

she PILATES STUDIO札幌大通店 Lesson Schedule

2024/12/1~2024/12/15

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

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

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2024/12/16~2024/12/31

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

	12月24日(火)	12月25日(水)	12月26日(木)	12月27日(金)	12月28日(土)	12月29日(日)	12月30日(月)	12月31日(火)
10:00	10:00~11:00 CONDITIONING ★★	10:00~11:00 Basic ★	10:00~10:50 Jumpi'n2 ★★	10:00~11:00 CONDITIONING ★★	10:00~10:30 Circuit ★★★★★	10:00~11:00 CONDITIONING ★★	定休日	休業
11:00	11:40~12:40 Basic ★	11:40~12:30 BURN BURN BURN! ★★★★★	11:30~12:30 CONDITIONING ★★	11:30~12:30 Upper Body ★★★	11:00~12:00 CONDITIONING ★★	11:40~12:40 FLOW ★★★		
12:00		13:10~14:10 CONDITIONING ★★	13:00~14:00 FLOW ★★★	13:10~14:10 Basic ★	12:30~13:20 BURN BURN BURN! ★★★★★	13:10~14:10 Basic ★		
13:00	13:30~14:30 Lower Body ★★★★★	14:50~15:50 FLOW ★★★	14:30~15:20 Beginner ★		13:50~14:40 Beginner ★			
14:00	15:10~16:00 BURN BURN BURN! ★★★★★			16:00~16:50 Floaty ★★	15:20~16:10 Jumpi'n2 ★★	15:10~16:00 BURN BURN BURN! ★★★★★		
15:00		17:20~18:20 Basic ★	17:40~18:40 Lower Body ★★★★★	17:50~18:40 Jumpi'n2 ★★	16:40~17:40 FLOW ★★★	16:40~17:30 Floaty ★★		
17:00	17:50~18:40 Spine Wind ★★							
19:00	19:10~20:10 FLOW ★★★	19:10~20:00 BURN BURN BURN! ★★★★★	19:10~20:10 Basic ★	19:10~20:00 ADVANCE ★★★★★				
20:00		20:30~21:30 Upper Body ★★★	20:40~21:30 BURN BURN BURN! ★★★★★	20:30~21:30 Basic ★				
21:00	20:40~21:30 Floaty ★★							