

she PILATES 札幌大通店 Lesson Schedule  
2024/4/1~4/16



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

