

she PILATES 札幌大通店 Lesson Schedule
2024/7/1~7/15



	7/1	7/2	7/3	7/4	7/5	7/6	7/7	7/8	7/9	7/10	7/11	7/12	7/13	7/14	7/15
	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon
10:00		Jumpin ^{1,2} 10:00-11:00 ★★	Upper body 10:00-11:00 ★★★	FLOW 10:00-11:00 ★★★	CONDITIONING 10:00-11:00 ★★	Lower body 10:00-11:00 ★★★★	Basic 10:00-11:00 ★		FLOW 10:00-11:00 ★★★	Jumpin ^{1,2} 10:00-11:00 ★★	CONDITIONING 10:00-11:00 ★★	Upper body 10:00-11:00 ★★★	BURN BURN! 10:00-11:00 ★★★★	CONDITIONING 10:00-11:00 ★★	
10:30															
11:00															
11:30						FLOW 11:30-12:30 ★★★	ADVANCE 11:30-12:20 ★★★★★				Basic 11:30-12:30 ★				Summer Circuit 11:30-12:00 ★★★★★
12:00		BURN BURN! 11:40-12:40 ★★★★	Basic 11:40-12:40 ★	Lower body 11:40-12:40 ★★★★	Summer Circuit 11:40-12:10 ★★★★★				BURN BURN! 11:40-12:40 ★★★★	Lower body 11:40-12:40 ★★★★		Jumpin ^{1,2} 11:40-12:40 ★★	Beginner 11:40-12:30 ★		
12:30															
13:00							Upper body 12:50-13:50 ★★★								Basic 12:30-13:30 ★
13:30		FLOW 13:20-14:20 ★★★	ADVANCE 13:30-14:20 ★★★★★	CONDITIONING 13:20-14:20 ★★	Basic 13:00-14:00 ★	Beginner 13:20-14:10 ★			CONDITIONING 13:20-14:20 ★★	Beginner 13:20-14:10 ★	FLOW 13:20-14:20 ★★★	Basic 13:20-14:20 ★	Upper body 13:20-14:20 ★★★		
14:00															
14:30							Jumpin ^{1,2} 14:20-15:20 ★★								Lower body 14:00-15:00 ★★★★
15:00		Beginner 15:00-15:50 ★												Summer Circuit 15:00-15:30 ★★★★★	
15:30	close								close						Floaty 15:30-16:20 ★★
16:00							Summer Circuit 15:50-16:20 ★★★★★								
16:30						CONDITIONING 16:20-17:20 ★★									
17:00			FLOW 16:30-17:30 ★★★				Floaty 16:50-17:40 ★★								ADVANCE 16:50-17:40 ★★★★★
17:30															
18:00		Basic 17:30-18:30 ★		Jumpin ^{1,2} 17:30-18:30 ★★	Floaty 17:30-18:20 ★★				Jumpin ^{1,2} 17:30-18:30 ★★	BURN BURN! 17:30-18:30 ★★★★		CONDITIONING 17:30-18:30 ★★			
18:30			BURN BURN! 18:00-19:00 ★★★★								Lower body 18:00-19:00 ★★★★				
19:00				Basic 19:00-20:00 ★	FLOW 19:00-20:00 ★★★				Upper body 19:00-20:00 ★★★	FLOW 19:00-20:00 ★★★			Floaty 19:00-19:50 ★★		
19:30		CONDITIONING 19:00-20:00 ★★	Summer Circuit 19:30-20:00 ★★★★★								ADVANCE 19:30-20:20 ★★★★★				
20:00															
20:30		ADVANCE 20:30-21:20 ★★★★★	Lower body 20:30-21:30 ★★★★	Upper body 20:30-21:30 ★★★	Jumpin ^{1,2} 20:30-21:30 ★★				Floaty 20:30-21:20 ★★	Basic 20:30-21:30 ★			BURN BURN! 20:30-21:30 ★★★★		
21:00														Summer Circuit 21:00-21:30 ★★★★★	

※☆4または5のレッスンは☆1~3のレッスンを10回以上受講後がおすすめです。

she PILATES 札幌大通店 Lesson Schedule
2024/7/16~7/31



	7/16	7/17	7/18	7/19	7/20	7/21	7/22	7/23	7/24	7/25	7/26	7/27	7/28	7/29	7/30	7/31
	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed
10:00	ADVANCE 10:00-10:50 ★★★★★	FLOW 10:00-11:00 ★★★	Jumpin ² 10:00-11:00 ★★	Lower body 10:00-11:00 ★★★★	CONDITIONING 10:00-11:00 ★★	Basic 10:00-11:00 ★		BURN BURN! 10:00-11:00 ★★★★	Basic 10:00-11:00 ★	Lower body 10:00-11:00 ★★★★	CONDITIONING 10:00-11:00 ★★	Upper body 10:00-11:00 ★★★	Basic 10:00-11:00 ★		ADVANCE 10:00-10:50 ★★★★★	CONDITIONING 10:00-11:00 ★★
10:30																
11:00																
11:30	FLOW 11:30-12:30 ★★★		Beginner 11:30-12:20 ★	FLOW 11:30-12:30 ★★★★	Lower body 11:30-12:30 ★★★★★	Beginner 11:40-12:30 ★		FLOW 11:40-12:40 ★★★★	Jumpin ² 11:30-12:30 ★★		BURN BURN! 11:30-12:30 ★★★★	Summer Circuit 11:30-12:00 ★★★★★	ADVANCE 11:30-12:20 ★★★★★		FLOW 11:40-12:40 ★★★★	Basic 11:40-12:40 ★
12:00		Jumpin ² 11:40-12:40 ★★														
12:30																
13:00	Upper body 13:00-14:00 ★★★		BURN BURN! 13:00-14:00 ★★★★★	CONDITIONING 13:00-14:00 ★★	Basic 13:00-14:00 ★	FLOW 13:20-14:20 ★★★★		Beginner 13:20-14:10 ★	CONDITIONING 13:10-14:10 ★★		Basic 13:00-14:00 ★	FLOW 12:40-13:40 ★★★★	Beginner 13:00-13:50 ★		Basic 13:20-14:20 ★	FLOW 13:30-14:30 ★★★★
13:30		Basic 13:20-14:20 ★								Jumpin ² 13:30-14:30 ★★						
14:00																
14:30			Upper body 14:30-15:30 ★★★	BURN BURN! 14:30-15:30 ★★★★★	Summer Circuit 14:30-15:00 ★★★★★							Beginner 14:30-15:20 ★				
15:00	Beginner 14:50-15:40 ★					Jumpin ² 14:50-15:50 ★★							CONDITIONING 14:40-15:40 ★★			
15:30							close					FLOW 14:50-15:50 ★★★★				
16:00					ADVANCE 15:30-16:20 ★★★★★											
16:30						BURN BURN! 16:20-17:20 ★★★★			BURN BURN! 16:00-17:00 ★★★★						FLOW 16:00-17:00 ★★★★	
17:00		Lower body 16:50-17:50 ★★★★	Basic 16:50-17:50 ★	FLOW 16:40-17:40 ★★★★	Floaty 16:50-17:40 ★★						Lower body 16:30-17:30 ★★★★					Upper body 16:30-17:30 ★★★★
17:30	Summer Circuit 17:30-18:00 ★★★★★							ADVANCE 17:30-18:20 ★★★★★	Upper body 17:30-18:30 ★★★	Basic 17:30-18:30 ★					BURN BURN! 17:30-18:30 ★★★★	Lower body 18:00-19:00 ★★★★
18:00											Summer Circuit 18:00-18:30 ★★★★★					
18:30	Floaty 18:30-19:20 ★★		FLOW 18:30-19:30 ★★★★	Floaty 18:10-19:00 ★★												
19:00		BURN BURN! 19:00-20:00 ★★★★							Jumpin ² 19:00-20:00 ★★	FLOW 19:10-20:10 ★★★★	BURN BURN! 19:00-20:00 ★★★★	FLOW 19:00-20:00 ★★★★				
19:30				ADVANCE 19:30-20:20 ★★★★★										CONDITIONING 19:00-20:30 ★★		Floaty 19:30-20:20 ★★
20:00																
20:30	CONDITIONING 20:30-21:30 ★★	FLOW 20:30-21:30 ★★★★	Floaty 20:30-21:20 ★★	Summer Circuit 20:50-21:20 ★★★★★				Basic 20:30-21:30 ★	Summer Circuit 20:50-21:20 ★★★★★	Upper body 20:30-21:30 ★★★	Floaty 20:30-21:20 ★★				Jumpin ² 20:30-21:30 ★★	Summer Circuit 21:00-21:30 ★★★★★
21:00																

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