

she PILATES 札幌大通店 Lesson Schedule
2024/8/1~8/15



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

※☆☆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
2024/8/16~8/31



	8/16	8/17	8/18	8/19	8/20	8/21	8/22	8/23	8/24	8/25	8/26	8/27	8/28	8/29	8/30	8/31
	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat
10:00	BURN BURN BURN! 10:00-11:00 ★★★★	Lower body 10:00-11:00 ★★★★	CONDITIONING 10:00-11:00 ★★		FLOW 10:00-11:00 ★★★	Basic 10:00-11:00 ★	Upper body 10:00-11:00 ★★★	CONDITIONING 10:00-11:00 ★★	Basic 10:00-11:00 ★	ADVANCE 10:00-10:50 ★★★★★		Lower body 10:00-11:00 ★★★★	BURN BURN BURN! 10:00-11:00 ★★★★	FLOW 10:00-11:00 ★★★	Basic 10:00-11:00 ★	CONDITIONING 10:00-11:00 ★★
10:30																
11:00																
11:30																
12:00	CONDITIONING 11:30-12:30 ★★	BURN BURN BURN! 11:30-12:30 ★★★★	Basic 11:30-12:30 ★		ADVANCE 11:40-12:30 ★★★★★	CONDITIONING 11:40-12:40 ★★	FLOW 11:40-12:40 ★★★	BURN BURN BURN! 11:40-12:40 ★★★★	Beginner 11:40-12:30 ★	Jumpin' ² 11:30-12:30 ★★		Jumpin' ² 11:40-12:40 ★★	Upper body 11:40-12:40 ★★★★	Basic 11:40-12:40 ★	Summer Circuit 11:40-12:10 ★★★★★	BURN BURN BURN! 11:40-12:40 ★★★★
12:30																
13:00																
13:30	Upper body 13:20-14:20 ★★★★	Jumpin' ² 13:00-14:00 ★★	ADVANCE 13:00-13:50 ★★★★★		BURN BURN BURN! 13:10-14:10 ★★★★	Lower body 13:20-14:20 ★★★★	Summer Circuit 13:20-13:50 ★★★★★	Basic 13:20-14:20 ★	FLOW 13:20-14:20 ★★★	Beginner 13:10-14:00 ★		Upper body 13:20-14:20 ★★★★	Basic 13:20-14:20 ★		CONDITIONING 12:50-13:50 ★★	Beginner 13:20-14:10 ★
14:00																
14:30																
15:00																
15:30																
16:00																
16:30																
17:00	Floaty 16:40-17:30 ★★	FLOW 16:30-17:30 ★★★★	Upper body 16:40-17:40 ★★★★													
17:30																
18:00																
18:30	Jumpin' ² 18:00-19:00 ★★															
19:00																
19:30	Summer Circuit 19:30-20:00 ★★★★★															
20:00																
20:30																
21:00	FLOW 20:30-21:30 ★★★															

※☆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。