

# she PILATES STUDIO札幌大通店 Lesson Schedule

2025/1/1~2025/1/15

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

	1月9日(木)	1月10日(金)	1月11日(土)	1月12日(日)	1月13日(月)	1月14日(火)	1月15日(水)
10:00	10:00~11:00 Basic ★ ASAKA	10:00~10:50 Jumpin' 2 ★★ MINORI	10:00~10:50 Spine Wind ★★ RIKO	10:00~11:00 CONDITIONING ★★ ASAKA	定休日	10:00~10:50 Spine Wind ★★ ASAKA	10:00~11:00 FLOW ★★★ MINORI
11:00	11:40~12:30 BURN BURN BURN! ★★★★ SAKI	11:30~12:30 CONDITIONING ★★ MIHO	11:30~12:30 FLOW ★★★ MINORI	11:40~12:40 Basic ★ RIKO		11:40~12:40 CONDITIONING ★★ MIHO	11:40~12:40 Basic ★ RIKO
12:00	13:10~14:10 CONDITIONING ★★ ASAKA	13:10~14:00 Spine Wind ★★ RIKO	13:10~14:10 Basic ★ ASAKA	13:30~14:20 ADVANCE ★★★★★ ASAKA		13:10~14:10 Lower Body ★★★★ SAKI	13:30~14:30 CONDITIONING ★★ SAKI
13:00	14:30~15:30 Basic ★ SAKI	15:00~16:00 CONDITIONING ★★ RIKO	14:50~15:50 Upper Body ★★★ RIKO	14:40~15:30 Beginner ★ ASAKA		16:40~17:30 Jumpin' 2 ★★ MINORI	
14:00	16:00~16:50 Jumpin' 2 ★★ SAKI	16:30~17:20 Jumpin' 2 ★★ ASAKA	16:30~17:20 Floaty ★★ ASAKA	17:40~18:40 FLOW ★★★ MINORI		18:00~18:50 Spine Wind ★★ RIKO	
15:00	17:30~18:30 Basic ★ RIKO	17:40~18:40 CONDITIONING ★★ RIKO		19:10~20:10 Basic ★ SAKI		19:20~20:10 BURN BURN BURN! ★★★★ SAKI	
17:00	19:10~20:10 Upper Body ★★★ ASAKA	19:10~20:10 FLOW ★★★ MINORI		20:40~21:30 Jumpin' 2 ★★ MINORI		20:40~21:30 Floaty ★★ RIKO	
19:00	20:40~21:30 ADVANCE ★★★★★ RIKO	20:40~21:30 BURN BURN BURN! ★★★★ SAKI					
20:00							
21:00							

she PILATES STUDIO札幌大通店 Lesson Schedule

2025/1/16~2025/1/31

	1月16日(木)	1月17日(金)	1月18日(土)	1月19日(日)	1月20日(月)	1月21日(火)	1月22日(水)	1月23日(木)	
10:00	10:00~11:00 Upper Body ★★★ ASAKA	10:00~10:50 Jumpin' 2 ★★ MINORI	10:00~10:50 Spine Wind ★★ ASAKA	10:00~11:00 FLOW ★★★ MINORI	定休日	10:00~11:00 Basic ★ ASAKA	10:00~11:00 CONDITIONING ★★ MIHO	10:00~10:50 Jumpin' 2 ★★ MINORI	
11:00	11:40~12:30 BURN BURN BURN! ★★★★ SAKI	11:30~12:30 CONDITIONING ★★ MIHO	11:30~12:20 BURN BURN BURN! ★★★★ SAKI	11:30~12:20 Beginner ★ ASAKA		11:40~12:40 Lower Body ★★★★ SAKI	11:30~12:20 Spine Wind ★★ RIKO	11:30~12:30 CONDITIONING ★★ SAKI	
12:00									
13:00	13:00~13:50 Jumpin' 2 ★★ MINORI	13:00~14:00 FLOW ★★★ RIKO	12:50~13:50 Upper Body ★★★ ASAKA	13:00~14:00 CONDITIONING ★★ SAKI			13:10~14:10 CONDITIONING ★★ RIKO	13:00~14:00 Basic ★ ASAKA	13:30~14:20 BURN BURN BURN! ★★★★ MINORI
14:00				14:30~15:00 Circuit ★★★★★ ASAKA					
15:00	14:20~15:20 Basic ★ ASAKA	16:00~16:50 BURN BURN BURN! ★★★★ MINORI	14:30~15:30 Basic ★ SAKI	15:30~16:20 Jumpin' 2 ★★ MINORI			16:00~16:50 Floaty ★★ ASAKA	15:00~15:50 BURN BURN BURN! ★★★★ MINORI	16:00~16:50 Beginner ★ ASAKA
17:00		17:30~18:30 Basic ★ ASAKA	16:20~17:20 CONDITIONING ★★ ASAKA	16:50~17:40 Floaty ★★ SAKI					
	18:00~18:30 Circuit ★★★★★ RIKO						17:40~18:40 Upper Body ★★★ RIKO	17:40~18:30 Jumpin' 2 ★★ RIKO	17:40~18:40 FLOW ★★★ SAKI
19:00	19:00~20:00 CONDITIONING ★★ SAKI	19:10~20:00 Floaty ★★ RIKO					19:10~20:10 Basic ★ SAKI	19:00~20:00 FLOW ★★★ MINORI	19:10~20:00 ADVANCE ★★★★★ ASAKA
20:00									
21:00	20:30~21:30 FLOW ★★★ MINORI	20:30~21:30 Lower Body ★★★★ ASAKA					20:40~21:30 Spine Wind ★★ RIKO	20:30~21:30 CONDITIONING ★★ ASAKA	20:30~21:30 Basic ★ SAKI

	1月24日(金)	1月25日(土)	1月26日(日)	1月27日(月)	1月28日(火)	1月29日(水)	1月30日(木)	1月31日(金)	
10:00	10:00~11:00 CONDITIONING ★★ MIHO	10:00~10:50 BURN BURN BURN! ★★★★ MINORI	10:00~10:50 Jumpin' 2 ★★ MINORI	定休日	10:00~11:00 FLOW ★★★ MINORI	10:00~10:50 Spine Wind ★★ ASAKA	10:00~10:50 BURN BURN BURN! ★★★★ MINORI	10:00~11:00 Basic ★ ASAKA	
11:00		11:20~12:10 Spine Wind ★★ RIKO	11:40~12:30 ADVANCE ★★★★★ RIKO			11:30~12:30 Upper Body ★★★ RIKO	11:30~12:30 CONDITIONING ★★ MIHO	11:40~12:40 Basic ★ RIKO	11:40~12:40 FLOW ★★★ SAKI
12:00	11:40~12:40 Basic ★ ASAKA	12:40~13:40 Basic ★ SAKI							
13:00	13:30~14:20 BURN BURN BURN! ★★★★ RIKO		13:00~14:00 Lower Body ★★★★ SAKI			13:10~14:10 Basic ★ SAKI	13:00~14:00 FLOW ★★★ SAKI	13:30~14:20 Jumpin' 2 ★★ MINORI	13:10~14:00 BURN BURN BURN! ★★★★ MINORI
14:00		14:30~15:20 Jumpin' 2 ★★ MINORI	14:40~15:40 Basic ★ RIKO				14:40~15:30 Jumpin' 2 ★★ MINORI		
15:00	16:00~17:00 FLOW ★★★ SAKI	15:50~16:20 Circuit ★★★★★ RIKO	16:30~17:30 FLOW ★★★ SAKI			16:40~17:30 BURN BURN BURN! ★★★★ MINORI		16:00~17:00 FLOW ★★★ RIKO	16:00~16:50 Floaty ★★ ASAKA
17:00		16:50~17:40 Floaty ★★ SAKI					17:30~18:30 Basic ★ ASAKA		17:30~18:30 Upper Body ★★★ RIKO
	17:40~18:40 Lower Body ★★★★ ASAKA					18:00~18:50 Spine Wind ★★ RIKO		17:40~18:40 Lower Body ★★★★ ASAKA	
19:00									19:00~20:00 Basic ★ SAKI
20:00	19:10~20:10 Basic ★ RIKO					19:20~20:10 Jumpin' 2 ★★ MINORI	19:20~20:10 Floaty ★★ SAKI	19:10~20:10 CONDITIONING ★★ RIKO	
21:00	20:40~21:30 Jumpin' 2 ★★ SAKI					20:40~21:30 Floaty ★★ SAKI	20:40~21:30 BURN BURN BURN! ★★★★ MINORI	20:40~21:30 Spine Wind ★★ ASAKA	20:30~21:30 FLOW ★★★ RIKO