | Akane          | Ayu.M                    | 未定             | Yuuki                 |                  |                       |                       |               |

| pilatesK 新宿店  |  | 【 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   |               | 10:30 ~ 11:30         |                  | 10:30 ~ 11:30  |       | 10:30 ~ 11:30         |       | 10:30 ~ 11:30 |  |
| Basic 🌱       |  |                          | Style up Pilates |               | Hip & Leg 🌱     |               | Hip Punch             |                  | Pre Basic 🌱    |       | Beauty Conditioning 🌱 |       |               |  |
| 未定            |  |                          | NOERU.S          |               | Akane           |               | NOERU.S               |                  | Akane          |       | Ayu.M                 |       |               |  |
| 12:30 ~ 13:30 |  |                          | 12:00 ~ 13:00    |               | 12:00 ~ 13:00   |               | 12:00 ~ 13:00         |                  | 12:00 ~ 13:00  |       | 12:00 ~ 13:00         |       |               |  |
| Hip Punch     |  |                          | Back & Arm 🌱     |               | Animal Stretch  |               | Beauty Conditioning 🌱 |                  | Shape up waist |       | Hip Punch             |       |               |  |
| NOERU.S       |  |                          | Ayu.M            |               | Yuuki           |               | Ayu.M                 |                  | Yuuki          |       | NOERU.S               |       |               |  |
| 14:30 ~ 15:30 |  |                          | 13:30 ~ 14:30    |               | 13:30 ~ 14:30   |               | 13:30 ~ 14:30         |                  | 13:30 ~ 14:30  |       | 13:30 ~ 14:30         |       |               |  |
| Waist 🌱       |  |                          | Reset Flow       |               | Pilates Workout |               | Back & Spine          |                  | Hip & Leg 🌱    |       | Pilates Workout       |       |               |  |
| 未定            |  |                          | NOERU.S          |               | Akane           |               | NOERU.S               |                  | Akane          |       | Akane                 |       |               |  |
| 16:30 ~ 17:30 |  |                          | close            |               | close           |               | close                 |                  | close          |       | 15:00 ~ 16:00         |       |               |  |
| Reset Flow    |  |                          |                  |               |                 |               |                       |                  |                |       | Waist 🌱               |       |               |  |
| NOERU.S       |  |                          |                  |               |                 |               |                       |                  |                |       | Ayu.M                 |       |               |  |
| close         |  |                          |                  |               |                 |               |                       |                  |                |       | 16:30 ~ 17:30         |       |               |  |
|               |  |                          |                  |               |                 |               |                       |                  |                |       | Pre Basic 🌱           |       |               |  |
|               |  |                          |                  |               |                 |               |                       |                  |                |       | Yuuki                 |       |               |  |
|               |  |                          |                  |               |                 |               |                       |                  |                |       | 18:00 ~ 19:00         |       |               |  |
|               |  | Style up Pilates         |                  |               |                 |               |                       |                  |                |       |                       |       |               |  |
|               |  | NOERU.S                  |                  |               |                 |               |                       |                  |                |       |                       |       |               |  |
| close         |  | 18:00 ~ 19:00            |                  |               |                 |               |                       |                  |                |       | 18:00 ~ 19:00         |       | 18:00 ~ 19:00 |  |
|               |  | Animal Stretch           |                  | Waist 🌱       |                 | Basic 🌱       |                       | Style up Pilates |                |       |                       |       |               |  |
|               |  | Yuuki                    |                  | 未定            |                 | 未定            |                       | NOERU.S          |                |       |                       |       |               |  |
|               |  | 19:30 ~ 20:30            |                  | 19:30 ~ 20:30 |                 | 19:30 ~ 20:30 |                       | 19:30 ~ 20:30    |                |       |                       |       |               |  |
|               |  | Basic 🌱                  |                  | Body Balance  |                 | Back & Arm 🌱  |                       | Hip & Leg 🌱      |                |       |                       |       |               |  |
|               |  | NOERU.S                  |                  | Yuuki         |                 | Ayu.M         |                       | Akane            |                |       |                       |       |               |  |
| close         |  | 21:00 ~ 22:00            |                  | 21:00 ~ 22:00 |                 | 21:00 ~ 22:00 |                       | 21:00 ~ 22:00    |                |       |                       |       |               |  |
|               |  | Back & Spine             |                  | Basic 🌱       |                 | Waist 🌱       |                       | Reset Flow       |                |       |                       |       |               |  |
|               |  | Yuuki                    |                  | 未定            |                 | 未定            |                       | NOERU.S          |                |       |                       |       |               |  |

🌱 : 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。