

she PILATES STUDIO札幌大通店 Lesson Schedule

2025/7/1~2025/7/15

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

	7月9日(水)	7月10日(木)	7月11日(金)	7月12日(土)	7月13日(日)	7月14日(月)	7月15日(火)
10:00	10:00~11:00 FLOW ★★★ KASUMI	10:00~10:50 Spine Wind ★★ AYAKA	10:00~10:50 PEACH ATTACK ★★★ KASUMI	10:00~11:00 CONDITIONING ★★ MINORI	10:00~10:50 BURN BURN BURN! ★★★★ AYAKA	定休日	10:00~11:00 FLOW ★★★ KASUMI
11:00	11:40~12:30 BURN BURN BURN! ★★★★ AYAKA	11:20~12:20 Upper Body ★★★ MINORI	11:30~12:30 FLOW ★★★ KASUMI	11:40~12:30 KU・Bi・REmake ★★★★ AYAKA	11:30~12:20 Jumpin' 2 ★★ MINORI		11:40~12:40 Basic ★ SAKI
12:00							
13:00	13:10~14:00 Floaty ★★ KASUMI	13:00~14:00 CONDITIONING ★★ SAKI	13:10~14:10 Lower Body ★★★★ SAKI	13:10~14:10 Basic ★ MINORI	13:10~14:00 Spine Wind ★★ AYAKA		13:20~14:10 PEACH ATTACK ★★★ KASUMI
14:00		14:30~15:20 KU・Bi・REmake ★★★★ AYAKA		15:00~15:50 Spine Wind ★★ AYAKA	14:50~15:50 CONDITIONING ★★ MINORI		14:50~15:50 CONDITIONING ★★ AYAKA
15:00	16:00~16:50 Spine Wind ★★ AYAKA		16:00~16:50 Jumpin' 2 ★★ MINORI				
17:00	17:40~18:40 CONDITIONING ★★ SAKI	17:30~18:30 FLOW ★★★ MINORI	17:30~18:30 Basic ★ SAKI	16:30~17:20 PEACH ATTACK ★★★ MINORI	16:30~17:20 KU・Bi・REmake ★★★★ AYAKA		17:40~18:30 Jumpin' 2 ★★ SAKI
19:00	19:20~20:10 KU・Bi・REmake ★★★★ AYAKA	19:10~19:40 Circuit ★★★★★ SAKI	19:10~20:00 PEACH ATTACK ★★★ MINORI				19:00~19:50 Spine Wind ★★ AYAKA
20:00							
21:00	20:40~21:30 PEACH ATTACK ★★★ SAKI	20:20~21:20 Basic ★ MINORI	20:30~21:20 Floaty ★★ SAKI				20:20~21:20 FLOW ★★★ SAKI

she PILATES STUDIO札幌大通店 Lesson Schedule

2025/7/16~2025/7/31

	7月16日(水)	7月17日(木)	7月18日(金)	7月19日(土)	7月20日(日)	7月21日(月)	7月22日(火)	7月23日(水)
10:00	10:00~10:50 KU•Bi•REmake ★★★★ AYAKA	10:00~11:00 FLOW ★★★ KASUMI	10:00~11:00 CONDITIONING ★★ AYAKA	10:00~11:00 Basic ★ MINORI	10:00~10:50 Spine Wind ★★ AYAKA	定休日	10:00~10:50 PEACH ATTACK ★★★ KASUMI	10:00~11:00 Basic ★ RIKA
11:00								
12:00	11:30~12:30 CONDITIONING ★★ RIKA	11:40~12:30 Spine Wind ★★ AYAKA	11:40~12:30 Floaty ★★ MINORI	11:40~12:10 Circuit ★★★★★ SAKI	11:40~12:40 CONDITIONING ★★ SAKI		11:30~12:20 Jumpin' 2 ★★ MINORI	11:40~12:30 BURN BURN BURN! ★★★★ AYAKA
13:00	13:10~14:10 Basic ★ RIKA	13:10~14:00 PEACH ATTACK ★★★ KASUMI	13:00~13:50 BURN BURN BURN! ★★★★ AYAKA	13:00~14:00 CONDITIONING ★★ MINORI	13:30~14:20 KU•Bi•REmake ★★★★ AYAKA		13:00~14:00 FLOW ★★★ KASUMI	13:10~14:00 Spine Wind ★★ RIKA
14:00								
15:00		14:40~15:30 Jumpin' 2 ★★ MINORI	16:00~16:50 Spine Wind ★★ SAKI	14:50~15:40 PEACH ATTACK ★★★ SAKI	15:00~15:50 Floaty ★★ SAKI		14:40~15:30 KU•Bi•REmake ★★★★ MINORI	16:00~17:00 CONDITIONING ★★ MINORI
17:00	17:20~18:20 Upper Body ★★★★ MINORI	17:30~18:30 CONDITIONING ★★ AYAKA	17:30~18:30 Basic ★ SAKI	16:20~17:20 FLOW ★★★★ MIINORI	16:30~17:20 BURN BURN BURN! ★★★★ AYAKA		17:20~18:20 Lower Body ★★★★ SAKI	17:40~18:40 FLOW ★★★★ SAKI
19:00	18:50~19:40 Floaty ★★ SAKI	19:10~20:10 FLOW ★★★ MIINORI	19:10~20:00 PEACH ATTACK ★★★ MINORI				18:50~19:50 Basic ★ MINORI	19:20~20:10 KU•Bi•REmake ★★★★ MINORI
20:00								
21:00	20:20~21:20 CONDITIONING ★★ MINORI	20:40~21:30 KU•Bi•REmake ★★★★ AYAKA	20:30~21:20 Jumpin' 2 ★★ SAKI				20:30~21:20 Floaty ★★ SAKI	20:40~21:30 PEACH ATTACK ★★★ SAKI

	7月24日(木)	7月25日(金)	7月26日(土)	7月27日(日)	7月28日(月)	7月29日(火)	7月30日(水)	7月31日(木)
10:00	10:00~10:50 Floaty ★★ KASUMI	10:00~11:00 FLOW ★★★ KASUMI	10:00~10:50 BURN BURN BURN! ★★★★ AYAKA	10:00~11:00 CONDITIONING ★★ SAKI	定休日	10:00~10:50 Spine Wind ★★ AYAKA	10:00~10:50 PEACH ATTACK ★★★ KASUMI	10:00~10:50 Floaty ★★ KASUMI
11:00								
12:00	11:30~12:30 Basic ★ MINORI	11:30~12:20 KU•Bi•REmake ★★★★ AYAKA	11:20~12:10 PEACH ATTACK ★★★ SAKI	11:50~12:40 Floaty ★★ MINORI		11:30~12:30 Lower Body ★★★★ SAKI	11:30~12:30 FLOW ★★★ KASUMI	11:30~12:20 Spine Wind ★★ AYAKA
13:00	13:10~14:00 PEACH ATTACK ★★★ KASUMI	13:00~13:50 Floaty ★★ KASUMI	12:50~13:50 CONDITIONING ★★ AYAKA	13:30~14:00 Circuit ★★★★★ SAKI		13:10~14:00 Jumpin' 2 ★★ SAKI	13:10~14:10 Basic ★ SAKI	13:00~14:00 FLOW ★★★ KASUMI
14:00								
15:00	14:30~15:20 BURN BURN BURN! ★★★★ AYAKA	16:00~17:00 Basic ★ SAKI	14:40~15:40 FLOW ★★★ SAKI	14:40~15:40 Basic ★ MINORI		14:40~15:40 CONDITIONING ★★ MINORI	16:00~16:50 KU•Bi•REmake ★★★★ MINORI	14:30~15:20 BURN BURN BURN! ★★★★ AYAKA
17:00	17:20~18:10 Spine Wind ★★ AYAKA	18:00~19:00 CONDITIONING ★★ AYAKA	16:30~17:20 Spine Wind ★★ AYAKA	16:20~17:20 Lower Body ★★★★ SAKI		17:30~18:30 Basic ★ SAKI	17:30~18:20 Spine Wind ★★ SAKI	17:20~18:10 PEACH ATTACK ★★★ SAKI
19:00	18:50~19:40 Jumpin' 2 ★★ MINORI	19:40~20:10 Circuit ★★★★★ SAKI				19:10~20:00 BURN BURN BURN! ★★★★ AYAKA	19:00~19:50 Floaty ★★ MINORI	18:50~19:50 CONDITIONING ★★ AYAKA
20:00								
21:00	20:20~21:20 CONDITIONING ★★ AYAKA	20:40~21:30 BURN BURN BURN! ★★★★ AYAKA				20:30~21:30 Upper Body ★★★ MINORI	20:30~21:20 Jumpin' 2 ★★ SAKI	20:20~21:20 FLOW ★★★ SAKI