

| pilatesK じゃんぼスクエア河内長野 |                     | 【 10/01 ~ 10/08 】 |               | スケジュール         |                     | 2026/06/16 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         |               |       |
|                       | Waist               | Pilates Cardio    | Pilates Barre |                | Pilates Barre       | Hip&Leg        |               |               |       |
|                       | Aya.M               | Aya.M             | Mio.M         |                | mai.M               | Mio.M          |               |               |       |
|                       | 12:00 ~ 13:00       | 12:00 ~ 13:00     | 12:30 ~ 13:30 |                | 12:00 ~ 13:00       | 12:30 ~ 13:30  |               |               |       |
|                       | Basic               | Pre Basic         | Waist         |                | Beauty Conditioning | Pre Basic      |               |               |       |
|                       | Mio.M               | mai.M             | Kyoka.K       |                | Kyoka.K             | mai.M          |               |               |       |
|                       | 13:30 ~ 14:30       | 13:30 ~ 14:30     | 14:30 ~ 15:30 |                | 13:30 ~ 14:30       | close          |               |               |       |
|                       | Beauty Conditioning | Back&Arm          | Basic         |                | Waist               |                |               |               |       |
|                       | Aya.M               | Kyoka.K           | Mio.M         |                | Kyoka.K             |                |               |               |       |
|                       | close               | 15:00 ~ 16:00     | 16:30 ~ 17:30 |                | close               |                |               | close         |       |
|                       |                     | Shape up waist    | Back&Arm      |                |                     |                |               |               |       |
|                       |                     | mai.M             | Kyoka.K       |                |                     |                |               |               |       |
|                       |                     | close             | 17:30 ~ 18:30 |                |                     |                |               |               | close |
|                       |                     |                   | Waist         |                |                     |                |               |               |       |
|                       | Aya.M               | close             | close         |                | close               |                |               |               |       |
| 18:00 ~ 19:00         | 18:00 ~ 19:00       |                   |               | 18:00 ~ 19:00  |                     |                | 18:00 ~ 19:00 |               |       |
| Waist                 | Pre Basic           |                   |               | close          |                     | Shape up waist | Basic         | Back&Arm      |       |
| Mio.M                 | mai.M               |                   |               |                |                     | Aya.M          | Aya.M         | Kyoka.K       |       |
| 19:30 ~ 20:30         | 19:30 ~ 20:30       |                   |               |                |                     | 19:30 ~ 20:30  | 19:30 ~ 20:30 | 19:30 ~ 20:30 |       |
| Hip&Leg               | Hip&Leg             | Back&Arm          | Waist         |                | Basic               |                |               |               |       |
| mai.M                 | Mio.M               | Kyoka.K           | Kyoka.K       |                | Aya.M               |                |               |               |       |
| 21:00 ~ 22:00         | 21:00 ~ 22:00       | close             | 21:00 ~ 22:00 | 21:00 ~ 22:00  | 21:00 ~ 22:00       |                |               |               |       |
| Basic                 | Back&Arm            |                   | Basic         | Pilates Cardio | Waist               |                |               |               |       |
| Mio.M                 | mai.M               |                   | Aya.M         | Aya.M          | Kyoka.K             |                |               |               |       |

| pilatesK            |  | じゃんぼスクエア河内長野        |  | 【                   | 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 |  |               |  |
| Basic               |  | Pre Basic           |  | Back & Arm          |       |                |       | Shape up waist      |        | Waist          |  |               |  | Pre Basic     |  |               |  |
| mai.M               |  | mai.M               |  | Kyoka.K             |       |                |       | mai.M               |        | Kyoka.K        |  |               |  | mai.M         |  |               |  |
| 12:00 ～ 13:00       |  | 12:00 ～ 13:00       |  | 12:30 ～ 13:30       |       |                |       | 12:00 ～ 13:00       |        | 12:30 ～ 13:30  |  |               |  | 12:00 ～ 13:00 |  |               |  |
| Pilates Barre       |  | Beauty Conditioning |  | Hip & Leg           |       |                |       | Back & Arm          |        | Pilates Cardio |  |               |  | Back & Arm    |  |               |  |
| Mio.M               |  | Kyoka.K             |  | Mio.M               |       |                |       | Kyoka.K             |        | mai.M          |  |               |  | Kyoka.K       |  |               |  |
| 13:30 ～ 14:30       |  | 13:30 ～ 14:30       |  | 14:30 ～ 15:30       |       |                |       | 13:30 ～ 14:30       |        | close          |  |               |  | 13:30 ～ 14:30 |  |               |  |
| Hip & Leg           |  | Pilates Cardio      |  | Beauty Conditioning |       |                |       | Pre Basic           |        |                |  |               |  | Pilates Barre |  |               |  |
| mai.M               |  | mai.M               |  | Kyoka.K             |       |                |       | mai.M               |        |                |  |               |  | mai.M         |  |               |  |
| close               |  | 15:00 ～ 16:00       |  | 16:30 ～ 17:30       |       |                |       | close               |        |                |  |               |  | close         |  |               |  |
|                     |  | Waist               |  | Basic               |       |                |       |                     |        |                |  |               |  |               |  |               |  |
|                     |  | Kyoka.K             |  | Mio.M               |       |                |       |                     |        |                |  |               |  |               |  |               |  |
|                     |  | 17:30 ～ 18:30       |  |                     |       |                |       |                     |        |                |  |               |  |               |  |               |  |
|                     |  | Hip & Leg           |  |                     |       |                |       |                     |        |                |  |               |  |               |  |               |  |
|                     |  | mai.M               |  |                     |       |                |       |                     |        |                |  |               |  |               |  |               |  |
| 18:00 ～ 19:00       |  | close               |  | close               |       |                |       | 18:00 ～ 19:00       |        | 18:00 ～ 19:00  |  |               |  | 18:00 ～ 19:00 |  | 18:00 ～ 19:00 |  |
| Basic               |  |                     |  |                     |       | Hip & Leg      |       | Basic               |        | Hip & Leg      |  |               |  |               |  |               |  |
| Aya.M               |  |                     |  |                     |       | Mio.M          |       | Aya.M               |        | Mio.M          |  |               |  |               |  |               |  |
| 19:30 ～ 20:30       |  |                     |  |                     |       | 19:30 ～ 20:30  |       | 19:30 ～ 20:30       |        | 19:30 ～ 20:30  |  |               |  |               |  |               |  |
| Waist               |  |                     |  |                     |       | Pilates Cardio |       | Beauty Conditioning |        | Hip & Leg      |  | Basic         |  |               |  |               |  |
| Mio.M               |  |                     |  |                     |       | Aya.M          |       | Kyoka.K             |        | Mio.M          |  | Aya.M         |  |               |  |               |  |
| 21:00 ～ 22:00       |  |                     |  |                     |       | 21:00 ～ 22:00  |       | 21:00 ～ 22:00       |        | 21:00 ～ 22:00  |  | 21:00 ～ 22:00 |  |               |  |               |  |
| Beauty Conditioning |  |                     |  |                     |       | Hip & Leg      |       | Basic               |        | Shape up waist |  | Waist         |  |               |  |               |  |
| Aya.M               |  |                     |  |                     |       | Mio.M          |       | Mio.M               |        | Aya.M          |  | Mio.M         |  |               |  |               |  |

・休館可能レッスン  
 ・クラスの曜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時間前までにお願いしております。  
 ・レッスン開始時刻 1時間前を切った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 じゃんぼスクエア河内長野 |                     | 【 10/17 ~ 10/24 】 スケジュール |                     |               |               |                     |                     | 2026/09/16 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       |               |                |               |                |               |       |
| Hip&Leg               | Basic               |                          | Hip&Leg             | Pre Basic     |               | Beauty Conditioning | Shape up waist      |               |                |               |                |               |       |
| Ren.K                 | Mio.M               |                          | Mio.M               | mai.M         |               | Aya.M               | Aya.M               |               |                |               |                |               |       |
| 12:00 ~ 13:00         | 12:30 ~ 13:30       |                          | 12:00 ~ 13:00       | 12:30 ~ 13:30 |               | 12:00 ~ 13:00       | 12:00 ~ 13:00       |               |                |               |                |               |       |
| Waist                 | Beauty Conditioning |                          | Shape up waist      | Waist         |               | Waist               | Beauty Conditioning |               |                |               |                |               |       |
| Kyoka.K               | Kyoka.K             |                          | Aya.M               | Mio.M         |               | Kyoka.K             | Kyoka.K             |               |                |               |                |               |       |
| 13:30 ~ 14:30         | 14:30 ~ 15:30       |                          | 13:30 ~ 14:30       |               |               | 13:30 ~ 14:30       | 13:30 ~ 14:30       |               |                |               |                |               |       |
| Back&Arm              | Pilates Barre       |                          | Basic               |               |               | Hip&Leg             | Basic               |               |                |               |                |               |       |
| Ren.K                 | Mio.M               |                          | Mio.M               |               |               | Aya.M               | Aya.M               |               |                |               |                |               |       |
| 15:00 ~ 16:00         | 16:30 ~ 17:30       |                          |                     |               |               |                     |                     | 15:00 ~ 16:00 |                |               |                |               |       |
| Beauty Conditioning   | Back&Arm            | Back&Arm                 |                     |               |               |                     |                     |               |                |               |                |               |       |
| Kyoka.K               | Kyoka.K             | Kyoka.K                  |                     |               |               |                     |                     |               |                |               |                |               |       |
|                       | close               |                          |                     |               |               |                     |                     |               |                |               |                |               |       |
|                       |                     |                          |                     |               |               |                     |                     |               |                | 17:30 ~ 18:30 | 17:30 ~ 18:30  |               |       |
|                       |                     |                          |                     |               |               |                     |                     |               |                | Basic         | Waist          |               |       |
| Ren.K                 |                     |                          |                     |               |               |                     |                     |               | Aya.M          |               |                |               |       |
| close                 |                     |                          |                     | close         |               |                     |                     |               | 18:00 ~ 19:00  | 18:00 ~ 19:00 | 18:00 ~ 19:00  | 18:00 ~ 19:00 | close |
|                       |                     |                          |                     |               |               |                     |                     |               | Back&Arm       | Basic         | Pilates Cardio | Pilates Barre |       |
|                       |                     |                          |                     |               |               |                     |                     |               | Kyoka.K        | Aya.M         | mai.M          | Mio.M         |       |
|                       |                     |                          | 19:30 ~ 20:30       |               |               | 19:30 ~ 20:30       | 19:30 ~ 20:30       |               | 19:30 ~ 20:30  |               |                |               |       |
|                       |                     |                          | Beauty Conditioning |               |               | Back&Arm            | Waist               |               | Shape up waist |               |                |               |       |
|                       |                     |                          | Aya.M               |               |               | Kyoka.K             | Mio.M               |               | mai.M          |               |                |               |       |
|                       | 21:00 ~ 22:00       | 21:00 ~ 22:00            | 21:00 ~ 22:00       |               | 21:00 ~ 22:00 |                     |                     |               |                |               |                |               |       |
|                       | Waist               | Hip&Leg                  | Pre Basic           |               | Basic         |                     |                     |               |                |               |                |               |       |
|                       | Kyoka.K             | Aya.M                    | mai.M               |               | Mio.M         |                     |                     |               |                |               |                |               |       |
|                       |                     |                          |                     |               |               |                     |                     |               |                |               |                |               |       |

| pilatesK じゃんぼスクエア河内長野 |         | 【 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  |               |                     |       |               |               |
| Pilates Barre         |         | Basic                    | Shape up waist |       | Hip&Leg             | Waist          |               |                     |       |               |               |
| mai.M                 |         | Mio.M                    | Aya.M          |       | Aya.M               | Kyoka.K        |               |                     |       |               |               |
| 12:30 ~ 13:30         |         | 12:00 ~ 13:00            | 12:30 ~ 13:30  |       | 12:00 ~ 13:00       | 12:00 ~ 13:00  |               |                     |       |               |               |
| Basic                 |         | Waist                    | Pilates Barre  |       | Shape up waist      | Pilates Cardio |               |                     |       |               |               |
| Aya.M                 |         | Aya.M                    | Mio.M          |       | mai.M               | Aya.M          |               |                     |       |               |               |
| 14:30 ~ 15:30         |         | 13:30 ~ 14:30            | close          |       | 13:30 ~ 14:30       | 13:30 ~ 14:30  | 13:30 ~ 14:30 |                     |       |               |               |
| Hip&Leg               |         | Hip&Leg                  |                |       | Basic               | Pre Basic      |               |                     |       |               |               |
| mai.M                 |         | Mio.M                    |                |       | Aya.M               | mai.M          |               |                     |       |               |               |
| 16:30 ~ 17:30         |         | close                    |                |       | close               | close          | 15:00 ~ 16:00 | close               |       |               |               |
| Beauty Conditioning   | Hip&Leg |                          |                |       |                     |                |               |                     |       |               |               |
| Aya.M                 | Aya.M   |                          |                |       |                     |                |               |                     |       |               |               |
| close                 | close   |                          |                | close |                     |                | close         | 17:30 ~ 18:30       | close |               |               |
|                       |         |                          |                |       |                     |                |               | Beauty Conditioning |       |               |               |
|                       |         |                          |                |       |                     |                |               | Kyoka.K             |       |               |               |
|                       |         |                          |                |       |                     |                |               | 18:00 ~ 19:00       |       | 18:00 ~ 19:00 | 18:00 ~ 19:00 |
|                       |         |                          | Pilates Cardio |       |                     |                |               | Beauty Conditioning |       | Basic         | Waist         |
|                       |         |                          | mai.M          |       |                     |                |               | Kyoka.K             |       | Mio.M         | Mio.M         |
|                       |         |                          | 19:30 ~ 20:30  |       |                     |                |               | 19:30 ~ 20:30       |       | 19:30 ~ 20:30 | 19:30 ~ 20:30 |
|                       |         | Back&Arm                 | Basic          |       | Beauty Conditioning | Pre Basic      |               |                     |       |               |               |
|                       |         | Kyoka.K                  | Aya.M          |       | Kyoka.K             | mai.M          |               |                     |       |               |               |
|                       |         | 21:00 ~ 22:00            | 21:00 ~ 22:00  |       | 21:00 ~ 22:00       | 21:00 ~ 22:00  |               |                     |       |               |               |
| Basic                 | Waist   | Hip&Leg                  | Pilates Barre  |       |                     |                |               |                     |       |               |               |
| mai.M                 | Kyoka.K | Mio.M                    | Mio.M          |       |                     |                |               |                     |       |               |               |

・休職可能レッスン  
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 ・レッスン開始時間1時間前迄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。