

| pilatesK 倉敷店          |                       | 【 11/01 ~ 11/08 】     |                  | スケジュール        |                       | 2026/10/27 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         | 10:30 ~ 11:30         | 10:30 ~ 11:30         | 10:30 ~ 11:30    | close         | 10:30 ~ 11:30         | 10:30 ~ 11:30 | close |               |               |
| Beauty Conditioning 🍌 | Waist 🍌               | Pilates Workout       | Basic 🍌          |               | Waist 🍌               | Back & Arm 🍌  |       |               |               |
| Hiromi.S              | Hiromi.S              | arisa                 | arisa            |               | Hiromi.S              | saya.s        |       |               |               |
| 12:30 ~ 13:30         | 12:00 ~ 13:00         | 12:00 ~ 13:00         | 12:30 ~ 13:30    |               | 12:00 ~ 13:00         | 12:00 ~ 13:00 |       |               |               |
| Basic 🍌               | Back & Arm 🍌          | Pre Basic 🍌           | Release&Strength |               | Back & Arm 🍌          | Pre Basic 🍌   |       |               |               |
| arisa                 | saya.s                | Hiromi.S              | arisa            |               | saya.s                | Hiromi.S      |       |               |               |
| 14:30 ~ 15:30         | 13:30 ~ 14:30         | 13:30 ~ 14:30         | close            |               | 13:30 ~ 14:30         | 13:30 ~ 14:30 |       |               |               |
| Back & Arm 🍌          | Pre Basic 🍌           | Hip & Leg 🍌           |                  |               | Pre Basic 🍌           | Hip & Leg 🍌   |       |               |               |
| Hiromi.S              | Hiromi.S              | Rio.Y                 |                  |               | Hiromi.S              | saya.s        |       |               |               |
| 16:30 ~ 17:30         | 15:00 ~ 16:00         | 15:00 ~ 16:00         |                  |               | 15:00 ~ 16:00         |               |       |               |               |
| Pilates Barre         | Hip & Leg 🍌           | Waist 🍌               |                  |               | Beauty Conditioning 🍌 |               |       |               |               |
| arisa                 | saya.s                | Hiromi.S              |                  |               | Hiromi.S              |               |       |               |               |
| close                 | close                 | close                 |                  |               | close                 |               |       |               |               |
|                       | 17:30 ~ 18:30         | 17:30 ~ 18:30         |                  |               | 17:30 ~ 18:30         |               |       |               |               |
|                       | Beauty Conditioning 🍌 | Basic 🍌               |                  |               | Back & Arm 🍌          |               |       |               |               |
|                       | Hiromi.S              | arisa                 |                  |               | saya.s                |               |       |               |               |
|                       | close                 | close                 |                  |               | close                 | 17:30 ~ 18:30 |       | 17:30 ~ 18:30 | 17:30 ~ 18:30 |
|                       |                       |                       |                  |               |                       | Back & Arm 🍌  |       | Waist 🍌       | Basic 🍌       |
|                       |                       |                       | saya.s           | arisa         |                       | arisa         |       |               |               |
|                       |                       |                       | 19:00 ~ 20:00    | 19:00 ~ 20:00 |                       | 19:00 ~ 20:00 |       |               |               |
|                       |                       |                       | Shape up waist   | Pre Basic 🍌   |                       | Hip & Leg 🍌   |       |               |               |
|                       |                       |                       | arisa            | Hiromi.S      |                       | saya.s        |       |               |               |
|                       | 20:30 ~ 21:30         | 20:30 ~ 21:30         | 20:30 ~ 21:30    |               |                       |               |       |               |               |
|                       | Hip & Leg 🍌           | Beauty Conditioning 🍌 | Pilates Workout  |               |                       |               |       |               |               |
|                       | saya.s                | Hiromi.S              | arisa            |               |                       |               |       |               |               |

| pilatesK 倉敷店 |               | 【 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     |               |
| close        | 10:30 ~ 11:30 | 10:30 ~ 11:30     | close | 10:30 ~ 11:30          | 10:30 ~ 11:30    | 10:30 ~ 11:30          | close |               |
|              | Back & Arm 🏋️ | Hip & Leg 🏋️      |       | Basic 🏋️               | Back & Spine     | Hip & Leg 🏋️           |       |               |
|              | Hiromi.S      | saya.s            |       | YUNA.S                 | arisa            | YUNA.S                 |       |               |
|              | 12:00 ~ 13:00 | 12:30 ~ 13:30     |       | 12:00 ~ 13:00          | 12:00 ~ 13:00    | 12:30 ~ 13:30          |       |               |
|              | Pre Basic 🏋️  | Back & Arm 🏋️     |       | Waist 🏋️               | Back & Arm 🏋️    | Beauty Conditioning 🏋️ |       |               |
|              | Hiromi.S      | saya.s            |       | Hiromi.S               | saya.s           | Hiromi.S               |       |               |
|              | 13:30 ~ 14:30 | close             |       | 13:30 ~ 14:30          | 13:30 ~ 14:30    | 14:30 ~ 15:30          |       |               |
|              | Basic 🏋️      |                   |       | Beauty Conditioning 🏋️ | Basic 🏋️         | Shape up waist         |       |               |
|              | arisa         |                   |       | YUNA.S                 | arisa            | YUNA.S                 |       |               |
|              | close         |                   |       | close                  | close            | 15:00 ~ 16:00          |       | 16:30 ~ 17:30 |
|              |               |                   |       |                        |                  | Pre Basic 🏋️           |       | Waist 🏋️      |
|              |               |                   |       |                        |                  | Hiromi.S               |       | Hiromi.S      |
|              |               |                   |       |                        |                  | close                  |       | close         |
|              |               |                   |       |                        |                  | 17:30 ~ 18:30          |       |               |
|              |               |                   |       |                        |                  | Hip & Leg 🏋️           |       |               |
|              | saya.s        |                   |       | close                  |                  |                        |       |               |
|              | 17:30 ~ 18:30 |                   |       |                        | 17:30 ~ 18:30    | 17:30 ~ 18:30          |       | 17:30 ~ 18:30 |
|              | Hip & Leg 🏋️  | Pilates Workout   |       |                        | Back & Arm 🏋️    | Shape up waist         |       |               |
|              | arisa         | arisa             |       |                        | saya.s           | arisa                  |       |               |
|              | 19:00 ~ 20:00 | 19:00 ~ 20:00     |       |                        | 19:00 ~ 20:00    | 19:00 ~ 20:00          |       |               |
|              | Waist 🏋️      | Hip & Leg 🏋️      |       |                        | Pre Basic 🏋️     | Back & Arm 🏋️          |       |               |
|              | Hiromi.S      | saya.s            |       |                        | Hiromi.S         | saya.s                 |       |               |
|              | 20:30 ~ 21:30 | 20:30 ~ 21:30     |       | 20:30 ~ 21:30          | 20:30 ~ 21:30    |                        |       |               |
|              | Pilates Barre | Basic 🏋️          |       | Hip & Leg 🏋️           | Release&Strength |                        |       |               |
|              | arisa         | arisa             |       | saya.s                 | arisa            |                        |       |               |

 : 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 倉敷店    |                  | 【 11/17 ~ 11/24 】 スケジュール |                       |                       |                |       |               | 2026/10/27 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  | close | 10:30 ~ 11:30 |               |
| Pilates Barre   | Release&Strength |                          | Pre Basic 🌿           | Basic 🌿               | Shape up waist |       | Back & Arm 🌿  |               |
| arisa           | arisa            |                          | Hiromi.S              | YUNA.S                | YUNA.S         |       | saya.s        |               |
| 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 🌿          |                          | Hip & Leg 🌿           | Pilates Workout       | Pilates Barre  |       | Back & Spine  |               |
| Hiromi.S        | YUNA.S           |                          | YUNA.S                | arisa                 | arisa          |       | arisa         |               |
| 13:30 ~ 14:30   | close            |                          | 13:30 ~ 14:30         | 13:30 ~ 14:30         | 14:30 ~ 15:30  |       | 13:30 ~ 14:30 |               |
| Pilates Workout |                  |                          | Beauty Conditioning 🌿 | Waist 🌿               | Basic 🌿        |       | Hip & Leg 🌿   |               |
| arisa           |                  |                          | Hiromi.S              | YUNA.S                | YUNA.S         |       | saya.s        |               |
| close           |                  |                          | close                 | close                 | 15:00 ~ 16:00  |       | 16:30 ~ 17:30 | close         |
|                 |                  |                          |                       |                       | Back & Spine   |       | Hip & Leg 🌿   |               |
|                 |                  |                          |                       |                       | arisa          |       | arisa         |               |
|                 |                  |                          |                       |                       | close          |       |               |               |
|                 |                  |                          |                       |                       | 17:30 ~ 18:30  |       |               |               |
| 17:30 ~ 18:30   |                  |                          | 17:30 ~ 18:30         | 17:30 ~ 18:30         | 17:30 ~ 18:30  |       | 17:30 ~ 18:30 | 17:30 ~ 18:30 |
| Hip & Leg 🌿     |                  |                          | Back & Arm 🌿          | Beauty Conditioning 🌿 | Back & Arm 🌿   |       | close         | Basic 🌿       |
| saya.s          |                  |                          | saya.s                | Hiromi.S              | saya.s         |       |               | Nanaho.u      |
| 19:00 ~ 20:00   |                  |                          | 19:00 ~ 20:00         | 19:00 ~ 20:00         | 19:00 ~ 20:00  |       |               | 19:00 ~ 20:00 |
| Pre Basic 🌿     |                  |                          | Waist 🌿               | Hip & Leg 🌿           | Basic 🌿        |       |               | Waist 🌿       |
| Hiromi.S        | Hiromi.S         | YUNA.S                   | YUNA.S                | Hiromi.S              |                |       |               |               |
| 20:30 ~ 21:30   | 20:30 ~ 21:30    | 20:30 ~ 21:30            | 20:30 ~ 21:30         | 20:30 ~ 21:30         |                |       |               |               |
| Back & Arm 🌿    | Hip & Leg 🌿      | Pre Basic 🌿              | Back & Arm 🌿          | Hip & Leg 🌿           |                |       |               |               |
| saya.s          | saya.s           | Hiromi.S                 | saya.s                | Nanaho.u              |                |       |               |               |

| pilatesK 倉敷店   |                       | 【 11/25 ~ 11/25 】 |                       |                 | 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  | close                 | 10:30 ~ 11:30     | 10:30 ~ 11:30         | 10:30 ~ 11:30   | close  |
| Hip & Leg 🌱    |                       | Waist 🌱           | Beauty Conditioning 🌱 | Hip & Leg 🌱     |        |
| saya.s         |                       | Hiromi.S          | Hiromi.S              | saya.s          |        |
| 12:30 ~ 13:30  |                       | 12:00 ~ 13:00     | 12:00 ~ 13:00         | 12:30 ~ 13:30   |        |
| Waist 🌱        |                       | Basic 🌱           | Back & Spine          | Basic 🌱         |        |
| arisa          |                       | Nanaho.u          | arisa                 | arisa           |        |
| close          |                       | 13:30 ~ 14:30     | 13:30 ~ 14:30         | 14:30 ~ 15:30   |        |
|                |                       | Pre Basic 🌱       | Waist 🌱               | Back & Arm 🌱    |        |
|                |                       | Hiromi.S          | Hiromi.S              | saya.s          |        |
|                |                       | close             | 15:00 ~ 16:00         | 16:30 ~ 17:30   |        |
|                |                       |                   | Pilates Barre         | Pilates Workout |        |
|                |                       |                   | arisa                 | arisa           |        |
|                |                       |                   | close                 | close           |        |
|                |                       |                   | 17:30 ~ 18:30         |                 |        |
|                |                       | Basic 🌱           |                       |                 |        |
|                |                       | Nanaho.u          | close                 |                 |        |
| 17:30 ~ 18:30  | 17:30 ~ 18:30         | 17:30 ~ 18:30     |                       |                 |        |
| Hip & Leg 🌱    | Pilates Workout       | Back & Arm 🌱      |                       |                 |        |
| Nanaho.u       | arisa                 | saya.s            |                       |                 |        |
| 19:00 ~ 20:00  | 19:00 ~ 20:00         | 19:00 ~ 20:00     |                       |                 |        |
| Shape up waist | Beauty Conditioning 🌱 | Basic 🌱           |                       |                 |        |
| arisa          | Hiromi.S              | Nanaho.u          |                       |                 |        |
| 20:30 ~ 21:30  | 20:30 ~ 21:30         | 20:30 ~ 21:30     |                       |                 |        |
| Basic 🌱        | Hip & Leg 🌱           | Hip & Leg 🌱       |                       |                 |        |
| Nanaho.u       | Nanaho.u              | saya.s            |                       |                 |        |

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