

| pilatesK 国分寺店 |                | 【 10/01 ~ 10/08 】 |                       | スケジュール           |                       | 2026/10/05 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         | 10:30 ~ 11:30    | 10:30 ~ 11:30         | 10:30 ~ 11:30  | close |
|               | Pilates Cardio | Basic 🏊           | Back & Spine          | Style up Pilates | Hip Punch             | Waist 🏊        |       |
|               | makiho         | momoko.A          | Camila.K              | Rei.U            | Camila.K              | momoko.A       |       |
|               | 12:00 ~ 13:00  | 12:00 ~ 13:00     | 12:30 ~ 13:30         | 12:30 ~ 13:30    | 12:00 ~ 13:00         | 12:30 ~ 13:30  |       |
|               | Basic 🏊        | Hip & Leg 🏊       | Waist 🏊               | Pilates Cardio   | Beauty Conditioning 🏊 | Basic 🏊        |       |
|               | Camila.K       | Rei.U             | momoko.A              | Camila.K         | sayaka.K              | momoko.A       |       |
|               | 13:30 ~ 14:30  | 13:30 ~ 14:30     | 14:30 ~ 15:30         | close            | 13:30 ~ 14:30         | close          |       |
|               | Hip & Leg 🏊    | Release&Strength  | Hip Punch             |                  | Basic 🏊               |                |       |
|               | makiho         | Rei.U             | Camila.K              |                  | sayaka.K              |                |       |
|               | close          | 15:00 ~ 16:00     | 16:30 ~ 17:30         |                  | close                 |                |       |
|               |                | Waist 🏊           | Basic 🏊               |                  |                       |                |       |
|               |                | momoko.A          | momoko.A              |                  |                       |                |       |
|               |                | close             | close                 |                  |                       |                |       |
|               | 17:30 ~ 18:30  | Style up Pilates  |                       |                  |                       |                |       |
|               | Rei.U          |                   |                       |                  |                       |                |       |
|               | 18:00 ~ 19:00  | 18:00 ~ 19:00     | close                 | 18:00 ~ 19:00    | 18:00 ~ 19:00         | 18:00 ~ 19:00  |       |
| Hip Punch     | Waist 🏊        | Back & Spine      |                       | Pre Basic 🏊      | Pilates Barre         | Basic 🏊        |       |
| Camila.K      | momoko.A       | Sena.K            |                       | Mizuki.K         | Rei.U                 | momoko.A       |       |
| 19:30 ~ 20:30 | 19:30 ~ 20:30  | 19:30 ~ 20:30     |                       | 19:30 ~ 20:30    | 19:30 ~ 20:30         | 19:30 ~ 20:30  |       |
| Basic 🏊       | Back & Arm 🏊   | Hip Punch         |                       | Release&Strength | Pre Basic 🏊           | Pilates Cardio |       |
| momoko.A      | Camila.K       | Camila.K          |                       | Mizuki.K         | Rei.U                 | Camila.K       |       |
| 21:00 ~ 22:00 | 21:00 ~ 22:00  | close             | 21:00 ~ 22:00         | 21:00 ~ 22:00    | 21:00 ~ 22:00         | 21:00 ~ 22:00  |       |
| Back & Spine  | Basic 🏊        |                   | Beauty Conditioning 🏊 | Style up Pilates | Waist 🏊               | Hip Punch      |       |
| Camila.K      | momoko.A       |                   | Sena.K                | Rei.U            | momoko.A              | Camila.K       |       |

| pilatesK 国分寺店    |                  | 【 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 | close         | 10:30 ~ 11:30         |
| Back & Spine     | Hip & Leg 🟡      | Pre Basic 🟢       | Back & Spine     | Basic 🟢        | Waist 🟡       |               | Waist 🟢               |
| Camila.K         | Rei.U            | Rei.U             | Camila.K         | momoko.A       | makiho        |               | momoko.A              |
| 12:00 ~ 13:00    | 12:00 ~ 13:00    | 12:30 ~ 13:30     | 12:00 ~ 13:00    | 12:00 ~ 13:00  | 12:30 ~ 13:30 |               | 12:00 ~ 13:00         |
| Waist 🟡          | Basic 🟢          | Pilates Cardio    | Pre Basic 🟡      | Hip Punch      | Hip & Leg 🟡   |               | Pilates Cardio        |
| momoko.A         | YUKINA           | Camila.K          | Rei.U            | Camila.K       | makiho        |               | sayaka.K              |
| 13:30 ~ 14:30    | 13:30 ~ 14:30    | 14:30 ~ 15:30     | 13:30 ~ 14:30    | 13:30 ~ 14:30  |               |               | 13:30 ~ 14:30         |
| Hip Punch        | Pilates Barre    | Style up Pilates  | Hip & Leg 🟢      | Back & Arm 🟡   |               |               | Basic 🟢               |
| Camila.K         | Rei.U            | Rei.U             | Rei.U            | Camila.K       |               |               | momoko.A              |
| close            | 15:00 ~ 16:00    | 16:30 ~ 17:30     | 15:00 ~ 16:00    | close          |               |               | close                 |
|                  | Release&Strength | Hip & Leg 🟢       | Style up Pilates |                |               |               |                       |
|                  | Rei.U            | Camila.K          | Rei.U            |                |               |               |                       |
|                  | 17:30 ~ 18:30    | close             | 17:30 ~ 18:30    |                |               |               |                       |
| Basic 🟢          | Hip Punch        |                   |                  |                |               |               |                       |
| YUKINA           |                  | Camila.K          |                  |                |               |               |                       |
| 18:00 ~ 19:00    | close            | close             | close            | 18:00 ~ 19:00  | 18:00 ~ 19:00 | 18:00 ~ 19:00 | 18:00 ~ 19:00         |
| Hip & Leg 🟡      |                  |                   |                  | Waist 🟡        | Hip Punch     | Pilates Barre | Beauty Conditioning 🟡 |
| Rei.U            |                  |                   |                  | momoko.A       | Camila.K      | YUKINA        | sayaka.K              |
| 19:30 ~ 20:30    |                  |                   |                  | 19:30 ~ 20:30  | 19:30 ~ 20:30 | 19:30 ~ 20:30 | 19:30 ~ 20:30         |
| Basic 🟢          |                  |                   |                  | Basic 🟢        | Back & Spine  | Basic 🟢       | Hip & Leg 🟢           |
| momoko.A         |                  |                   |                  | momoko.A       | Camila.K      | momoko.A      | Sae                   |
| 21:00 ~ 22:00    |                  |                   |                  | 21:00 ~ 22:00  | 21:00 ~ 22:00 | 21:00 ~ 22:00 | 21:00 ~ 22:00         |
| Release&Strength |                  |                   |                  | Pilates Cardio | Basic 🟢       | Hip & Leg 🟡   | Style up Pilates      |
| Rei.U            |                  |                   |                  | Camila.K       | momoko.A      | YUKINA        | Sae                   |

🟡：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 国分寺店    |                | 【 10/17 ~ 10/24 】 |                  |                       | スケジュール         |                  | 2026/10/05 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         | close          | 10:30 ~ 11:30    | 10:30 ~ 11:30    |  |  |  |  |  |  |  |
| Waist 🌈          | Pilates Cardio | Basic 🌈           | Waist 🌈          | Beauty Conditioning 🌈 |                | Pilates Cardio   | Release&Strength |  |  |  |  |  |  |  |
| Hinata.T         | Camila.K       | momoko.A          | momoko.A         | sayaka.K              |                | Camila.K         | Rei.U            |  |  |  |  |  |  |  |
| 12:00 ~ 13:00    | 12:30 ~ 13:30  | 12:30 ~ 13:30     | 12:00 ~ 13:00    | 12:30 ~ 13:30         |                | 12:00 ~ 13:00    | 12:00 ~ 13:00    |  |  |  |  |  |  |  |
| Style up Pilates | Basic 🌈        | Waist 🌈           | Back & Arm 🌈     | Pilates Cardio        |                | Waist 🌈          | Basic 🌈          |  |  |  |  |  |  |  |
| Rei.U            | Maari          | momoko.A          | Camila.K         | makiho                |                | momoko.A         | momoko.A         |  |  |  |  |  |  |  |
| 13:30 ~ 14:30    | 14:30 ~ 15:30  | close             | 13:30 ~ 14:30    | close                 |                | 13:30 ~ 14:30    | 13:30 ~ 14:30    |  |  |  |  |  |  |  |
| Hip & Leg 🌈      | Back & Spine   |                   | Hip Punch        |                       |                | Back & Spine     | Style up Pilates |  |  |  |  |  |  |  |
| Rei.U            | Camila.K       |                   | Camila.K         |                       |                | Camila.K         | Rei.U            |  |  |  |  |  |  |  |
| 15:00 ~ 16:00    | 16:30 ~ 17:30  |                   | close            |                       |                | close            | 15:00 ~ 16:00    |  |  |  |  |  |  |  |
| Back & Arm 🌈     | Waist 🌈        |                   |                  |                       |                |                  | Waist 🌈          |  |  |  |  |  |  |  |
| Hinata.T         | Maari          |                   |                  |                       |                |                  | momoko.A         |  |  |  |  |  |  |  |
| close            | close          |                   |                  |                       |                |                  | close            |  |  |  |  |  |  |  |
| 17:30 ~ 18:30    |                |                   |                  |                       |                |                  | 17:30 ~ 18:30    |  |  |  |  |  |  |  |
| Release&Strength |                |                   |                  |                       |                |                  | Waist 🌈          |  |  |  |  |  |  |  |
| Rei.U            |                |                   |                  |                       |                |                  | momoko.A         |  |  |  |  |  |  |  |
| close            |                | 18:00 ~ 19:00     | 18:00 ~ 19:00    | 18:00 ~ 19:00         | 18:00 ~ 19:00  | 18:00 ~ 19:00    | close            |  |  |  |  |  |  |  |
|                  |                | Hip Punch         | Basic 🌈          | Style up Pilates      | Back & Arm 🌈   | Pilates Barre    |                  |  |  |  |  |  |  |  |
|                  |                | Camila.K          | momoko.A         | Rei.U                 | Camila.K       | Rei.U            |                  |  |  |  |  |  |  |  |
|                  |                | 19:30 ~ 20:30     | 19:30 ~ 20:30    | 19:30 ~ 20:30         | 19:30 ~ 20:30  | 19:30 ~ 20:30    |                  |  |  |  |  |  |  |  |
|                  |                | Release&Strength  | Hip & Leg 🌈      | Basic 🌈               | Hip Punch      | Waist 🌈          |                  |  |  |  |  |  |  |  |
|                  |                | Rei.U             | Rei.U            | momoko.A              | Camila.K       | momoko.A         |                  |  |  |  |  |  |  |  |
|                  |                | 21:00 ~ 22:00     | 21:00 ~ 22:00    | 21:00 ~ 22:00         | 21:00 ~ 22:00  | 21:00 ~ 22:00    |                  |  |  |  |  |  |  |  |
|                  |                | Back & Arm 🌈      | Style up Pilates | Waist 🌈               | Pilates Cardio | Release&Strength |                  |  |  |  |  |  |  |  |
|                  |                | Camila.K          | Rei.U            | momoko.A              | Ena.N          | Rei.U            |                  |  |  |  |  |  |  |  |

| pilatesK 国分寺店    |                | 【 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         | close            | 10:30 ~ 11:30 | 10:30 ~ 11:30    |               |       |       |                  |
| Pre Basic 🌈      |                | Beauty Conditioning 🌈    | Hip Punch             |                  | Hip & Leg 🌈   | Style up Pilates |               |       |       |                  |
| Rei.U            |                | sayaka.K                 | Camila.K              |                  | Camila.K      | Rei.U            |               |       |       |                  |
| 12:30 ~ 13:30    |                | 12:00 ~ 13:00            | 12:30 ~ 13:30         |                  | 12:00 ~ 13:00 | 12:00 ~ 13:00    |               |       |       |                  |
| Hip Punch        |                | Basic 🌈                  | Waist 🌈               |                  | Back & Spine  | Waist 🌈          |               |       |       |                  |
| Camila.K         |                | Camila.K                 | momoko.A              |                  | Camila.K      | momoko.A         |               |       |       |                  |
| 14:30 ~ 15:30    |                | 13:30 ~ 14:30            | close                 |                  | 13:30 ~ 14:30 | 13:30 ~ 14:30    |               |       |       |                  |
| Release&Strength |                | Pilates Cardio           |                       |                  | Basic 🌈       | Pre Basic 🌈      |               |       |       |                  |
| Rei.U            |                | sayaka.K                 |                       |                  | momoko.A      | Rei.U            |               |       |       |                  |
| 16:30 ~ 17:30    |                | close                    |                       |                  | close         | close            | 15:00 ~ 16:00 |       |       |                  |
| Hip & Leg 🌈      |                |                          |                       |                  |               |                  | Waist 🌈       |       |       |                  |
| Camila.K         |                |                          |                       |                  |               |                  | momoko.A      |       |       |                  |
| close            |                |                          |                       |                  |               |                  | close         | close | close | close            |
|                  |                |                          |                       |                  |               |                  |               |       |       | 17:30 ~ 18:30    |
|                  |                |                          |                       |                  |               |                  |               |       |       | Basic 🌈          |
|                  |                |                          |                       |                  |               |                  |               |       |       | momoko.A         |
|                  | 18:00 ~ 19:00  |                          | 18:00 ~ 19:00         | 18:00 ~ 19:00    |               |                  |               |       |       | 18:00 ~ 19:00    |
|                  | Waist 🌈        |                          | Beauty Conditioning 🌈 | Release&Strength |               |                  |               |       |       | Style up Pilates |
|                  | Rei.U          |                          | Miharu.H              | Rei.U            |               |                  |               |       |       | Rei.U            |
|                  | 19:30 ~ 20:30  | 19:30 ~ 20:30            | 19:30 ~ 20:30         | 19:30 ~ 20:30    |               |                  |               |       |       |                  |
|                  | Pilates Barre  | Hip & Leg 🌈              | Waist 🌈               | Basic 🌈          |               |                  |               |       |       |                  |
|                  | Rei.U          | Camila.K                 | momoko.A              | momoko.A         |               |                  |               |       |       |                  |
| 21:00 ~ 22:00    | 21:00 ~ 22:00  | 21:00 ~ 22:00            | 21:00 ~ 22:00         |                  |               |                  |               |       |       |                  |
| Back & Arm 🌈     | Pilates Cardio | Basic 🌈                  | Waist 🌈               |                  |               |                  |               |       |       |                  |
| 未確定              | Miharu.H       | momoko.A                 | momoko.A              |                  |               |                  |               |       |       |                  |

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※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。