

she PILATES 札幌大通店 Lesson Schedule
2023/11/1~11/16



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

