

| pilatesK 久屋大通パ-ク店 |                | 【 11/01 ~ 11/08 】 スケジュール |                  |                |                     |                     |                | 2026/10/10 更新 |
|-------------------|----------------|--------------------------|------------------|----------------|---------------------|---------------------|----------------|---------------|
| 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 ~ 11:30            | 10:30 ~ 11:30    | close          | 10:30 ~ 11:30       | 10:30 ~ 11:30       | 10:30 ~ 11:30  |               |
|                   |                | Back & Spine             | Pre Basic        |                | Shape up waist      | Pre Basic           | Hip & Leg      |               |
|                   |                | megumi.Y                 | Rise.H           |                | Rise.H              | Rise.H              | Minami.M       |               |
|                   |                | 12:00 ~ 13:00            | 12:00 ~ 13:00    |                | 12:00 ~ 13:00       | 12:00 ~ 13:00       | 12:30 ~ 13:30  |               |
|                   |                | Hip & Leg                | Back & Spine     |                | Beauty Conditioning | Back & Spine        | Pilates Cardio |               |
|                   |                | Minami.M                 | Rise.H           |                | megumi.Y            | Rise.H              | Nanako.K       |               |
|                   |                | 13:30 ~ 14:30            | 13:30 ~ 14:30    |                | 13:30 ~ 14:30       | 13:30 ~ 14:30       | 14:30 ~ 15:30  |               |
|                   |                | Basic                    | Back & Arm       |                | Style up Pilates    | Beauty Conditioning | Basic          |               |
|                   |                | Nanako.K                 | Minami.M         |                | megumi.Y            | Nanako.K            | Nanako.K       |               |
|                   |                | 15:00 ~ 16:00            | close            |                | close               | close               | 15:00 ~ 16:00  | 16:30 ~ 17:30 |
|                   |                | Body Balance             |                  | Shape up waist |                     |                     | Back & Arm     |               |
|                   |                | megumi.Y                 |                  | Rise.H         |                     |                     | Minami.M       |               |
|                   |                | 16:30 ~ 17:30            |                  | 16:30 ~ 17:30  |                     |                     | close          |               |
|                   |                | Pilates Workout          |                  | Basic          |                     |                     |                |               |
|                   |                | Nanako.K                 |                  | Nanako.K       |                     |                     |                |               |
|                   |                | 18:00 ~ 19:00            |                  | 18:00 ~ 19:00  |                     |                     |                |               |
|                   |                | Back & Arm               |                  | jump to burn   |                     |                     |                |               |
|                   |                | Minami.M                 |                  | Nanako.K       |                     |                     |                |               |
|                   |                | close                    |                  | close          |                     |                     |                | 18:00 ~ 19:00 |
|                   |                |                          | Body Balance     |                | Waist               | Basic               |                |               |
| megumi.Y          | Minami.M       |                          | Rise.H           |                |                     |                     |                |               |
| 19:30 ~ 20:30     | 19:30 ~ 20:30  |                          | 19:30 ~ 20:30    |                |                     |                     |                |               |
| Waist             | Pilates Cardio |                          | Release&Strength |                |                     |                     |                |               |
| Minami.M          | Rise.H         |                          | Rise.H           |                |                     |                     |                |               |
| 21:00 ~ 22:00     | 21:00 ~ 22:00  | 21:00 ~ 22:00            |                  |                |                     |                     |                |               |
| Style up Pilates  | Hip & Leg      | Back & Spine             |                  |                |                     |                     |                |               |
| megumi.Y          | Minami.M       | megumi.Y                 |                  |                |                     |                     |                |               |

| pilatesK 久屋大通 <sup>パ</sup> -ク店 |              |                  | 【 11/09 ~ 11/16 】 |                  | スケジュール               |               |                      |                  |               |
|--------------------------------|--------------|------------------|-------------------|------------------|----------------------|---------------|----------------------|------------------|---------------|
| 11/09                          |              | 11/10            | 11/11             | 11/12            | 11/13                | 11/14         | 11/15                | 11/16            |               |
| 月                              |              | 火                | 水                 | 木                | 金                    | 土             | 日                    | 月                |               |
| 10:30 ~ 11:30                  |              | 10:30 ~ 11:30    | 10:30 ~ 11:30     | close            | 10:30 ~ 11:30        | 10:30 ~ 11:30 | 10:30 ~ 11:30        | 10:30 ~ 11:30    |               |
| Basic👉                         |              | Release&Strength | Back & Arm👈       |                  | Hip & Leg👈           | Back & Arm👈   | Beauty Conditioning👈 | Waist👈           |               |
| Nanako.K                       |              | Rise.H           | megumi.Y          |                  | Minami.M             | Minami.M      | Nanako.K             | megumi.Y         |               |
| 12:00 ~ 13:00                  |              | 12:00 ~ 13:00    | 12:00 ~ 13:00     |                  | 12:00 ~ 13:00        | 12:00 ~ 13:00 | 12:30 ~ 13:30        | 12:00 ~ 13:00    |               |
| Shape up waist                 |              | Waist👈           | Body Balance      |                  | Basic👈               | jump to burn  | Pre Basic👈           | Release&Strength |               |
| Rise.H                         |              | Nanako.K         | megumi.Y          |                  | Rise.H               | Nanako.K      | Rise.H               | Rise.H           |               |
| 13:30 ~ 14:30                  |              | 13:30 ~ 14:30    | 13:30 ~ 14:30     |                  | 13:30 ~ 14:30        | 13:30 ~ 14:30 | 13:30 ~ 14:30        | 14:30 ~ 15:30    | 13:30 ~ 14:30 |
| jump to burn                   |              | Pre Basic👈       | Hip & Leg👈        |                  | Back & Spine         | Basic👈        | Pilates Workout      | Style up Pilates |               |
| Nanako.K                       |              | Rise.H           | Minami.M          |                  | Rise.H               | Nanako.K      | Nanako.K             | megumi.Y         |               |
| close                          |              | close            | close             |                  | close                | close         | 15:00 ~ 16:00        | 16:30 ~ 17:30    | close         |
|                                |              |                  |                   | Style up Pilates |                      |               | Shape up waist       |                  |               |
|                                |              |                  |                   | megumi.Y         |                      |               | Rise.H               |                  |               |
|                                |              |                  |                   | 16:30 ~ 17:30    |                      |               | close                |                  |               |
|                                |              |                  |                   | Hip & Leg👈       |                      |               |                      |                  |               |
|                                |              |                  |                   | Minami.M         |                      |               |                      |                  |               |
| 18:00 ~ 19:00                  | Body Balance |                  |                   |                  |                      |               |                      |                  |               |
| 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        |                  |               |
| Release&Strength               |              | Basic👈           | Pilates Cardio    | Pre Basic👈       | Beauty Conditioning👈 | close         | Back & Arm👈          |                  |               |
| Rise.H                         |              | Nanako.K         | Nanako.K          | Natsume          | megumi.Y             |               | Minami.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        |                  |               |
| Hip & Leg👈                     |              | Back & Spine     | Shape up waist    | Body Balance     | Back & Arm👈          |               | Pilates Cardio       |                  |               |
| Minami.M                       |              | Rise.H           | Rise.H            | megumi.Y         | Minami.M             |               | Rise.H               |                  |               |
| 21:00 ~ 22:00                  |              | 21:00 ~ 22:00    | 21:00 ~ 22:00     | 21:00 ~ 22:00    | 21:00 ~ 22:00        |               | 21:00 ~ 22:00        | 21:00 ~ 22:00    |               |
| Waist👈                         |              | Pilates Workout  | Basic👈            | Waist👈           | Style up Pilates     | close         | Hip & Leg👈           |                  |               |
| Minami.M                       |              | Nanako.K         | Rise.H            | megumi.Y         | megumi.Y             |               | Minami.M             |                  |               |

🟢：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 久屋大通パーク店 |               | 【 11/17 ~ 11/24 】 スケジュール |                  |                 |                       |                  |                  | 2026/10/10 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 ~ 11:30     | 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 🌱      | jump to burn  |                          | Waist 🌱          | Hip & Leg 🌱     | Basic 🌱               | Release&Strength | Pilates Cardio   |               |
| Minami.M          | Rise.H        |                          | Nanako.K         | Minami.M        | Nanako.K              | Rise.H           | Nanako.K         |               |
| 12:00 ~ 13:00     | 12:00 ~ 13:00 |                          | 12:00 ~ 13:00    | 12:00 ~ 13:00   | 12:30 ~ 13:30         | 12:00 ~ 13:00    | 12:00 ~ 13:00    |               |
| Hip & Leg 🌱       | Basic 🌱       |                          | Back & Spine     | Pre Basic 🌱     | jump to burn          | Waist 🌱          | Back & Arm 🌱     |               |
| Minami.M          | Natsume       |                          | Rise.H           | Natsume         | Nanako.K              | Nanako.K         | Minami.M         |               |
| 13:30 ~ 14:30     | 13:30 ~ 14:30 |                          | 13:30 ~ 14:30    | 13:30 ~ 14:30   | 14:30 ~ 15:30         | 13:30 ~ 14:30    | 13:30 ~ 14:30    |               |
| Body Balance      | Back & Arm 🌱  |                          | Basic 🌱          | Pilates Workout | Back & Arm 🌱          | Basic 🌱          | Hip & Leg 🌱      |               |
| megumi.Y          | Rise.H        |                          | Nanako.K         | Nanako.K        | megumi.Y              | Nanako.K         | Minami.M         |               |
| close             | close         |                          | close            | close           | 15:00 ~ 16:00         | 16:30 ~ 17:30    | 15:00 ~ 16:00    | close         |
|                   |               |                          |                  |                 | Waist 🌱               | Body Balance     | Shape up waist   |               |
|                   |               |                          |                  |                 | Minami.M              | megumi.Y         | Rise.H           |               |
|                   |               |                          |                  |                 | 16:30 ~ 17:30         | close            | 16:30 ~ 17:30    |               |
|                   |               | Back & Spine             |                  |                 | Beauty Conditioning 🌱 |                  |                  |               |
|                   |               | megumi.Y                 |                  |                 | megumi.Y              |                  |                  |               |
| 18:00 ~ 19:00     | 18:00 ~ 19:00 |                          |                  |                 |                       |                  |                  |               |
| Pre Basic 🌱       | Waist 🌱       | Beauty Conditioning 🌱    | Pre Basic 🌱      | close           | close                 | close            | 18:00 ~ 19:00    |               |
| Natsume           | Minami.M      | megumi.Y                 | Natsume          |                 |                       |                  | Release&Strength |               |
| 19:30 ~ 20:30     | 19:30 ~ 20:30 | 19:30 ~ 20:30            | 19:30 ~ 20:30    |                 |                       |                  | Rise.H           |               |
| Waist 🌱           | Hip & Leg 🌱   | Style up Pilates         | Shape up waist   |                 |                       |                  | Basic 🌱          |               |
| megumi.Y          | Minami.M      | Natsume                  | Rise.H           | close           | close                 | close            | Natsume          |               |
| 21:00 ~ 22:00     | 21:00 ~ 22:00 | 21:00 ~ 22:00            | 21:00 ~ 22:00    |                 |                       |                  | 21:00 ~ 22:00    |               |
| Back & Spine      | Body Balance  | Back & Arm 🌱             | Release&Strength |                 |                       |                  | Shape up waist   |               |
| megumi.Y          | megumi.Y      | megumi.Y                 | Rise.H           |                 |                       |                  | Rise.H           |               |