

| pilatesK 渋谷店          |                 | 【 10/01 ~ 10/08 】 スケジュール |                |                  |               |                       |                  | 2026/09/29 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 | 10:30 ~ 11:30         | 10:30 ~ 11:30    |               |
| Pilates Cardio        | Basic 🌱         | Style up Pilates         | Pilates Barre  | Pilates Workout  | Body Balance  | Back & Spine          | Style up Pilates |               |
| kanako.t              | Amane.m         | RIRI.G                   | Kalia          | RIRI.G           | Seina.t       | makiho                | RIRI.G           |               |
| 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         | 12:00 ~ 13:00    |               |
| Basic 🌱               | Pilates Workout | Beauty Conditioning 🌱    | Hip & Leg 🌱    | Body Balance     | Back & Spine  | Beauty Conditioning 🌱 | Waist 🌱          |               |
| kanako.t              | Kalia           | Seina.t                  | RIRI.G         | Seina.t          | makiho        | Seina.t               | Kalia            |               |
| 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         | 13:30 ~ 14:30    |               |
| Pilates Workout       | Back & Arm 🌱    | Shape up waist           | Basic 🌱        | Pilates Barre    | Waist 🌱       | Pilates Cardio        | Shape up waist   |               |
| RIRI.G                | Amane.m         | RIRI.G                   | Kalia          | RIRI.G           | Seina.t       | Kalia                 | RIRI.G           |               |
| close                 | close           | 15:00 ~ 16:00            | 16:30 ~ 17:30  | close            | close         | close                 | close            |               |
|                       |                 | Back & Spine             | Shape up waist |                  |               |                       |                  |               |
|                       |                 | makiho                   | RIRI.G         |                  |               |                       |                  |               |
|                       |                 | 16:30 ~ 17:30            |                |                  |               |                       |                  |               |
|                       |                 | Body Balance             |                |                  |               |                       |                  |               |
|                       |                 | Seina.t                  |                |                  |               |                       |                  |               |
|                       |                 | 18:00 ~ 19:00            |                |                  |               |                       |                  |               |
| 18:00 ~ 19:00         | 18:00 ~ 19:00   | 18:00 ~ 19:00            | 18:00 ~ 19:00  | 18:00 ~ 19:00    | 18:00 ~ 19:00 |                       |                  |               |
| Waist 🌱               | Pre Basic 🌱     | close                    | close          | Basic 🌱          | Waist 🌱       | Hip & Leg 🌱           | Basic 🌱          |               |
| Seina.t               | Seina.t         |                          |                | Amane.m          | Kalia         | RIRI.G                | Amane.m          |               |
| 19:30 ~ 20:30         | 19:30 ~ 20:30   |                          |                | 19:30 ~ 20:30    | 19:30 ~ 20:30 | 19:30 ~ 20:30         | 19:30 ~ 20:30    |               |
| Back & Spine          | Body Balance    |                          |                | Power up Control | Pilates Barre | Basic 🌱               | Pilates Workout  |               |
| makiho                | Seina.t         |                          |                | makiho           | Kalia         | Amane.m               | makiho           |               |
| 21:00 ~ 22:00         | 21:00 ~ 22:00   |                          |                | 21:00 ~ 22:00    | 21:00 ~ 22:00 | 21:00 ~ 22:00         | 21:00 ~ 22:00    |               |
| Beauty Conditioning 🌱 | Pilates Cardio  |                          |                | Back & Spine     | Basic 🌱       | Style up Pilates      | Back & Arm 🌱     |               |
| Seina.t               | Kalia           | makiho                   | Amane.m        | RIRI.G           | Amane.m       |                       |                  |               |

| pilatesK 渋谷店          |                 | 【 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    |
| Hip & Leg 🌱           | Pilates Barre   | Pilates Cardio           | Pre Basic 🌱     | Hip & Leg 🌱           | Back & Arm 🌱    | Pre Basic 🌱      | Pilates Workout  |
| RIRI.G                | Kalia           | Kalia                    | Seina.t         | RIRI.G                | Amane.m         | Seina.t          | makiho           |
| 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    |
| Pilates Cardio        | Body Balance    | Basic 🌱                  | Back & Arm 🌱    | Basic 🌱               | Pilates Cardio  | Back & Spine     | Style up Pilates |
| Kalia                 | Seina.t         | Amane.m                  | Amane.m         | Amane.m               | Kalia           | makiho           | RIRI.G           |
| 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    |
| Style up Pilates      | Hip & Leg 🌱     | Back & Spine             | Body Balance    | Back & Arm 🌱          | Basic 🌱         | Body Balance     | Back & Spine     |
| RIRI.G                | Kalia           | Kalia                    | Seina.t         | Amane.m               | Amane.m         | Seina.t          | makiho           |
| close                 | 15:00 ~ 16:00   | 16:30 ~ 17:30            | 15:00 ~ 16:00   | close                 | close           | close            | close            |
|                       | Pilates Cardio  | Back & Arm 🌱             | Pilates Workout |                       |                 |                  |                  |
|                       | makiho          | Amane.m                  | RIRI.G          |                       |                 |                  |                  |
|                       | 16:30 ~ 17:30   | close                    | 16:30 ~ 17:30   |                       |                 |                  |                  |
|                       | Waist 🌱         |                          | Basic 🌱         |                       |                 |                  |                  |
|                       | Seina.t         |                          | Amane.m         |                       |                 |                  |                  |
|                       | 18:00 ~ 19:00   |                          | 18:00 ~ 19:00   |                       |                 |                  |                  |
|                       | Pilates Workout | Style up Pilates         |                 |                       |                 |                  |                  |
| makiho                | RIRI.G          |                          |                 |                       |                 |                  |                  |
| 18:00 ~ 19:00         | close           | close                    | close           | 18:00 ~ 19:00         | 18:00 ~ 19:00   | 18:00 ~ 19:00    | 18:00 ~ 19:00    |
| Beauty Conditioning 🌱 |                 |                          |                 | Body Balance          | Pilates Workout | Pilates Barre    | Pilates Cardio   |
| Seina.t               |                 |                          |                 | Seina.t               | RIRI.G          | Kalia            | Kalia            |
| 19:30 ~ 20:30         |                 |                          |                 | 19:30 ~ 20:30         | 19:30 ~ 20:30   | 19:30 ~ 20:30    | 19:30 ~ 20:30    |
| Basic 🌱               |                 |                          |                 | Style up Pilates      | Waist 🌱         | Power up Control | Shape up waist   |
| Kalia                 |                 |                          |                 | RIRI.G                | Kalia           | makiho           | RIRI.G           |
| 21:00 ~ 22:00         |                 |                          |                 | 21:00 ~ 22:00         | 21:00 ~ 22:00   | 21:00 ~ 22:00    | 21:00 ~ 22:00    |
| Body Balance          |                 |                          |                 | Beauty Conditioning 🌱 | Shape up waist  | Waist 🌱          | Basic 🌱          |
| Seina.t               | Seina.t         | RIRI.G                   | Kalia           | Kalia                 |                 |                  |                  |

🌱：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 渋谷店          |  | 【 10/17 ~ 10/24 】 スケジュール |  |                |  |                |  | 2026/09/29 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    |  |
| Body Balance          |  | Basic 🌿                  |  | Pilates Barre  |  | Waist 🌿        |  | Shape up waist   |  | Basic 🌿        |  | Back & Arm 🌿     |  | Basic 🌿          |  |
| Seina.t               |  | Amane.m                  |  | Kalia          |  | Seina.t        |  | RIRI.G           |  | Momoha.h       |  | Amane.m          |  | Amane.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    |  |
| Basic 🌿               |  | Pilates Workout          |  | Pre Basic 🌿    |  | Pilates Cardio |  | Body Balance     |  | Waist 🌿        |  | Power up Control |  | Pilates Barre    |  |
| Amane.m               |  | Kalia                    |  | Mirai.B        |  | makiho         |  | Seina.t          |  | Seina.t        |  | makiho           |  | RIRI.G           |  |
| 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    |  |
| Pilates Workout       |  | Back & Arm 🌿             |  | Waist 🌿        |  | Body Balance   |  | Style up Pilates |  | Back & Arm 🌿   |  | Basic 🌿          |  | Power up Control |  |
| RIRI.G                |  | Amane.m                  |  | Kalia          |  | Seina.t        |  | RIRI.G           |  | Momoha.h       |  | Amane.m          |  | makiho           |  |
| 15:00 ~ 16:00         |  | 16:30 ~ 17:30            |  | close          |  | close          |  | close            |  | close          |  | close            |  | 15:00 ~ 16:00    |  |
| Beauty Conditioning 🌿 |  | Pilates Barre            |  |                |  |                |  |                  |  |                |  |                  |  | Back & Arm 🌿     |  |
| Seina.t               |  | Kalia                    |  |                |  |                |  |                  |  |                |  |                  |  | Amane.m          |  |
| 16:30 ~ 17:30         |  | close                    |  |                |  |                |  |                  |  |                |  |                  |  | 16:30 ~ 17:30    |  |
| Shape up waist        |  |                          |  |                |  |                |  |                  |  |                |  |                  |  | Pilates Workout  |  |
| RIRI.G                |  |                          |  |                |  |                |  |                  |  |                |  |                  |  | RIRI.G           |  |
| 18:00 ~ 19:00         |  |                          |  |                |  |                |  |                  |  |                |  |                  |  | 18:00 ~ 19:00    |  |
| Back & Arm 🌿          |  |                          |  |                |  |                |  |                  |  |                |  |                  |  | Pre Basic 🌿      |  |
| Amane.m               |  |                          |  |                |  |                |  |                  |  |                |  |                  |  | makiho           |  |
| close                 |  | close                    |  | 18:00 ~ 19:00  |  | 18:00 ~ 19:00  |  | 18:00 ~ 19:00    |  | 18:00 ~ 19:00  |  | 18:00 ~ 19:00    |  | close            |  |
|                       |  |                          |  | Shape up waist |  | Basic 🌿        |  | Waist 🌿          |  | Pilates Cardio |  | Pre Basic 🌿      |  |                  |  |
|                       |  |                          |  | Mirai.B        |  | Kalia          |  | Kalia            |  | Kalia          |  | Seina.t          |  |                  |  |
|                       |  |                          |  | 19:30 ~ 20:30  |  | 19:30 ~ 20:30  |  | 19:30 ~ 20:30    |  | 19:30 ~ 20:30  |  | 19:30 ~ 20:30    |  |                  |  |
|                       |  |                          |  | Back & Arm 🌿   |  | Back & Spine   |  | Back & Arm 🌿     |  | Body Balance   |  | Pilates Cardio   |  |                  |  |
|                       |  |                          |  | Amane.m        |  | makiho         |  | Amane.m          |  | Seina.t        |  | makiho           |  |                  |  |
|                       |  |                          |  | 21:00 ~ 22:00  |  | 21:00 ~ 22:00  |  | 21:00 ~ 22:00    |  | 21:00 ~ 22:00  |  | 21:00 ~ 22:00    |  |                  |  |
| Pilates Workout       |  | Hip & Leg 🌿              |  | Basic 🌿        |  | Pilates Barre  |  | Body Balance     |  |                |  |                  |  |                  |  |
| RIRI.G                |  | Kalia                    |  | Kalia          |  | Kalia          |  | Seina.t          |  |                |  |                  |  |                  |  |

| pilatesK 渋谷店  |                       | 【 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    |
| Back & Arm 🌿  |                       | Body Balance             | Pre Basic 🌿      | Beauty Conditioning 🌿 | Hip & Leg 🌿     | Back & Arm 🌿     |
| Amane.m       |                       | Seina.t                  | makiho           | Seina.t               | Kalia           | Amane.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    |
| Waist 🌿       |                       | Shape up waist           | Pilates Barre    | Basic 🌿               | Pilates Workout | Style up Pilates |
| Seina.t       |                       | RIRI.G                   | Kalia            | Amane.m               | RIRI.G          | RIRI.G           |
| 14:30 ~ 15:30 |                       | 13:30 ~ 14:30            | 13:30 ~ 14:30    | 13:30 ~ 14:30         | 13:30 ~ 14:30   | 13:30 ~ 14:30    |
| Basic 🌿       |                       | Beauty Conditioning 🌿    | Power up Control | Body Balance          | Pilates Barre   | Basic 🌿          |
| Amane.m       |                       | Seina.t                  | makiho           | Seina.t               | Kalia           | Amane.m          |
| 16:30 ~ 17:30 |                       | close                    | close            | close                 | close           | 15:00 ~ 16:00    |
| Body Balance  |                       |                          |                  |                       |                 | Back & Spine     |
| Seina.t       |                       |                          |                  |                       |                 | makiho           |
| close         |                       |                          |                  |                       |                 | 16:30 ~ 17:30    |
|               |                       |                          |                  |                       |                 | Pilates Barre    |
|               |                       |                          |                  |                       |                 | Kalia            |
|               |                       |                          |                  |                       |                 | 18:00 ~ 19:00    |
|               |                       |                          |                  |                       |                 | Pilates Workout  |
|               |                       |                          |                  |                       |                 | Kalia            |
| 18:00 ~ 19:00 |                       |                          |                  |                       |                 | 18:00 ~ 19:00    |
| Back & Arm 🌿  |                       | Body Balance             | Pilates Barre    | Basic 🌿               |                 |                  |
| Amane.m       |                       | Seina.t                  | Kalia            | Amane.m               |                 |                  |
| 19:30 ~ 20:30 | 19:30 ~ 20:30         | 19:30 ~ 20:30            | 19:30 ~ 20:30    |                       |                 |                  |
| Pilates Barre | Basic 🌿               | Back & Arm 🌿             | Style up Pilates |                       |                 |                  |
| RIRI.G        | Kalia                 | Amane.m                  | RIRI.G           |                       |                 |                  |
| 21:00 ~ 22:00 | 21:00 ~ 22:00         | 21:00 ~ 22:00            | 21:00 ~ 22:00    | close                 |                 |                  |
| Basic 🌿       | Beauty Conditioning 🌿 | Waist 🌿                  | Back & Arm 🌿     |                       |                 |                  |
| Amane.m       | Seina.t               | Kalia                    | Amane.m          |                       |                 |                  |

 : 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。