

she PILATES 札幌大通店 Lesson Schedule  
2024/1/1~1/16



	1/1	1/2	1/3	1/4	1/5	1/6	1/7	1/8	1/9	1/10	1/11	1/12	1/13	1/14	1/15	1/16							
	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue							
10:30	close	close	close	FLOW 10:30-11:30	Lower body 10:30-11:30 Member Only	Basic 10:30-11:30	CONDITIONING 10:30-11:30	close	CONDITIONING 10:30-11:30	FLOW 10:30-11:30	BURN BURN BURN! 10:30-11:30	Basic 10:30-11:30	Jumpin <sup>2</sup> 10:30-11:30	CONDITIONING 10:30-11:30	close	close	BURN BURN BURN! 10:30-11:30						
11:00																							
11:30																							
12:00																							
12:30							Upper body 12:30-13:30 Member Only		CONDITIONING 12:30-13:30	BURN BURN BURN! 12:30-13:30	Basic 12:30-13:30		FLOW 12:30-13:30	Basic 12:30-13:30			CONDITIONING 12:30-13:30	BURN BURN BURN! 12:30-13:30	CONDITIONING 12:30-13:30	FLOW 12:30-13:30			Lower body 12:30-13:30 Member Only
13:00																							
13:30																							
14:00																							
14:30														Jumpin <sup>2</sup> 14:00-15:00									
15:00							CONDITIONING 14:30-15:30			FLOW 14:30-15:30	BURN BURN BURN! 14:30-15:30								FLOW 14:30-15:30	Basic 14:30-15:30			CONDITIONING 14:30-15:30
15:30																							
16:00																							
16:30										CONDITIONING 16:30-17:30	Jumpin <sup>2</sup> 16:30-17:30												
17:00																	Basic 17:00-18:00			Basic 16:30-17:30		Upper body 16:30-17:30 Member Only	
17:30																							
18:00																							
18:30									FLOW 18:30-19:30								BURN BURN BURN! 18:30-19:30			Lower body 18:30-19:30 Member Only			Basic 18:30-19:30
19:00							Jumpin <sup>2</sup> 19:00-20:00						Basic 19:00-20:00				FLOW 19:00-20:00						
19:30																							
20:00																							
20:30							Basic 20:30-21:30		BURN BURN BURN! 20:30-21:30				BURN BURN BURN! 20:30-21:30	CONDITIONING 20:30-21:30			Upper body 20:30-21:30 Member Only	Jumpin <sup>2</sup> 20:30-21:30					
21:00																	FLOW 20:30-21:30						

