

she PILATES STUDIO札幌大通店 Lesson Schedule

2025/8/1~2025/8/15

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

	8月9日(土)	8月10日(日)	8月11日(月)	8月12日(火)	8月13日(水)	8月14日(木)	8月15日(金)
10:00	10:00~10:50 KU•Bi•REmake ★★★★ MINORI	10:00~11:00 Lower Body ★★★★ SAKI	定休日	10:00~11:00 CONDITIONING ★★ AKO	10:00~11:00 Basic ★ MINORI	10:00~10:50 PEACH ATTACK ★★★ MINORI	10:00~10:50 Spine Wind ★★ RINA
11:00	11:30~12:20 PEACH ATTACK ★★★ SAKI	11:40~12:30 Floaty ★★ MINORI		11:30~12:30 Upper Body ★★★ MINORI	11:40~12:40 FLOW ★★★ SAKI	11:20~12:20 CONDITIONING ★★ AKO	11:30~12:20 Jumpin' 2 ★★ SAKI
12:00							
13:00	13:00~14:00 Basic ★ MINORI	13:10~14:00 Jumpin' 2 ★★ SAKI		13:00~14:00 CONDITIONING ★★ AKO	13:10~14:00 KU•Bi•REmake ★★★★ MINORI	13:00~13:50 BURN BURN BURN! ★★★★ MINORI	13:00~13:50 Spine Wind ★★ RINA
14:00	14:50~15:50 FLOW ★★★ SAKI	15:00~15:50 PEACH ATTACK ★★★ MINORI			14:40~15:30 Jumpin' 2 ★★ SAKI	14:20~15:20 CONDITIONING ★★ AKO	
15:00				16:00~16:50 PEACH ATTACK ★★★ MINORI			
17:00	16:20~17:20 Upper Body ★★★ MINORI	16:30~17:20 Spine Wind ★★ SAKI		17:30~18:30 FLOW ★★★ SAKI	17:40~18:40 CONDITIONING ★★ AKO	17:30~18:20 Spine Wind ★★ SAKI	18:00~18:50 Floaty ★★ SAKI
19:00				19:00~19:50 BURN BURN BURN! ★★★★ MINORI	19:10~20:00 PEACH ATTACK ★★★ SAKI	19:00~19:50 Floaty ★★ MINORI	19:30~20:00 Circuit ★★★★★ SAKI
20:00							
21:00				20:30~21:20 Jumpin' 2 ★★ SAKI	20:30~21:30 CONDITIONING ★★ AKO	20:20~21:20 Lower Body ★★★★ SAKI	20:30~21:30 CONDITIONING ★★ AKO

she PILATES STUDIO札幌大通店 Lesson Schedule

2025/8/16~2025/8/31

	8月16日(土)	8月17日(日)	8月18日(月)	8月19日(火)	8月20日(水)	8月21日(木)	8月22日(金)	8月23日(土)
10:00	10:00~10:50 PEACH ATTACK ★★★ KASUMI	10:00~11:00 Basic ★ MINORI	定休日	10:00~10:50 Floaty ★★ KASUMI	10:00~10:50 PEACH ATTACK ★★★ KASUMI	10:00~10:50 Spine Wind ★★ RINA	10:00~11:00 FLOW ★★★ KASUMI	10:00~10:50 Jumpin' 2 ★★ SAKI
11:00	11:30~12:20 Jumpin' 2 ★★ MINORI	11:40~12:10 Circuit ★★★★★ SAKI		11:30~12:20 Spine Wind ★★ RINA	11:30~12:30 Basic ★ SAKI	11:30~12:20 Jumpin' 2 ★★ MINORI	11:40~12:30 KU•Bi•REmake ★★★★★ MINORI	11:40~12:30 BURN BURN BURN! ★★★★★ SAKI
12:00								
13:00	13:00~13:50 Floaty ★★ KASUMI	12:50~13:50 FLOW ★★★ MIINORI		13:00~13:50 PEACH ATTACK ★★★ KASUMI	13:10~14:10 FLOW ★★★ KASUMI	13:00~13:50 Spine Wind ★★ RINA	13:10~14:00 Floaty ★★ KASUMI	13:10~14:10 CONDITIONING ★★ AKO
14:00	14:40~15:40 Basic ★ MINORI	14:50~15:40 Spine Wind ★★ SAKI		14:30~15:30 CONDITIONING ★★ AKO	16:00~17:00 Lower Body ★★★★★ SAKI		15:50~16:50 Upper Body ★★★★ MINORI	15:00~16:00 Basic ★ SAKI
15:00								
17:00	16:20~17:20 FLOW ★★★ KASUMI	16:30~17:20 KU•Bi•REmake ★★★★★ MINORI		17:30~18:20 BURN BURN BURN! ★★★★★ MINORI	17:40~18:30 Jumpin' 2 ★★ MINORI	17:30~18:20 PEACH ATTACK ★★★ MINORI	17:20~18:20 CONDITIONING ★★ AKO	16:40~17:30 Spine Wind ★★ RINA
19:00				19:00~20:00 CONDITIONING ★★ AKO	19:10~20:00 Spine Wind ★★ SAKI	19:00~20:00 FLOW ★★★ MIINORI	19:00~20:00 Basic ★ SAKI	
20:00								
21:00				20:30~21:30 Upper Body ★★★★ MINORI	20:30~21:20 Floaty ★★ MINORI	20:30~21:30 CONDITIONING ★★ AKO	20:40~21:30 BURN BURN BURN! ★★★★★ SAKI	

	8月24日(日)	8月25日(月)	8月26日(火)	8月27日(水)	8月28日(木)	8月29日(金)	8月30日(土)	8月31日(日)
10:00	10:00~10:50 Floaty ★★ KASUMI	定休日	10:00~10:50 PEACH ATTACK ★★★ KASUMI	10:00~11:00 FLOW ★★★ KASUMI	10:00~11:00 CONDITIONING ★★ AKO	10:00~10:50 Floaty ★★ KASUMI	10:00~11:00 Basic ★ MINORI	10:00~10:50 Spine Wind ★★ SAKI
11:00	11:40~12:40 Basic ★ SAKI		11:30~12:20 Jumpin' 2 ★★ MINORI	11:40~12:40 Basic ★ SAKI	11:40~12:30 BURN BURN BURN! ★★★★★ MINORI	11:30~12:00 Circuit ★★★★★ SAKI	11:50~12:40 KU•Bi•REmake ★★★★★ MINORI	11:30~12:30 CONDITIONING ★★ AKO
12:00								
13:00	13:40~14:40 FLOW ★★★ KASUMI		13:00~13:50 Floaty ★★ KASUMI	13:20~14:10 PEACH ATTACK ★★★ KASUMI	13:10~14:10 CONDITIONING ★★ AKO	12:40~13:40 FLOW ★★★ KASUMI	13:20~14:20 CONDITIONING ★★ AKO	13:10~14:00 PEACH ATTACK ★★★ SAKI
14:00			14:30~15:30 CONDITIONING ★★ AKO	16:00~16:50 Spine Wind ★★ SAKI	16:00~16:50 PEACH ATTACK ★★★ MINORI	14:30~15:20 Jumpin' 2 ★★ MINORI	15:00~15:50 BURN BURN BURN! ★★★★★ MINORI	14:50~15:50 CONDITIONING ★★ AKO
15:00	15:20~16:50 Circuit ★★★★★ SAKI							
17:00	16:30~17:20 PEACH ATTACK ★★★ KASUMI		17:20~18:20 Basic ★ SAKI	17:20~18:10 KU•Bi•REmake ★★★★★ MINORI	17:30~18:30 FLOW ★★★ SAKI	17:40~18:30 Spine Wind ★★ SAKI	16:20~17:20 CONDITIONING ★★ AKO	16:20~17:20 Lower Body ★★★★★ SAKI
19:00			19:00~20:00 Lower Body ★★★★★ SAKI	18:50~19:50 CONDITIONING ★★ AKO	19:00~20:00 Upper Body ★★★★ MINORI	19:10~20:00 PEACH ATTACK ★★★ MINORI		
20:00								
21:00			20:30~21:30 CONDITIONING ★★ AKO	20:30~21:30 FLOW ★★★ MINORI	20:30~21:20 Jumpin' 2 ★★ SAKI	20:30~21:20 Floaty ★★ SAKI		