

she PILATES STUDIO札幌大通店 Lesson Schedule

2024/11/1~2024/11/15

	11月1日(金)	11月2日(土)	11月3日(日)	11月4日(月)	11月5日(火)	11月6日(水)	11月7日(木)	11月8日(金)	
10:00	10:00~11:00 CONDITIONING ★★	10:00~11:00 FLOW ★★★	10:00~10:50 Jumpi'n2 ★★	定休日	10:00~11:00 CONDITIONING ★★	10:00~11:00 FLOW ★★★	10:00~10:50 BURN BURN BURN! ★★★★	10:00~11:00 CONDITIONING ★★	
11:00	11:30~12:20 Jumpi'n2 ★★	11:40~12:40 Basic ★	11:30~12:30 Upper Body ★★★		11:30~12:20 BURN BURN BURN! ★★★★		11:30~12:30 FLOW ★★★	11:40~12:40 Basic ★	
12:00						11:40~12:40 Basic ★			
13:00	13:00~14:00 Basic ★	13:30~14:20 Jumpi'n2 ★★	13:00~14:00 CONDITIONING ★★		12:50~13:40 Beginner ★		13:30~14:20 Jumpi'n2 ★★	13:10~14:10 CONDITIONING ★★	13:30~14:20 BURN BURN BURN! ★★★★
14:00		15:00~15:50 ADVANCE ★★★★★	14:40~15:40 Basic ★		14:30~15:20 Jumpi'n2 ★★				16:10~17:10 Upper Body ★★★
17:00		16:20~17:20 CONDITIONING ★★	16:30~17:20 Floaty ★★			18:10~18:40 Circuit ★★★★★	17:50~18:40 Floaty ★★	17:30~18:30 Basic ★	17:40~18:40 CONDITIONING ★★
19:00	19:00~20:00 Upper Body ★★★					19:10~20:10 FLOW ★★★	19:10~20:00 BURN BURN BURN! ★★★★	19:10~20:10 Lower Body ★★★★	19:10~20:00 Floaty ★★
20:00									
21:00	20:30~21:30 CONDITIONING ★★					20:40~21:30 Floaty ★★	20:30~21:30 CONDITIONING ★★	20:40~21:30 Jumpi'n2 ★★	20:30~21:30 FLOW ★★★

	11月9日(土)	11月10日(日)	11月11日(月)	11月12日(火)	11月13日(水)	11月14日(木)	11月15日(金)	
10:00	10:00~11:00 Upper Body ★★★	10:00~11:00 CONDITIONING ★★	定休日	10:00~11:00 FLOW ★★★	10:00~11:00 Upper Body ★★★	10:00~11:00 CONDITIONING ★★	10:00~11:00 Basic ★	
11:00								
12:00	11:40~12:40 Basic ★	11:30~12:30 Lower Body ★★★★		11:40~12:40 CONDITIONING ★★	11:30~12:30 FLOW ★★★	11:40~12:40 Basic ★	11:30~12:20 Beginner ★	
13:00		13:00~13:50 Floaty ★★		13:20~14:20 Lower Body ★★★★	13:10~14:10 Basic ★	13:30~14:20 BURN BURN BURN! ★★★★	13:10~14:10 CONDITIONING ★★	
14:00	13:30~14:30 CONDITIONING ★★							14:40~15:40 FLOW ★★★
	15:10~16:00 BURN BURN BURN! ★★★★	14:30~15:30 Basic ★					16:20~17:20 FLOW ★★★	
17:00	16:30~17:20 Floaty ★★	16:20~17:20 FLOW ★★★			17:30~18:30 Basic ★	17:40~18:30 Jumpi'n2 ★★	17:50~18:40 Floaty ★★	17:40~18:40 Upper Body ★★★
19:00						19:00~20:00 FLOW ★★★	19:10~20:00 ADVANCE ★★★★★	19:10~20:10 FLOW ★★★
20:00					19:20~20:10 BURN BURN BURN! ★★★★			
21:00					20:40~21:30 Floaty ★★	20:30~21:30 CONDITIONING ★★	20:30~21:30 Basic ★	20:40~21:30 Floaty ★★

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2024/11/16~2024/11/30

	11月16日(土)	11月17日(日)	11月18日(月)	11月19日(火)	11月20日(水)	11月21日(木)	11月22日(金)	11月23日(土)
10:00	10:00~11:00 FLOW ★★★	10:00~10:50 ADVANCE ★★★★★	定休日	10:00~11:00 Basic ★	10:00~11:00 CONDITIONING ★★	10:00~11:00 Lower Body ★★★★	10:00~10:50 BURN BURN BURN! ★★★★	10:00~10:50 Jumpi'n2 ★★
11:00	11:30~12:20 Jumpi'n2 ★★	11:30~12:20 BURN BURN BURN! ★★★★		11:40~12:40 FLOW ★★★	11:40~12:40 Basic ★	11:40~12:30 Jumpi'n2 ★★	11:20~12:20 CONDITIONING ★★	11:20~11:50 Circuit ★★★★★
12:00								12:20~13:20 FLOW ★★★
13:00	13:00~14:00 CONDITIONING ★★	13:00~14:00 Basic ★		13:10~14:00 Beginner ★	13:30~14:30 FLOW ★★★	13:10~14:10 CONDITIONING ★★	13:00~14:00 Basic ★	13:50~14:40 Beginner ★
14:00	14:40~15:40 Basic ★	14:50~15:50 FLOW ★★★★		14:50~15:40 Jumpi'n2 ★★			14:50~15:50 FLOW ★★★★	15:20~16:20 CONDITIONING ★★
17:00	16:30~17:20 BURN BURN BURN! ★★★★	16:30~17:30 CONDITIONING ★★		18:00~19:00 FLOW ★★★	17:30~18:30 Upper Body ★★★★	17:30~18:30 Basic ★	17:50~18:40 Jumpi'n2 ★★	16:50~17:40 Floaty ★★
19:00				19:30~20:00 Circuit ★★★★★	19:00~20:00 FLOW ★★★	19:10~20:10 CONDITIONING ★★	19:10~20:00 Floaty ★★	
20:00				20:30~21:30 CONDITIONING ★★	20:30~21:30 Basic ★	20:40~21:30 BURN BURN BURN! ★★★★	20:30~21:30 FLOW ★★★	
21:00								

	11月24日(日)	11月25日(月)	11月26日(火)	11月27日(水)	11月28日(木)	11月29日(金)	11月30日(土)
10:00	10:00~11:00 Upper Body ★★★	定休日	10:00~11:00 CONDITIONING ★★	10:00~11:00 Basic ★	10:00~10:50 Jumpi'n2 ★★	10:00~11:00 FLOW ★★★	10:00~11:00 CONDITIONING ★★
11:00	11:40~12:40 CONDITIONING ★★		11:30~12:20 BURN BURN BURN! ★★★★	11:30~12:20 Beginner ★	11:20~12:10 BURN BURN BURN! ★★★★	11:30~12:30 Basic ★	11:30~12:30 Lower Body ★★★★
12:00			12:50~13:50 FLOW ★★★	13:30~14:20 Jumpi'n2 ★★	12:50~13:50 Basic ★	13:20~14:20 CONDITIONING ★★	13:10~14:00 BURN BURN BURN! ★★★★
13:00	13:20~14:20 Basic ★		14:30~15:30 Basic ★	14:50~15:50 FLOW ★★★★	14:40~15:40 CONDITIONING ★★	16:40~17:30 Jumpi'n2 ★★	14:40~15:40 Basic ★
14:00	15:10~16:00 BURN BURN BURN! ★★★★		17:30~18:30 Lower Body ★★★★	17:40~18:40 Upper Body ★★★★	17:40~18:30 Floaty ★★	18:00~19:00 FLOW ★★★	16:30~17:30 FLOW ★★★
17:00	16:30~17:20 Floaty ★★		19:00~20:00 CONDITIONING ★★	19:10~20:10 FLOW ★★★	19:00~19:50 Jumpi'n2 ★★	19:30~20:00 Circuit ★★★★★	
19:00			20:30~21:30 FLOW ★★★	20:40~21:30 ADVANCE ★★★★★	20:30~21:30 Lower Body ★★★★	20:30~21:30 CONDITIONING ★★	
20:00							
21:00							