

she PILATES STUDIO札幌大通店 Lesson Schedule

2025/2/1~2025/2/15

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

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

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2025/2/16~2025/2/28

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

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