

she PILATES 札幌大通店 Lesson Schedule
2024/9/1~9/15



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

※☆4または5のレッスンは☆1~3のレッスンを10回以上受講後がおすすめです。

