

she PILATES STUDIO札幌大通店 Lesson Schedule

2025/4/1~2025/4/15

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

	4月9日(水)	4月10日(木)	4月11日(金)	4月12日(土)	4月13日(日)	4月14日(月)	4月15日(火)
10:00	10:00~11:00 Basic ★ RIKA	10:00~11:00 CONDITIONING ★★ ASAKA	10:00~11:00 FLOW ★★★ KASUMI	10:00~10:50 BURN BURN BURN! ★★★★ MINORI	10:00~10:50 PEACH ATTACK ★★★ SAKI	定休日	10:00~11:00 FLOW ★★★ KASUMI
11:00	11:40~12:30 Jumpin' 2 ★★ SAKI	11:30~12:30 FLOW ★★★ KASUMI	11:40~12:40 Basic ★ MINORI	11:30~12:20 Spine Wind ★★ SAKI	11:30~12:30 FLOW ★★★ MINORI		11:30~12:20 BURN BURN BURN! ★★★★ AYAKA
12:00							
13:00	13:10~14:10 CONDITIONING ★★ RIKA	13:10~14:00 PEACH ATTACK ★★★ ASAKA	13:20~14:10 ADVANCE ★★★★★ ASAKA	13:00~14:00 Basic ★ MINORI	13:10~14:00 Floaty ★★ SAKI		13:00~14:00 Upper Body ★★★ MINORI
14:00		14:30~15:30 FLOW ★★★ KASUMI		14:50~15:50 CONDITIONING ★★ SAKI	14:40~15:40 Basic ★ MINORI		14:30~15:30 FLOW ★★★ KASUMI
15:00	16:00~17:00 Lower Body ★★★★ SAKI		16:00~16:50 Jumpin' 2 ★★ MINORI				
17:00	17:30~18:20 PEACH ATTACK ★★★ ASAKA	17:30~18:30 Upper Body ★★★ MINORI	17:40~18:30 Spine Wind ★★ SAKI	16:30~17:20 Jumpin' 2 ★★ MINORI	16:30~17:30 Lower Body ★★★★ SAKI		17:30~18:30 CONDITIONING ★★ MINORI
19:00							
20:00	19:00~20:00 FLOW ★★★ SAKI	19:00~20:00 Basic ★ ASAKA	19:10~20:10 CONDITIONING ★★ MINORI				19:00~19:50 BURN BURN BURN! ★★★★ AYAKA
21:00	20:40~21:30 Floaty ★★ ASAKA	20:40~21:30 Jumpin' 2 ★★ MINORI	20:40~21:30 PEACH ATTACK ★★★ SAKI				20:20~21:20 Basic ★ MINORI

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2025/4/16~2025/4/30

	4月16日(水)	4月17日(木)	4月18日(金)	4月19日(土)	4月20日(日)	4月21日(月)	4月22日(火)	4月23日(水)	
10:00	10:00~11:00 CONDITIONING ★★ RIKA	10:00~11:00 FLOW ★★★ MINORI	10:00~10:50 Spine Wind ★★ SAKI	10:00~11:00 CONDITIONING ★★ RIKA	10:00~10:50 Jumpin' 2 ★★ MINORI	定休日	10:00~10:50 Jumpin' 2 ★★ SAKI	10:00~10:50 Spine Wind ★★ RIKA	
11:00									
12:00	11:40~12:30 PEACH ATTACK ★★★ SAKI	11:40~12:30 BURN BURN BURN! ★★★★ AYAKA	11:30~12:30 FLOW ★★★★ KASUMI	11:30~12:20 PEACH ATTACK ★★★ SAKI	11:30~12:20 BURN BURN BURN! ★★★★ AYAKA			11:30~12:30 FLOW ★★★ KASUMI	11:30~12:20 Floaty ★★ SAKI
13:00	13:10~14:10 Basic ★ RIKA	13:00~14:00 Upper Body ★★★★ MINORI	13:10~14:00 Floaty ★★ SAKI	13:00~13:50 Spine Wind ★★ RIKA	12:50~13:50 FLOW ★★★ KASUMI			13:10~14:00 BURN BURN BURN! ★★★★ AYAKA	13:00~14:00 CONDITIONING ★★ RIKA
14:00									
15:00		14:40~15:40 Basic ★ SAKI		14:40~15:30 Floaty ★★ SAKI	14:30~15:30 Basic ★ MINORI			16:00~17:00 CONDITIONING ★★ SAKI	14:40~15:30 PEACH ATTACK ★★★ SAKI
17:00			16:00~17:00 FLOW ★★★ KASUMI		16:20~17:20 FLOW ★★★ MINORI				
	17:50~18:40 BURN BURN BURN! ★★★★ AYAKA	17:40~18:30 Jumpin' 2 ★★ MINORI	17:30~18:30 CONDITIONING ★★ MINORI					17:30~18:30 Upper Body ★★★ MINORI	17:30~18:20 Jumpin' 2 ★★ MINORI
19:00	19:10~20:00 Spine Wind ★★ SAKI	19:10~20:00 BURN BURN BURN! ★★★★ AYAKA	19:00~19:50 PEACH ATTACK ★★★ SAKI					19:00~19:50 Floaty ★★ SAKI	19:00~20:00 FLOW ★★★ SAKI
20:00									
21:00	20:30~21:20 BURN BURN BURN! ★★★★ AYAKA	20:30~21:30 Lower Body ★★★★ SAKI	20:20~21:20 Basic ★ MINORI				20:20~21:20 Basic ★ MINORI	20:30~21:20 BURN BURN BURN! ★★★★ MINORI	

	4月24日(木)	4月25日(金)	4月26日(土)	4月27日(日)	4月28日(月)	4月29日(火)	4月30日(水)	
10:00	10:00~11:00 FLOW ★★★ KASUMI	10:00~10:50 PEACH ATTACK ★★★ SAKI	10:00~10:50 Spine Wind ★★ RIKA	10:00~11:00 CONDITIONING ★★ SAKI	定休日	10:00~10:50 BURN BURN BURN! ★★★★ AYAKA	10:00~10:50 Spine Wind ★★ RIKA	
11:00								
12:00	11:30~12:20 BURN BURN BURN! ★★★★ AYAKA	11:30~12:20 Jumpin' 2 ★★ MINORI	11:30~12:20 PEACH ATTACK ★★★ SAKI	11:40~12:40 FLOW ★★★ KASUMI			11:30~12:20 Floaty ★★ SAKI	11:30~12:30 Basic ★ MINORI
13:00	13:00~14:00 Upper Body ★★★ MINORI	13:00~14:00 Lower Body ★★★★ SAKI	13:00~14:00 CONDITIONING ★★ RIKA	13:20~14:10 Jumpin' 2 ★★ SAKI			13:00~14:00 Basic ★ MINORI	13:10~14:10 CONDITIONING ★★ RIKA
14:00								
15:00	14:30~15:30 FLOW ★★★ KASUMI	16:00~16:50 BURN BURN BURN! ★★★★ AYAKA	14:50~15:40 Floaty ★★ SAKI	15:00~15:50 BURN BURN BURN! ★★★★ AYAKA			15:00~15:50 PEACH ATTACK ★★★ SAKI	16:00~16:50 Floaty ★★ SAKI
17:00			16:30~17:20 BURN BURN BURN! ★★★★ AYAKA	16:20~17:20 Lower Body ★★★★ SAKI			16:30~17:20 Jumpin' 2 ★★ MINORI	17:50~18:40 BURN BURN BURN! ★★★★ AYAKA
19:00	19:00~19:50 BURN BURN BURN! ★★★★ AYAKA	19:10~20:00 Spine Wind ★★ SAKI						19:10~20:00 PEACH ATTACK ★★★ SAKI
20:00								
21:00	20:20~21:20 CONDITIONING ★★ MINORI	20:40~21:30 BURN BURN BURN! ★★★★ AYAKA						20:30~21:20 Jumpin' 2 ★★ MINORI