she PILATES 札幌大通店 Lesson Schedule

2024/6/1〜6/16

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

she PILATES 札幌大通店 Lesson Schedule

2024/6/17～6/30

she PILATES STUDIO

	6/17	6/18	6/19	6/20	6/21	6/22	6/23	6/24	6/25	6/26	6/27	6/28	6/29	6/30
	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun
10:00	close	Basic 10:00~11:00 ★	FLOW 10:00~11:00 ★★★	CONDITIONING 10:00~11:00 ★★	Upper body 10:00~11:00 ★★★	Lower body 10:00~11:00 ★★★★	BURN BURN BURN! 10:00~11:00 ★★★★	close	Jumpin'2 10:00~11:00 ★★	FLOW 10:00~11:00 ★★★	Upper body 10:00~11:00 ★★★	ADVANCE 10:00~10:50 ★★★★★	BURN BURN BURN! 10:00~11:00 ★★★★	Lower body 10:00~11:00 ★★★★
10:30														
11:00														
11:30											Basic 11:30~12:30 ★	Lower body 11:40~12:40 ★★★★		
12:00		Jumpin'2 11:40~12:40 ★★	CONDITIONING 11:40~12:40 ★★	BURN BURN BURN! 11:40~12:40 ★★★★	FLOW 11:40~12:40 ★★★	ADVANCE 11:40~12:30 ★★★★★	Summer Circuit 11:50~12:20 ★★★★★		FLOW 11:40~12:40 ★★★	Summer Circuit 11:50~12:20 ★★★★★			Beginner 11:40~12:30 ★	Upper body 11:40~12:40 ★★★
12:30														
13:00														
13:30		CONDITIONING 13:30~14:30 ★★	ADVANCE 13:30~14:20 ★★★★★	Beginner 13:30~14:20 ★	Summer Circuit 13:30~14:00 ★★★★★	CONDITIONING 13:10~14:10 ★★	Upper body 13:10~14:10 ★★★		Basic 13:30~14:30 ★	CONDITIONING 13:20~14:20 ★★	BURN BURN BURN! 13:20~14:20 ★★★★	Beginner 13:30~14:20 ★	Basic 13:30~14:30 ★	ADVANCE 13:20~14:10 ★★★★★
14:00														
14:30														
15:00			BURN BURN BURN! 15:00~16:00 ★★★★			Jumpin'2 14:50~15:50 ★★	Beginner 14:50~15:40 ★				Summer Circuit 15:00~15:30 ★★★★★		Summer Circuit 15:10~15:40 ★★★★★	CONDITIONING 14:50~15:50 ★★
15:30														
16:00														
16:30						Floaty 16:30~17:20 ★★	FLOW 16:20~17:20 ★★★						Jumpin'2 16:20~17:20 ★★	Floaty 16:30~17:20 ★★
17:00		Floaty 17:00~17:50 ★★		Basic 17:00~18:00 ★	CONDITIONING 17:00~18:00 ★★					Lower body 17:00~18:00 ★★★★				
17:30			Upper body 17:30~18:30 ★★★						BURN BURN BURN! 17:30~18:30 ★★★★		Jumpin'2 17:30~18:30 ★★	Summer Circuit 17:30~18:00 ★★★★★		
18:00														
18:30		Lower body 18:30~19:30 ★★★★		FLOW 18:30~19:30 ★★★						BURN BURN BURN! 18:30~19:30 ★★★★		Basic 19:00~20:00 ★		
19:00			Jumpin'2 19:00~20:00 ★★		Floaty 19:00~19:50 ★★				CONDITIONING 19:00~20:00 ★★		ADVANCE 19:00~19:50 ★★★★★			
19:30														
20:00														
20:30		BURN BURN BURN! 20:30~21:30 ★★★★	Basic 20:30~21:30 ★	Lower body 20:30~21:30 ★★★★	Jumpin'2 20:30~21:30 ★★				Upper body 20:30~21:30 ★★★	Floaty 20:30~21:20 ★★	FLOW 20:30~21:30 ★★★	CONDITIONING 20:30~21:30 ★★		
21:00														