

11/01	11/02	11/03	11/04	11/05	11/06	11/07	11/08	
日	月	火	水	木	金	土	日	
close	close	10:30 ~ 11:00	10:30 ~ 11:00	close	10:30 ~ 11:00	10:30 ~ 11:00	close	
		Basic A 🏹	Basic C		Leg A 🏹	Jump A		
		Saki.I	MEGUMI.M		MEGUMI.M	MEGUMI.M		
		11:30 ~ 12:00	11:30 ~ 12:00		11:30 ~ 12:00	11:30 ~ 12:00		
		Hip A 🏹	Stretch A 🏹		Jump A	Back A 🏹		
		Saki.I	Saki.I		MEGUMI.M	Saki.I		
		12:30 ~ 13:00	12:30 ~ 13:00		12:30 ~ 13:00	12:30 ~ 13:00		
		Stretch A 🏹	Hip A 🏹		Balance A	Basic B 🏹		
		Kico	MEGUMI.M		MEGUMI.M	MEGUMI.M		
		13:30 ~ 14:00	13:30 ~ 14:00		13:30 ~ 14:00	13:30 ~ 14:00		
		Basic B 🏹	Back A 🏹		Basic B 🏹	Waist A 🏹		
		Kico	Saki.I		MEGUMI.M	Saki.I		
		14:30 ~ 15:00	close		close	close		14:30 ~ 15:00
		Hip B 🏹						Balance A
		Saki.I		MEGUMI.M				
		15:30 ~ 16:00		Hip B 🏹				
		Kico		Saki.I				
		16:30 ~ 17:00		16:30 ~ 17:00				
		Leg A 🏹	Basic C					
		Saki.I	MEGUMI.M	close				
		close	17:30 ~ 18:00		17:30 ~ 18:00	17:30 ~ 18:00		
			Hip B 🏹		Waist A 🏹	Stretch A 🏹		
Saki.I	MEGUMI.M		Saki.I					
18:30 ~ 19:00	18:30 ~ 19:00		18:30 ~ 19:00					
Basic B 🏹	Back A 🏹		Hip A 🏹					
MEGUMI.M	Saki.I		Saki.I					
19:30 ~ 20:00	19:30 ~ 20:00		19:30 ~ 20:00					
Leg A 🏹	Jump A		Basic C					
Saki.I	MEGUMI.M	MEGUMI.M						
20:30 ~ 21:00	20:30 ~ 21:00	20:30 ~ 21:00						
Balance A	Basic A 🏹	Waist A 🏹						
MEGUMI.M	Saki.I	Saki.I						

11/09	11/10	11/11	11/12	11/13	11/14	11/15	11/16		
月	火	水	木	金	土	日	月		
close	10:30 ~ 11:00	10:30 ~ 11:00	close	10:30 ~ 11:00	10:30 ~ 11:00	close	close		
	Balance A	Back A		Basic B	Hip B				
	MEGUMI.M	Saki.I		MEGUMI.M	Saki.I				
	11:30 ~ 12:00	11:30 ~ 12:00		11:30 ~ 12:00	11:30 ~ 12:00				
	Basic A	Hip B		Waist A	Balance A				
	Saki.I	Saki.I		MEGUMI.M	MEGUMI.M				
	12:30 ~ 13:00	12:30 ~ 13:00		12:30 ~ 13:00	12:30 ~ 13:00				
	Jump A	Stretch A		Basic C	Leg A				
	MEGUMI.M	Saki.I		MEGUMI.M	Saki.I				
	13:30 ~ 14:00	13:30 ~ 14:00		13:30 ~ 14:00	13:30 ~ 14:00				
	Leg A	Basic B		Hip A	Basic C				
	Saki.I	Saki.I		MEGUMI.M	MEGUMI.M				
	close	close		close	close			14:30 ~ 15:00	Hip A
								Saki.I	
								15:30 ~ 16:00	Basic A
								MEGUMI.M	
								16:30 ~ 17:00	Back A
								Saki.I	
	17:30 ~ 18:00	17:30 ~ 18:00		17:30 ~ 18:00	17:30 ~ 18:00			close	
	Back A	Leg A		Balance A	Basic A				
	Saki.I	MEGUMI.M		MEGUMI.M	Saki.I				
18:30 ~ 19:00	18:30 ~ 19:00	18:30 ~ 19:00	18:30 ~ 19:00						
Basic C	Jump A	Basic B	Hip B						
MEGUMI.M	MEGUMI.M	Saki.I	Saki.I						
19:30 ~ 20:00	19:30 ~ 20:00	19:30 ~ 20:00	19:30 ~ 20:00						
Hip B	Basic A	Waist A	Stretch A						
Saki.I	Saki.I	MEGUMI.M	MEGUMI.M						
20:30 ~ 21:00	20:30 ~ 21:00	20:30 ~ 21:00	20:30 ~ 21:00						
Stretch A	Hip A	Leg A	Jump A						
MEGUMI.M	MEGUMI.M	Saki.I	Saki.I						

pilatesK_smart 江古田店		【 11/17 ~ 11/24 】		スケジュール		2026/10/13 更新	
11/17	11/18	11/19	11/20	11/21	11/22	11/23	11/24
火	水	木	金	土	日	月	火
10:30 ~ 11:00	10:30 ~ 11:00	close	10:30 ~ 11:00	10:30 ~ 11:00	close	close	10:30 ~ 11:00
Stretch A 🟢	Hip A 🟡		Basic A 🟢	Stretch A 🟢			Hip B 🟡
Saki.I	MEGUMI.M		Saki.I	MEGUMI.M			Saki.I
11:30 ~ 12:00	11:30 ~ 12:00		11:30 ~ 12:00	11:30 ~ 12:00			11:30 ~ 12:00
Back A 🟡	Basic C		Leg A 🟢🟡	Basic B 🟢			Basic A 🟢
Saki.I	MEGUMI.M		MEGUMI.M	Saki.I			Y.Hina
12:30 ~ 13:00	12:30 ~ 13:00		12:30 ~ 13:00	12:30 ~ 13:00			12:30 ~ 13:00
Basic B 🟢	Waist A 🟡		Hip B 🟢🟡	Waist A 🟡			Leg A 🟡
Saki.I	MEGUMI.M		Saki.I	MEGUMI.M			Saki.I
13:30 ~ 14:00	13:30 ~ 14:00		13:30 ~ 14:00	13:30 ~ 14:00			13:30 ~ 14:00
Waist A 🟡	Jump A		Balance A	Back A 🟡			Basic A 🟢
Saki.I	MEGUMI.M		MEGUMI.M	Saki.I			Y.Hina
close	close	close	close	14:30 ~ 15:00	close	close	close
				Jump A			
				MEGUMI.M			
				15:30 ~ 16:00			
				Leg A 🟢🟡			
				Saki.I			
				16:30 ~ 17:00			
				Balance A			
				MEGUMI.M			
17:30 ~ 18:00	17:30 ~ 18:00	17:30 ~ 18:00	17:30 ~ 18:00	close			17:30 ~ 18:00
Jump A	Basic B 🟢🟡	Waist A 🟢🟡	Basic C				Balance A
MEGUMI.M	Saki.I	MEGUMI.M	MEGUMI.M				MEGUMI.M
18:30 ~ 19:00	18:30 ~ 19:00	18:30 ~ 19:00	18:30 ~ 19:00				18:30 ~ 19:00
Hip A 🟢	Back A 🟡	Basic A 🟢	Stretch A 🟢				Back A 🟢🟡
MEGUMI.M	Saki.I	Y.Hina	Saki.I				Saki.I
19:30 ~ 20:00	19:30 ~ 20:00	19:30 ~ 20:00	19:30 ~ 20:00				19:30 ~ 20:00
Leg A 🟢	Balance A	Hip A 🟡	Waist A 🟡				Jump A
Saki.I	MEGUMI.M	MEGUMI.M	MEGUMI.M			MEGUMI.M	
20:30 ~ 21:00	20:30 ~ 21:00	20:30 ~ 21:00	20:30 ~ 21:00				20:30 ~ 21:00
Basic C	Hip B 🟢	Basic A 🟢	Back A 🟢				Basic B 🟢
MEGUMI.M	Saki.I	Y.Hina	Saki.I				Saki.I

pilatesK_smart 江古田店		【 11/25 ~ 11/28 】		スケジュール		2026/10/13 更新		
11/25	11/26	11/27	11/28	11/29	11/30			
水	木	金	土	日	月			
10:30 ~ 11:00	close	10:30 ~ 11:00	10:30 ~ 11:00	close	close			
Basic A 🟢		Jump A 🟡	Basic B 🟢					
Y.Hina		Saki.I	Saki.I					
11:30 ~ 12:00		11:30 ~ 12:00	11:30 ~ 12:00					
Balance A 🟡		Back A 🟡	Hip A 🟡					
MEGUMI.M		MEGUMI.M	MEGUMI.M					
12:30 ~ 13:00		12:30 ~ 13:00	12:30 ~ 13:00					
Basic A 🟢		Stretch A 🟡	Back A 🟡					
Y.Hina		Saki.I	Saki.I					
13:30 ~ 14:00		13:30 ~ 14:00	13:30 ~ 14:00					
Hip A 🟡		Basic C 🟢	Stretch A 🟡					
MEGUMI.M		MEGUMI.M	MEGUMI.M					
close		close	close			14:30 ~ 15:00		
						Hip B 🟡		
						Saki.I		
	15:30 ~ 16:00							
	Basic C 🟢							
	MEGUMI.M							
16:30 ~ 17:00								
Jump A 🟡								
Saki.I								
17:30 ~ 18:00	17:30 ~ 18:00	17:30 ~ 18:00	close					
Hip B 🟡	Basic A 🟢	Waist A 🟡						
Saki.I	Y.Hina	Saki.I						
18:30 ~ 19:00	18:30 ~ 19:00	18:30 ~ 19:00						
Basic C 🟢	Jump A 🟡	Balance A 🟡						
MEGUMI.M	Saki.I	MEGUMI.M						
19:30 ~ 20:00	19:30 ~ 20:00	19:30 ~ 20:00						
Back A 🟡	Basic A 🟢	Hip A 🟡						
Saki.I	Y.Hina	Saki.I						
20:30 ~ 21:00	20:30 ~ 21:00	20:30 ~ 21:00						
Stretch A 🟡	Leg A 🟡	Basic B 🟢						
MEGUMI.M	Saki.I	MEGUMI.M						