she PILATES 札幌大通店 Lesson Schedule

2023/9/1～9/16

	9/1	9/2	9/3	9/4	9/5	9/6	9/7	9/8	9/9	9/10	9/11	9/12	9/13	9/14	9/15	9/16
	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat
10:30	FLOW 10:30~11:30	BURN BURN BURN! 10:30~11:30	Basic 10:30~11:30	close	BURN BURN BURN! 10:30~11:30	FLOW 10:30~11:30	Basic 10:30~11:30	CONDITIONING 10:30~11:30	Basic 10:30~11:30	FLOW 10:30~11:30	close	CONDITIONING 10:30~11:30	Basic 10:30~11:30	FLOW 10:30~11:30	BURN BURN BURN! 10:30~11:30	CONDITIONING 10:30~11:30
11:00																
11:30																
12:00																
12:30	Basic 12:30~13:30	CONDITIONING 12:30~13:30	FLOW 12:30~13:30		Basic 12:30~13:30	BURN BURN BURN! 12:30~13:30	CONDITIONING 12:30~13:30	FLOW 12:30~13:30	FLOW 12:30~13:30	BURN BURN BURN! 12:30~13:30		Basic 12:30~13:30	FLOW 12:30~13:30	BURN BURN BURN! 12:30~13:30	Basic 12:30~13:30	BURN BURN BURN! 12:30~13:30
13:00																
13:30																
14:00																
14:30		Basic 14:30~15:30	CONDITIONING 14:30~15:30						BURN BURN BURN! 14:30~15:30	CONDITIONING 14:30~15:30						Basic 14:30~15:30
15:00																
15:30																
16:00																
16:30		FLOW 16:30~17:30	BURN BURN BURN! 16:30~17:30						CONDITIONING 16:30~17:30	Basic 16:30~17:30						FLOW 16:30~17:30
17:00																
17:30																
18:00																
18:30					FLOW 18:30~19:30		BURN BURN BURN! 18:30~19:30							Basic 18:30~19:30		
19:00	CONDITIONING 19:00~20:00					CONDITIONING 19:00~20:00		Basic 19:00~20:00				FLOW 19:00~20:00			CONDITIONING 19:00~20:00	
19:30																
20:00																
20:30	BURN BURN BURN! 20:30~21:30				CONDITIONING 20:30~21:30	Basic 20:30~21:30	FLOW 20:30~21:30	BURN BURN BURN! 20:30~21:30				BURN BURN BURN! 20:30~21:30		CONDITIONING 20:30~21:30	FLOW 20:30~21:30	

she PILATES 札幌大通店 Lesson Schedule

2023/9/17～9/30

	9/17	9/18	9/19	9/20	9/21	9/22	9/23	9/24	9/25	9/26	9/27	9/28	9/29	9/30
	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat
10:30	FLOW 10:30~11:30	close	BURN BURN BURN! 10:30~11:30	CONDITIONING 10:30~11:30	FLOW 10:30~11:30	Basic 10:30~11:30	FLOW 10:30~11:30	BURN BURN BURN! 10:30~11:30	close	Basic 10:30~11:30	FLOW 10:30~11:30	CONDITIONING 10:30~11:30	BURN BURN BURN! 10:30~11:30	Basic 10:30~11:30
11:00														
11:30														
12:00														
12:30	Basic 12:30~13:30		FLOW 12:30~13:30	Basic 12:30~13:30	BURN BURN BURN! 12:30~13:30	CONDITIONING 12:30~13:30	Basic 12:30~13:30	CONDITIONING 12:30~13:30		CONDITIONING 12:30~13:30	BURN BURN BURN! 12:30~13:30	FLOW 12:30~13:30	Basic 12:30~13:30	BURN BURN BURN! 12:30~13:30
13:00														
13:30														
14:00														
14:30	BURN BURN BURN! 14:30~15:30		CONDITIONING 14:30~15:30					Basic 14:30~15:30		CONDITIONING 14:30~15:30				CONDITIONING 14:30~15:30
15:00														
15:30														
16:00														
16:30	CONDITIONING 16:30~17:30							CONDITIONING 16:30~17:30						FLOW 16:30~17:30
17:00														
17:30														
18:00														
18:30			Basic 18:30~19:30		CONDITIONING 18:30~19:30						Basic 18:30~19:30		CONDITIONING 18:30~19:30	
19:00				BURN BURN BURN! 19:00~20:00		FLOW 19:00~20:00				BURN BURN BURN! 19:00~20:00				
19:30														
20:00														
20:30			CONDITIONING 20:30~21:30	FLOW 20:30~21:30	Basic 20:30~21:30	BURN BURN BURN! 20:30~21:30				FLOW 20:30~21:30	CONDITIONING 20:30~21:30		FLOW 20:30~21:30	
21:00														