



she PILATES 札幌大通店 Lesson Schedule  
2023/12/17~12/31



	12/17	12/18	12/19	12/20	12/21	12/22	12/23	12/24	12/25	12/26	12/27	12/28	12/29	12/30	12/31		
	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun		
10:30	Basic 10:30~11:30	close	社員研修のため休業	Uyeon特別 レッスン 10:30~11:30 Member Only	BURN BURN BURN! 10:30~11:30	CONDITIONING 10:30~11:30	FLOW 10:30~11:30	CONDITIONING 10:30~11:30	Jumpin <sup>2</sup> 10:30~11:30	Basic 10:30~11:30	Upper body 10:30~11:30 Member Only	CONDITIONING 10:30~11:30	close	close	close		
11:00																	
11:30																	
12:00																	
12:30	BURN BURN BURN! 12:30~13:30						Jumpin <sup>2</sup> 12:30~13:30	Basic 12:30~13:30	CONDITIONING 12:30~13:30	Lower body 12:30~13:30 Member Only	CONDITIONING 12:30~13:30	BURN BURN BURN! 12:30~13:30				Jumpin <sup>2</sup> 12:30~13:30	FLOW 12:30~13:30
13:00																	
13:30																	
14:00																	
14:30	Jumpin <sup>2</sup> 14:30~15:30								Basic 14:30~15:30	Jumpin <sup>2</sup> 14:30~15:30							
15:00																	
15:30																	
16:00																	
16:30	Upper body 16:30~17:30 Member Only					Basic 16:30~17:30			BURN BURN BURN! 16:30~17:30	FLOW 16:30~17:30							
17:00																	
17:30																	
18:00																	
18:30						Jumpin <sup>2</sup> 18:30~19:30		Lower body 18:30~19:30 Member Only			CONDITIONING 18:30~19:30						
19:00																	
19:30							Basic 19:00~20:00			Basic 19:00~20:00		FLOW 19:00~20:00					
20:00																	
20:30				CONDITIONING 20:30~21:30	Upper body 20:30~21:30 Member Only	BURN BURN BURN! 20:30~21:30	FLOW 20:30~21:30		Lower body 20:30~21:30 Member Only	Basic 20:30~21:30							
21:30																	