she PILATES 札幌大通店 Lesson Schedule

2024/3/1～3/16

	3/1	3/2	3/3	3/4	3/5	3/6	3/7	3/8	3/9	3/10	3/11	3/12	3/13	3/14	3/15	3/16
	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat
10:00	Jumpin'2 10:00~11:00 ★★	BURN BURN BURN! 10:00~11:00 ★★★★	FLOW 10:00~11:00 ★★★	close	Upper body 10:00~11:00 ★★★	BURN BURN BURN! 10:00~11:00 ★★★★	CONDITIONING 10:00~11:00 ★★	ADVANCE 10:00~10:50 ★★★★★	Beginner 10:00~10:50 ★	Jumpin'2 10:00~11:00 ★★	close	Basic 10:00~11:00 ★	Jumpin'2 10:00~11:00 ★★	BURN BURN BURN! 10:00~11:00 ★★★★	Lower body 10:00~11:00 ★★★★	Upper body 10:00~11:00 ★★★
10:30																
11:00																
11:30						Lower body 11:30~12:30 ★★★★		Basic 11:30~12:30 ★	BURN BURN BURN! 11:30~12:30 ★★★★				BURN BURN BURN! 11:30~12:30 ★★★★			
12:00	CONDITIONING 11:40~12:40 ★★	Upper body 11:40~12:40 ★★★	ADVANCE 11:40~12:30 ★★★★★		CONDITIONING 11:40~12:40 ★★		Jumpin'2 11:40~12:40 ★★			Upper body 11:40~12:40 ★★★		FLOW 11:40~12:40 ★★★		Basic 11:40~12:40 ★	Jumpin'2 11:30~12:30 ★★	CONDITIONING 11:40~12:40 ★★
12:30																
13:00						FLOW 13:00~14:00 ★★★			CONDITIONING 13:10~14:10 ★★				Lower body 13:00~14:00 ★★★★			
13:30	FLOW 13:20~14:20 ★★★	Basic 13:20~14:20 ★	Jumpin'2 13:10~14:10 ★★		Basic 13:30~14:30 ★		ADVANCE 13:10~14:00 ★★★★★	Jumpin'2 13:10~14:10 ★★		FLOW 13:20~14:20 ★★★		Beginner 13:20~14:10 ★		Upper body 13:20~14:20 ★★★	Basic 13:10~14:10 ★	ADVANCE 13:20~14:10 ★★★★★
14:00																
14:30	BURN BURN BURN! 14:50~15:50 ★★★★							Beginner 14:50~15:40 ★					CONDITIONING 14:40~15:40 ★★			Beginner 14:50~15:40 ★
15:00		Beginner 15:00~15:50 ★	Lower body 14:50~15:50 ★★★★			Basic 14:40~15:40 ★			Lower body 14:50~15:50 ★★★★	Beginner 15:00~15:50 ★		BURN BURN BURN! 15:00~16:00 ★★★★			Beginner 15:00~15:50 ★	
15:30					Beginner 15:30~16:20 ★											
16:00																FLOW 16:20~17:20 ★★★
16:30	Beginner 16:30~17:20 ★	Floaty 16:30~17:20 ★★	Beginner 16:30~17:20 ★						Basic 16:30~17:30 ★	Floaty 16:30~17:20 ★★			Beginner 16:30~17:20 ★			
17:00								FLOW 17:00~18:00 ★★★						Jumpin'2 17:00~18:00 ★★		
17:30					Jumpin'2 17:30~18:30 ★★		Basic 17:30~18:30 ★					Basic 17:30~18:30 ★				
18:00																
18:30						ADVANCE 18:30~19:20 ★★★★★		CONDITIONING 18:30~19:30 ★★						Floaty 18:30~19:20 ★★		
19:00	Basic 19:00~20:00 ★				Floaty 19:00~19:50 ★★		Lower body 19:00~20:00 ★★★★					ADVANCE 19:00~19:50 ★★★★★	Upper body 19:00~20:00 ★★★		FLOW 19:00~20:00 ★★★	
19:30																
20:00																
20:30	Floaty 20:30~21:20 ★★				FLOW 20:30~21:30 ★★★	Upper body 20:30~21:30 ★★★	BURN BURN BURN! 20:30~21:30 ★★★★	Floaty 20:30~21:20 ★★				Jumpin'2 20:30~21:30 ★★	ADVANCE 20:30~21:20 ★★★★★	Lower body 20:30~21:30 ★★★★	CONDITIONING 20:30~21:30 ★★	
21:00																

she PILATES 札幌大通店 Lesson Schedule

2024/3/17～3/31

	3/17	3/18	3/19	3/20	3/21	3/22	3/23	3/24	3/25	3/26	3/27	3/28	3/29	3/30	3/31
	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun
10:00	BURN BURN BURN! 10:00~11:00 ★★★★	close	FLOW 10:00~11:00 ★★★	Beginner 10:00~10:50 ★	Jumpin'2 10:00~11:00 ★★	BURN BURN BURN! 10:00~11:00 ★★★★	Lower body 10:00~11:00 ★★★★	Upper body 10:00~11:00 ★★★	close	Jumpin'2 10:00~11:00 ★★	Basic 10:00~11:00 ★	CONDITIONING 10:00~11:00 ★★	Upper body 10:00~11:00 ★★★	ADVANCE 10:00~10:50 ★★★★★	Beginner 10:00~10:50 ★
10:30															
11:00															
11:30			Upper body 11:30~12:30 ★★★	CONDITIONING 11:30~12:30 ★★	BURN BURN BURN! 11:30~12:30 ★★★★								Lower body 11:30~12:30 ★★★★	CONDITIONING 11:30~12:30 ★★	
12:00	Lower body 11:40~12:40 ★★★★					FLOW 11:40~12:40 ★★★	Jumpin'2 11:40~12:40 ★★	Beginner 11:40~12:30 ★		FLOW 11:30~12:30 ★★★	ADVANCE 11:40~12:30 ★★★★★	FLOW 11:40~12:40 ★★★			Jumpin'2 11:30~12:30 ★★
12:30															
13:00			Jumpin'2 13:00~14:00 ★★								BURN BURN BURN! 13:00~14:00 ★★★★		Jumpin'2 13:00~14:00 ★★		
13:30	Beginner 13:20~14:10 ★			Lower body 13:10~14:10 ★★★★	Basic 13:10~14:10 ★	CONDITIONING 13:20~14:20 ★★	Beginner 13:20~14:10 ★	Basic 13:10~14:10 ★		Basic 13:10~14:10 ★		Beginner 13:20~14:10 ★		Beginner 13:10~14:00 ★	Upper body 13:10~14:10 ★★★
14:00															
14:30															
15:00	Basic 14:50~15:50 ★		Beginner 14:40~15:30 ★	Upper body 15:00~16:00 ★★★	Beginner 15:00~15:50 ★	Jumpin'2 15:00~16:00 ★★	BURN BURN BURN! 14:50~15:50 ★★★★	Lower body 14:50~15:50 ★★★★			Beginner 15:00~15:50 ★	Basic 15:00~16:00 ★	Beginner 15:00~15:50 ★	BURN BURN BURN! 14:40~15:40 ★★★★	Basic 14:50~15:50 ★
15:30										Beginner 15:30~16:20 ★					
16:00															
16:30	Floaty 16:30~17:20 ★★			ADVANCE 16:40~17:30 ★★★★★			Floaty 16:30~17:20 ★★	CONDITIONING 16:30~17:30 ★★						FLOW 16:20~17:20 ★★★	Floaty 16:30~17:20 ★★
17:00			Basic 17:00~18:00 ★		ADVANCE 17:00~17:50 ★★★★★	Beginner 16:50~17:40 ★				CONDITIONING 17:20~18:20 ★★	Jumpin'2 17:00~18:00 ★★				
17:30															
18:00															
18:30			Floaty 18:30~19:20 ★★		Lower body 18:30~19:30 ★★★★						Floaty 18:30~19:20 ★★		ADVANCE 18:30~19:20 ★★★★★		
19:00						Floaty 19:00~19:50 ★★				ADVANCE 19:00~19:50 ★★★★★		Upper body 19:00~20:00 ★★★			
19:30															
20:00															
20:30					FLOW 20:30~21:30 ★★★	Upper body 20:30~21:30 ★★★				Lower body 20:30~21:30 ★★★★	CONDITIONING 20:30~21:30 ★★	BURN BURN BURN! 20:30~21:30 ★★★★	Floaty 20:30~21:20 ★★		
21:00			ADVANCE 20:30~21:20 ★★★★★												