

| pilatesK 川崎店     |       | 【 11/01 ~ 11/08 】 スケジュール |                       |                  |               |                  |                  | 2026/10/13 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                |               |               |               |       |
| 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    | 10:30 ~ 11:30    |               |               |               |       |
| jump to burn     |       | Hip & Leg 🌱              | Basic 🌱               | Animal Stretch   | Advance       | Basic 🌱          | Pilates Cardio   |               |               |               |       |
| Shimo.M          |       | mai.T                    | mai.T                 | ayano.H          | Kanami        | Komachi.K        | ayano.H          |               |               |               |       |
| 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    | 12:30 ~ 13:30 |               |               |       |
| Pre Basic 🌱      |       | jump to burn             | Hip Punch             | Waist 🌱          | Pre Basic 🌱   | Hip Punch        | Release&Strength |               |               |               |       |
| mai.T            |       | Shimo.M                  | mai.T                 | ayano.H          | mai.T         | mai.T            | Komachi.K        |               |               |               |       |
| 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    | 14:30 ~ 15:30 |               |               |       |
| Waist 🌱          |       | Basic 🌱                  | Back & Arm 🌱          | Style up Pilates | jump to burn  | Back & Spine     | Animal Stretch   |               |               |               |       |
| Shimo.M          |       | Komachi.K                | Shimo.M               | mai.T            | Kanami        | Kanami           | ayano.H          |               |               |               |       |
| 16:30 ~ 17:30    |       | 15:00 ~ 16:00            | close                 | close            | close         | 15:00 ~ 16:00    | 16:30 ~ 17:30    |               |               |               |       |
| Style up Pilates |       | Beauty Conditioning 🌱    |                       |                  |               | Back & Arm 🌱     | Basic 🌱          |               |               |               |       |
| mai.T            |       | Shimo.M                  |                       |                  |               | Komachi.K        | Komachi.K        |               |               |               |       |
| close            |       | 16:30 ~ 17:30            |                       |                  |               | 16:30 ~ 17:30    | 16:30 ~ 17:30    | close         |               |               |       |
|                  |       | Back & Arm 🌱             |                       |                  |               | Pilates Cardio   | Pilates Cardio   |               |               |               |       |
|                  |       | Komachi.K                |                       |                  |               | Kanami           | Kanami           |               |               |               |       |
|                  |       | 18:00 ~ 19:00            |                       |                  |               | 18:00 ~ 19:00    | 18:00 ~ 19:00    |               |               |               |       |
|                  |       | Hip Punch                |                       |                  |               | Style up Pilates | Style up Pilates |               |               |               |       |
|                  |       | mai.T                    |                       |                  |               | mai.T            | mai.T            |               |               |               |       |
|                  |       | close                    |                       |                  |               | close            | 18:00 ~ 19:00    |               | 18:00 ~ 19:00 | 18:00 ~ 19:00 | close |
|                  |       |                          | Beauty Conditioning 🌱 | Release&Strength | Back & Arm 🌱  |                  |                  |               |               |               |       |
|                  |       |                          | Shimo.M               | Komachi.K        | Shimo.M       |                  |                  |               |               |               |       |
|                  |       |                          | 19:30 ~ 20:30         | 19:30 ~ 20:30    | 19:30 ~ 20:30 |                  |                  |               |               |               |       |
|                  |       |                          | Advance               | Hip & Leg 🌱      | Basic 🌱       |                  |                  |               |               |               |       |
|                  |       |                          | Kanami                | Komachi.K        | ayano.H       |                  |                  |               |               |               |       |
|                  |       |                          | 21:00 ~ 22:00         | 21:00 ~ 22:00    | 21:00 ~ 22:00 |                  |                  |               |               |               |       |
|                  |       | Pilates Cardio           | Basic 🌱               | Waist 🌱          |               |                  |                  |               |               |               |       |
|                  |       | Kanami                   | Kanami                | ayano.H          |               |                  |                  |               |               |               |       |

| pilatesK 川崎店     |  | 【 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    |  | 10:30 ~ 11:30         |  | 10:30 ~ 11:30    |  | 10:30 ~ 11:30  |  | 10:30 ~ 11:30         |  | 10:30 ~ 11:30    |  |
| jump to burn     |  | Waist 🌱                  |  | Hip & Leg 🌱      |  | Style up Pilates      |  | Basic 🌱          |  | Back & Arm 🌱   |  | Basic 🌱               |  | Release&Strength |  |
| Kanami           |  | Kanami                   |  | Komachi.K        |  | mai.T                 |  | Kanami           |  | Shimo.M        |  | ayano.H               |  | Komachi.K        |  |
| 12:00 ~ 13:00    |  | 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    |  |
| Basic 🌱          |  | Beauty Conditioning 🌱    |  | Back & Spine     |  | Hip & Leg 🌱           |  | Release&Strength |  | Pilates Cardio |  | Back & Arm 🌱          |  | Animal Stretch   |  |
| ayano.H          |  | Shimo.M                  |  | Kanami           |  | Komachi.K             |  | mai.T            |  | ayano.H        |  | Shimo.M               |  | ayano.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    |  |
| Waist 🌱          |  | Advance                  |  | Release&Strength |  | Back & Arm 🌱          |  | Pilates Cardio   |  | Hip & Leg 🌱    |  | Pilates Cardio        |  | Basic 🌱          |  |
| ayano.H          |  | Kanami                   |  | Komachi.K        |  | Komachi.K             |  | Kanami           |  | Komachi.K      |  | ayano.H               |  | Komachi.K        |  |
| close            |  | close                    |  | close            |  | close                 |  | close            |  | 15:00 ~ 16:00  |  | 16:30 ~ 17:30         |  | close            |  |
|                  |  |                          |  |                  |  |                       |  |                  |  | jump to burn   |  | Beauty Conditioning 🌱 |  |                  |  |
|                  |  |                          |  |                  |  |                       |  |                  |  | Shimo.M        |  | Shimo.M               |  |                  |  |
|                  |  |                          |  |                  |  |                       |  |                  |  | 16:30 ~ 17:30  |  |                       |  |                  |  |
|                  |  |                          |  |                  |  |                       |  |                  |  | Animal Stretch |  |                       |  |                  |  |
|                  |  |                          |  |                  |  |                       |  |                  |  | ayano.H        |  |                       |  |                  |  |
|                  |  |                          |  |                  |  |                       |  |                  |  | 18:00 ~ 19:00  |  |                       |  |                  |  |
| Basic 🌱          |  |                          |  |                  |  |                       |  |                  |  |                |  |                       |  |                  |  |
| Komachi.K        |  |                          |  |                  |  |                       |  |                  |  |                |  |                       |  |                  |  |
| 18:00 ~ 19:00    |  | 18:00 ~ 19:00            |  | 18:00 ~ 19:00    |  | 18:00 ~ 19:00         |  | 18:00 ~ 19:00    |  | close          |  | 18:00 ~ 19:00         |  | close            |  |
| Back & Spine     |  | Basic 🌱                  |  | jump to burn     |  | Pre Basic 🌱           |  | Hip Punch        |  |                |  | Pilates Cardio        |  |                  |  |
| Kanami           |  | ayano.H                  |  | Shimo.M          |  | mai.T                 |  | mai.T            |  |                |  | ayano.H               |  |                  |  |
| 19:30 ~ 20:30    |  | 19:30 ~ 20:30            |  | 19:30 ~ 20:30    |  | 19:30 ~ 20:30         |  | 19:30 ~ 20:30    |  |                |  | 19:30 ~ 20:30         |  |                  |  |
| Release&Strength |  | Animal Stretch           |  | Style up Pilates |  | Waist 🌱               |  | Back & Arm 🌱     |  |                |  | Pre Basic 🌱           |  |                  |  |
| Komachi.K        |  | ayano.H                  |  | mai.T            |  | Shimo.M               |  | Komachi.K        |  |                |  | mai.T                 |  |                  |  |
| 21:00 ~ 22:00    |  | 21:00 ~ 22:00            |  | 21:00 ~ 22:00    |  | 21:00 ~ 22:00         |  | 21:00 ~ 22:00    |  |                |  | 21:00 ~ 22:00         |  |                  |  |
| Hip & Leg 🌱      |  | Back & Arm 🌱             |  | Basic 🌱          |  | Beauty Conditioning 🌱 |  | Hip & Leg 🌱      |  |                |  | Hip Punch             |  |                  |  |
| Komachi.K        |  | Shimo.M                  |  | ayano.H          |  | Shimo.M               |  | Komachi.K        |  |                |  | mai.T                 |  |                  |  |

🌱：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 川崎店  |                       | 【 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 ~ 11:30 | 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    |                  |
| Pre Basic 🌱   | Beauty Conditioning 🌱 | Back & Arm 🌱             | Hip & Leg 🌱    | Style up Pilates | Back & Spine  | Animal Stretch | Basic 🌱          |                  |
| mai.T         | Shimo.M               | Komachi.K                | Kanami         | mai.T            | Kanami        | ayano.H        | Komachi.K        |                  |
| 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  | 12:00 ~ 13:00    |                  |
| Hip Punch     | Style up Pilates      | Pilates Cardio           | Waist 🌱        | Hip & Leg 🌱      | jump to burn  | Back & Arm 🌱   | Hip & Leg 🌱      |                  |
| mai.T         | mai.T                 | ayano.H                  | Shimo.M        | ayano.H          | Shimo.M       | Shimo.M        | ayano.H          |                  |
| 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  | 13:30 ~ 14:30    |                  |
| Back & Arm 🌱  | Hip Punch             | Basic 🌱                  | jump to burn   | Back & Arm 🌱     | Advance       | Pilates Cardio | Release&Strength |                  |
| Komachi.K     | mai.T                 | ayano.H                  | Shimo.M        | Shimo.M          |               | Kanami         | Komachi.K        |                  |
| close         | close                 | close                    | close          | 15:00 ~ 16:00    | 16:30 ~ 17:30 | 15:00 ~ 16:00  | close            |                  |
|               |                       |                          |                | Pre Basic 🌱      | Waist 🌱       | Hip & Leg 🌱    |                  |                  |
|               |                       |                          |                | mai.T            | Shimo.M       | ayano.H        |                  |                  |
|               |                       |                          |                | 16:30 ~ 17:30    | close         | 16:30 ~ 17:30  |                  |                  |
| 18:00 ~ 19:00 | 18:00 ~ 19:00         | 18:00 ~ 19:00            | 18:00 ~ 19:00  | Pilates Cardio   |               | Waist 🌱        | close            |                  |
|               |                       |                          |                | ayano.H          |               | Shimo.M        |                  |                  |
|               |                       |                          |                | 18:00 ~ 19:00    |               | 18:00 ~ 19:00  |                  |                  |
|               |                       |                          |                | Waist 🌱          |               | Advance        |                  |                  |
| 19:30 ~ 20:30 | 19:30 ~ 20:30         | 19:30 ~ 20:30            | 19:30 ~ 20:30  | Shimo.M          | close         | Kanami         | close            |                  |
|               |                       |                          |                | 18:00 ~ 19:00    |               | 18:00 ~ 19:00  |                  |                  |
|               |                       |                          |                | Shimo.M          |               | Advance        |                  |                  |
|               |                       |                          |                | Shimo.M          |               | Kanami         |                  |                  |
| 21:00 ~ 22:00 | 21:00 ~ 22:00         | 21:00 ~ 22:00            | 21:00 ~ 22:00  | close            | close         | close          | close            | 18:00 ~ 19:00    |
| Basic 🌱       | Pilates Cardio        | Style up Pilates         | Pilates Cardio |                  |               |                |                  | Style up Pilates |
| Komachi.K     | Kanami                | mai.T                    | ayano.H        |                  |               |                |                  | mai.T            |
|               |                       |                          |                |                  |               |                |                  | 19:30 ~ 20:30    |
|               |                       |                          |                |                  |               |                |                  | Waist 🌱          |
|               |                       |                          |                |                  |               |                |                  | mai.T            |
|               |                       |                          |                |                  |               |                |                  | 21:00 ~ 22:00    |
|               |                       |                          |                |                  |               |                |                  | Advance          |
|               |                       |                          |                |                  |               |                |                  | Kanami           |

| pilatesK 川崎店  |                       | 【 11/25 ~ 11/28 】 スケジュール |                  |       |       |
|---------------|-----------------------|--------------------------|------------------|-------|-------|
| 11/25         | 11/26                 | 11/27                    | 11/28            | 11/29 | 11/30 |
| 水             | 木                     | 金                        | 土                | 日     | 月     |
| 10:30 ~ 11:30 | 10:30 ~ 11:30         | 10:30 ~ 11:30            | 10:30 ~ 11:30    |       |       |
| jump to burn  | Waist 🌱               | Pilates Cardio           | Hip Punch        |       |       |
| Shimo.M       | Shimo.M               | Kanami                   | mai.T            |       |       |
| 12:00 ~ 13:00 | 12:00 ~ 13:00         | 12:00 ~ 13:00            | 12:00 ~ 13:00    |       |       |
| Basic 🌱       | Hip Punch             | Advance                  | Back & Spine     |       |       |
| Komachi.K     | Rico                  | Kanami                   | Kanami           |       |       |
| 13:30 ~ 14:30 | 13:30 ~ 14:30         | 13:30 ~ 14:30            | 13:30 ~ 14:30    |       |       |
| Back & Spine  | Beauty Conditioning 🌱 | Animal Stretch           | Pilates Cardio   |       |       |
| Kanami        | Shimo.M               | ayano.H                  | Kanami           |       |       |
| close         | close                 | close                    | 15:00 ~ 16:00    | close | close |
|               |                       |                          | Pre Basic 🌱      |       |       |
|               |                       |                          | mai.T            |       |       |
|               |                       |                          | 16:30 ~ 17:30    |       |       |
| 18:00 ~ 19:00 | 18:00 ~ 19:00         | 18:00 ~ 19:00            | Release&Strength | close | close |
|               |                       |                          | Komachi.K        |       |       |
|               |                       |                          | 18:00 ~ 19:00    |       |       |
|               |                       |                          | Style up Pilates |       |       |
| 19:30 ~ 20:30 | 19:30 ~ 20:30         | 19:30 ~ 20:30            | mai.T            | close | close |
|               |                       |                          | Animal Stretch   |       |       |
|               |                       |                          | Pre Basic 🌱      |       |       |
|               |                       |                          | Waist 🌱          |       |       |
| 21:00 ~ 22:00 | 21:00 ~ 22:00         | 21:00 ~ 22:00            | jump to burn     | close | close |
| Waist 🌱       | Release&Strength      | jump to burn             |                  |       |       |
| ayano.H       | Komachi.K             | Shimo.M                  |                  |       |       |
|               |                       |                          |                  |       |       |

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