

# she PILATES STUDIO札幌大通店 Lesson Schedule

2025/3/1~2025/3/15

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

	3月9日(日)	3月10日(月)	3月11日(火)	3月12日(水)	3月13日(木)	3月14日(金)	3月15日(土)	
10:00	10:00~10:50 BURN BURN BURN! ★★★★ MINORI	定休日	10:00~11:00 CONDITIONING ★★ ASAKA	10:00~11:00 Basic ★ RIKA	10:00~11:00 FLOW ★★★ MINORI	10:00~11:00 CONDITIONING ★★ RIKA	10:00~11:00 Upper Body ★★★ MINORI	
11:00	11:30~12:30 Lower Body ★★★★ ASAKA		11:30~12:20 Spine Wind ★★ SAKI	11:30~12:20 PEACH ATTACK ★★★ SAKI	11:40~12:40 Basic ★ SAKI	11:30~12:30 FLOW ★★★ KASUMI	11:40~12:40 Basic ★ SAKI	
12:00								
13:00	13:10~14:10 Basic ★ MINORI		13:00~14:00 Upper Body ★★★ ASAKA	13:00~14:00 CONDITIONING ★★ ASAKA	13:30~14:20 BURN BURN BURN! ★★★★ MINORI	13:10~14:10 Basic ★ RIKA	13:30~14:20 BURN BURN BURN! ★★★★ MINORI	
14:00			14:30~15:20 Floaty ★★ SAKI		14:50~15:40 Jumpin' 2 ★★ SAKI			
15:00	15:00~15:50 Floaty ★★ ASAKA			16:00~16:50 Jumpin' 2 ★★ SAKI		16:00~16:50 Beginner ★ ASAKA	15:00~16:00 FLOW ★★★ KASUMI	
17:00	16:20~17:20 FLOW ★★★ MINORI			17:50~18:50 Basic ★ MINORI	17:50~18:50 FLOW ★★★ MINORI	17:50~18:40 Spine Wind ★★ ASAKA	17:40~18:30 BURN BURN BURN! ★★★★ MINORI	16:30~17:20 Spine Wind ★★ SAKI
19:00				19:20~20:10 PEACH ATTACK ★★★ SAKI	19:20~19:50 Circuit ★★★★★ ASAKA	19:10~20:00 Floaty ★★ SAKI	19:00~19:50 PEACH ATTACK ★★★ ASAKA	
20:00								
21:00				20:40~21:30 BURN BURN BURN! ★★★★ MINORI	20:30~21:30 Basic ★ MINORI	20:30~21:30 CONDITIONING ★★ ASAKA	20:30~21:20 Jumpin' 2 ★★ MINORI	

# she PILATES STUDIO札幌大通店 Lesson Schedule

2025/3/16~2025/3/31

	3月16日(日)	3月17日(月)	3月18日(火)	3月19日(水)	3月20日(木)	3月21日(金)	3月22日(土)	3月23日(日)	
10:00	10:00~10:50 PEACH ATTACK ★★★ ASAKA	定休日	10:00~11:00 CONDITIONING ★★ ASAKA	10:00~11:00 Basic ★ RIKA	10:00~10:50 Jumpin' 2 ★★ ASAKA	10:00~11:00 CONDITIONING ★★ ASAKA	10:00~11:00 FLOW ★★★ KASUMI	10:00~10:50 BURN BURN BURN! ★★★★ SAKI	
11:00	11:30~12:30 Lower Body ★★★★ SAKI		11:30~12:20 Spine Wind ★★ SAKI	11:30~12:30 FLOW ★★★★ KASUMI	11:30~12:20 BURN BURN BURN! ★★★★ SAKI	11:30~12:20 PEACH ATTACK ★★★★ ASAKA	11:40~12:40 Upper Body ★★★★ MINORI	11:30~12:30 Basic ★ MINORI	
12:00									
13:00	13:10~14:10 Basic ★ ASAKA		13:00~13:50 Jumpin' 2 ★★ ASAKA	13:10~14:10 CONDITIONING ★★ RIKA	13:00~13:50 Floaty ★★ ASAKA	13:00~14:00 Basic ★ MINORI	13:10~14:00 Jumpin' 2 ★★ SAKI	13:20~14:10 PEACH ATTACK ★★★ SAKI	
14:00			14:30~15:30 Basic ★ MINORI			14:30~15:30 Basic ★ SAKI	14:40~15:40 FLOW ★★★★ SAKI	14:40~15:40 Basic ★ MINORI	14:50~15:40 Jumpin' 2 ★★ MINORI
15:00	15:00~16:00 CONDITIONING ★★ SAKI				16:00~16:50 BURN BURN BURN! ★★★★ MINORI				
17:00	16:30~17:20 Jumpin' 2 ★★ ASAKA			17:40~18:40 CONDITIONING ★★ SAKI	17:30~18:30 Upper Body ★★★ ASAKA	16:20~17:20 CONDITIONING ★★ ASAKA		16:30~17:20 Floaty ★★ SAKI	16:20~17:20 FLOW ★★★ SAKI
19:00				19:10~20:10 FLOW ★★★ MINORI	19:00~20:00 Basic ★ MINORI		18:00~18:50 Spine Wind ★★ SAKI		
20:00							19:20~20:10 BURN BURN BURN! ★★★★ MINORI		
21:00				20:40~21:30 PEACH ATTACK ★★★★ SAKI	20:30~21:20 ADVANCE ★★★★★ ASAKA		20:40~21:30 Jumpin' 2 ★★ SAKI		

	3月24日(月)	3月25日(火)	3月26日(水)	3月27日(木)	3月28日(金)	3月29日(土)	3月30日(日)	3月31日(月)	
10:00	定休日	10:00~10:50 Spine Wind ★★ SAKI	10:00~11:00 Basic ★ RIKA	10:00~10:50 Jumpin' 2 ★★ MINORI	10:00~11:00 FLOW ★★★ KASUMI	10:00~10:50 Spine Wind ★★ RIKA	10:00~11:00 FLOW ★★★ KASUMI		
11:00									
12:00		11:30~12:30 Lower Body ★★★★ ASAKA	11:30~12:30 FLOW ★★★ KASUMI	11:30~12:20 PEACH ATTACK ★★★★ SAKI	11:40~12:40 CONDITIONING ★★ SAKI	11:30~12:30 Basic ★ MINORI	11:30~12:20 Jumpin' 2 ★★ MINORI		
13:00		13:10~14:10 Basic ★ SAKI	13:10~14:10 CONDITIONING ★★ RIKA	13:00~14:00 FLOW ★★★ MINORI	13:10~14:10 Basic ★ MINORI	13:20~14:10 PEACH ATTACK ★★★★ ASAKA	13:00~14:00 Basic ★ ASAKA		
14:00				14:40~15:30 Beginner ★ ASAKA			14:50~15:50 Upper Body ★★★ MINORI	14:50~15:40 BURN BURN BURN! ★★★★ MINORI	
15:00			16:00~16:50 Floaty ★★ ASAKA		16:00~17:00 CONDITIONING ★★ SAKI	15:00~15:50 BURN BURN BURN! ★★★★ SAKI			定休日
17:00			17:30~18:30 FLOW ★★★★ MINORI	17:40~18:30 Floaty ★★ SAKI	18:00~18:30 Circuit ★★★★★ ASAKA	17:40~18:40 Upper Body ★★★ MINORI	16:30~17:20 Jumpin' 2 ★★ ASAKA	16:30~17:20 Floaty ★★ ASAKA	
19:00			19:00~20:00 CONDITIONING ★★ ASAKA	19:00~19:50 PEACH ATTACK ★★★★ ASAKA	19:00~20:00 Lower Body ★★★★ SAKI	19:10~20:00 Spine Wind ★★ SAKI			
20:00				20:20~21:20 FLOW ★★★ SAKI	20:30~21:30 Basic ★ ASAKA	20:30~21:20 Jumpin' 2 ★★ MINORI			