

she PILATES 札幌大通店 Lesson Schedule  
2024/5/1~5/16



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

