

she PILATES 札幌大通店 Lesson Schedule
2024/2/17~2/29



	2/17	2/18	2/19	2/20	2/21	2/22	2/23	2/24	2/25	2/26	2/27	2/28	2/29						
	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu						
10:30	Jumpin ²	Basic	close	CONDITIONING	FLOW	Basic	CONDITIONING	BURN BURN BURN!	ADVANCE	close	BURN BURN BURN!	FLOW	Basic						
11:00	10:30-11:30	10:30-11:30		CONDITIONING	10:30-11:30	10:30-11:30	10:30-11:30	10:30-11:30	10:30-11:30		10:30-11:20	BURN BURN BURN!	10:30-11:30	10:30-11:30	10:30-11:30				
11:30																			
12:00																			
12:30	FLOW	CONDITIONING		close	Jumpin ²	Basic	BURN BURN BURN!	FLOW	Basic		CONDITIONING	close	Upper body	CONDITIONING	ADVANCE				
13:00	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	12:30-13:20		
13:30																			
14:00																			
14:30	Upper body	FLOW			close	FLOW	Beginner		Basic		Lower body		Jumpin ²	close	Basic				
15:00	14:30-15:30	14:30-15:30				14:30-15:30	14:30-15:20		14:30-15:30		14:30-15:30		14:30-15:30		14:30-15:30	14:30-15:30	14:30-15:30		
15:30																			
16:00																			
16:30	Basic	BURN BURN BURN!				close					Jumpin ²		Floaty		Basic	close	Beginner		
17:00	16:30-17:30	16:30-17:30	17:00-17:50						16:30-17:30	16:30-17:30	16:30-17:30		16:30-17:30		16:30-17:20		16:30-17:20		
17:30																		Beginner	
18:00																		17:30-18:20	
18:30								CONDITIONING									FLOW		CONDITIONING
19:00				Upper body			18:30-19:30	Lower body					18:30-19:30		Floaty		18:30-19:30		
19:30				19:00-20:00				19:00-20:00							19:00-19:50				
20:00																			
20:30				BURN BURN BURN!			ADVANCE	CONDITIONING					Floaty		Basic		Lower body		
21:00				20:30-21:30	20:30-21:20		20:30-21:30					20:30-21:20	20:30-21:30	20:30-21:30					