

she PILATES STUDIO札幌大通店 Lesson Schedule

2025/9/1~2025/9/15

	9月1日(月)	9月2日(火)	9月3日(水)	9月4日(木)	9月5日(金)	9月6日(土)	9月7日(日)	9月8日(月)
10:00	定休日	10:00~10:50 Spine Wind ★★ RINA	10:00~11:00 Lower Body ★★★★ SAKI	10:00~11:00 Basic ★ RINA	10:00~11:00 CONDITIONING ★★ AKO	10:00~10:50 Floaty ★★ KASUMI	10:00~10:50 Spine Wind ★★ RINA	定休日
11:00								
12:00		11:40~12:40 Basic ★ RINA	11:40~12:30 Floaty ★★ MINORI	11:40~12:30 PEACH ATTACK ★★★★ SAKI	11:40~12:40 Upper Body ★★★★ MINORI	11:30~12:20 Jumpin' 2 ★★ AKO	11:30~12:20 PEACH ATTACK ★★★★ KASUMI	
13:00		13:20~14:10 BURN BURN BURN! ★★★★ SAKI	13:00~13:50 PEACH ATTACK ★★★★ SAKI	13:10~14:00 Spine Wind ★★ RINA	13:10~14:00 Jumpin' 2 ★★ AKO	13:00~14:00 FLOW ★★★ KASUMI	13:00~14:00 Basic ★ RINA	
14:00								
15:00		16:00~16:50 PEACH ATTACK ★★★★ SAKI	14:30~15:30 CONDITIONING ★★ AKO	16:00~17:00 FLOW ★★★★ SAKI	14:40~15:30 BURN BURN BURN! ★★★★ MINORI	14:50~15:50 CONDITIONING ★★ AKO	14:50~15:40 Floaty ★★ KASUMI	
17:00		17:30~18:20 Jumpin' 2 ★★ AKO	17:50~18:40 KU-BI-REmake ★★★★ MINORI	17:40~18:30 BURN BURN BURN! ★★★★ MINORI	17:40~18:40 Lower Body ★★★★ SAKI	16:30~17:20 PEACH ATTACK ★★★★ KASUMI	16:30~17:30 FLOW ★★★★ KASUMI	
19:00		18:50~19:50 FLOW ★★★★ SAKI	19:10~20:00 Jumpin' 2 ★★ AKO	19:10~20:00 Spine Wind ★★ SAKI	19:10~20:00 PEACH ATTACK ★★★ MINORI			
20:00								
21:00		20:20~21:20 CONDITIONING ★★ AKO	20:40~21:30 PEACH ATTACK ★★★★ MINORI	20:30~21:30 Upper Body ★★★★ MINORI	20:30~21:20 Floaty ★★ SAKI			

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

she PILATES STUDIO札幌大通店 Lesson Schedule

2025/9/16～2025/9/30

	9月16日(火)	9月17日(水)	9月18日(木)	9月19日(金)	9月20日(土)	9月21日(日)	9月22日(月)	9月23日(火)
10:00	10:00~11:00 FLOW ★★★ KASUMI	10:00~11:00 Basic ★ RINA	10:00~10:50 PEACH ATTACK ★★★ KASUMI	10:00~10:50 Spine Wind ★★ RINA	10:00~10:50 Floaty ★★ KASUMI	10:00~11:00 Basic ★ RINA	定休日	10:00~10:50 BURN BURN BURN! ★★★★ KASUMI
11:00	11:40~12:30 PEACH ATTACK ★★★ MINORI	11:50~12:40 Spine Wind ★★ RINA						
12:00			11:30~12:30 CONDITIONING ★★ SAKI	11:30~12:30 FLOW ★★★ SAKI	11:30~12:20 KU・BI・REmake ★★★★ MINORI	11:40~12:30 Jumpin' 2 ★★ AKO		11:30~12:30 CONDITIONING ★★ AKO
13:00	13:10~14:00 Floaty ★★ KASUMI	13:20~14:20 Upper Body ★★★ MINORI	13:10~14:00 BURN BURN BURN! ★★★★ KASUMI	13:10~14:10 Basic ★ RINA	13:00~13:50 PEACH ATTACK ★★★ KASUMI	13:10~14:00 Spine Wind ★★ RINA		13:20~14:20 FLOW ★★★ KASUMI
14:00								
15:00	14:40~15:40 CONDITIONING ★★ AKO	14:50~15:40 PEACH ATTACK ★★★ MINORI	16:00~16:50 Spine Wind ★★ SAKI	16:00~16:50 Jumpin' 2 ★★ AKO	14:30~15:30 Upper Body ★★★ MINORI	14:50~15:50 CONDITIONING ★★ AKO		15:10~16:00 Jumpin' 2 ★★ AKO
17:00	17:40~18:30 BURN BURN BURN! ★★★★ MINORI	17:40~18:30 Jumpin' 2 ★★ AKO	17:30~18:20 Floaty ★★ MINORI	17:30~18:20 PEACH ATTACK ★★★ SAKI	16:20~17:20 FLOW ★★★ KASUMI	16:30~17:20 Spine Wind ★★ RINA		16:30~17:20 PEACH ATTACK ★★★ KASUMI
19:00	19:00~19:50 Jumpin' 2 ★★ AKO	19:00~19:50 KU・BI・REmake ★★★★ MINORI	18:50~19:50 Lower Body ★★★★ SAKI	18:50~19:50 CONDITIONING ★★ AKO				
20:00								
21:00	20:20~21:20 Basic ★ MINORI	20:20~21:20 CONDITIONING ★★ AKO	20:20~21:20 FLOW ★★★ MINORI	20:30~21:20 Spine Wind ★★ SAKI				

	9月24日(水)	9月25日(木)	9月26日(金)	9月27日(土)	9月28日(日)	9月29日(月)	9月30日(火)
10:00	10:00~10:50 Spine Wind ★★ RINA	10:00~11:00 FLOW ★★★ KASUMI	10:00~11:00 Basic ★ RINA	10:00~10:50 Spine Wind ★★ RINA	10:00~10:50 PEACH ATTACK ★★★ KASUMI	定休日	10:00~10:50 BURN BURN BURN! ★★★★ KASUMI
11:00							
12:00	11:30~12:30 Upper Body ★★★ MINORI	11:50~12:40 Floaty ★★ KASUMI	11:40~12:30 PEACH ATTACK ★★★ MINORI	11:30~12:30 FLOW ★★★ SAKI	11:30~12:30 CONDITIONING ★★ AKO		11:30~12:30 CONDITIONING ★★ SAKI
13:00	13:10~14:10 Basic ★ RINA	13:20~14:20 Lower Body ★★★★ SAKI	13:10~14:00 Spine Wind ★★ RINA	13:20~14:20 Basic ★ RINA	13:20~14:10 Floaty ★★ KASUMI		13:10~14:10 FLOW ★★★ KASUMI
14:00							
15:00	16:00~17:00 FLOW ★★★ MINORI	14:50~15:50 Upper Body ★★★ MINORI	14:30~15:20 BURN BURN BURN! ★★★★ MINORI	15:10~16:00 PEACH ATTACK ★★★ SAKI	15:00~15:50 Jumpin' 2 ★★ AKO		16:00~16:50 Jumpin' 2 ★★ AKO
17:00	17:40~18:40 CONDITIONING ★★ AKO	17:50~18:40 Spine Wind ★★ SAKI	17:30~18:20 Jumpin' 2 ★★ AKO	16:30~17:20 Spine Wind ★★ RINA	16:30~17:20 BURN BURN BURN! ★★★★ KASUMI		17:30~18:20 PEACH ATTACK ★★★ SAKI
19:00	19:10~20:00 BURN BURN BURN! ★★★★ MINORI	19:20~20:10 Floaty ★★ MINORI	18:50~19:50 Upper Body ★★★★ MINORI				19:00~20:00 CONDITIONING ★★ AKO
20:00							
21:00	20:30~21:20 Jumpin' 2 ★★ AKO	20:40~21:30 PEACH ATTACK ★★★ SAKI	20:20~21:20 CONDITIONING ★★ AKO				20:30~21:30 Lower Body ★★★★ SAKI