

she PILATES STUDIO札幌大通店 Lesson Schedule

2025/6/1~2025/6/15

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

	6月9日(月)	6月10日(火)	6月11日(水)	6月12日(木)	6月13日(金)	6月14日(土)	6月15日(日)
10:00	定休日	10:00~10:50 Spine Wind ★★ RIKA	10:00~10:50 KU•Bi•REmake ★★★★ AYAKA	10:00~11:00 FLOW ★★★ KASUMI	10:00~10:50 Floaty ★★ KASUMI	10:00~11:00 CONDITIONING ★★ MINORI	10:00~10:50 Spine Wind ★★ SAKI
11:00		11:30~12:30 FLOW ★★★ KASUMI	11:30~12:20 Jumpin' 2 ★★ SAKI	11:30~12:20 PEACH ATTACK ★★★ MINORI	11:30~12:30 CONDITIONING ★★ SAKI	11:40~12:30 KU•Bi•REmake ★★★★ AYAKA	11:30~12:20 PEACH ATTACK ★★★ MINORI
12:00							
13:00		13:10~14:10 CONDITIONING ★★ RIKA	12:50~13:40 BURN BURN BURN! ★★★★ AYAKA	13:00~13:50 KU•Bi•REmake ★★★★ AYAKA	13:20~14:10 Spine Wind ★★ SAKI	13:10~14:10 Basic ★ MINORI	13:00~14:00 CONDITIONING ★★ SAKI
14:00		14:50~15:40 Floaty ★★ KASUMI	15:50~16:50 Basic ★ MINORI		15:00~15:50 KU•Bi•REmake ★★★★ AYAKA	14:50~15:40 BURN BURN BURN! ★★★★ AYAKA	14:50~15:40 Jumpin' 2 ★★ MINORI
15:00							
17:00		17:30~18:20 PEACH ATTACK ★★★ SAKI	17:20~18:20 Lower Body ★★★★ SAKI	17:30~18:20 Jumpin' 2 ★★ SAKI	17:30~18:20 BURN BURN BURN! ★★★★ AYAKA	16:20~17:20 FLOW ★★★ MINORI	16:30~17:20 Floaty ★★ SAKI
19:00			19:00~19:50 Jumpin' 2 ★★ MINORI	19:00~20:00 CONDITIONING ★★ MINORI	19:00~20:00 Upper Body ★★★ MINORI	19:00~20:00 FLOW ★★★ SAKI	
20:00							
21:00		20:20~21:20 Basic ★ SAKI	20:40~21:30 PEACH ATTACK ★★★★ SAKI	20:30~21:20 Floaty ★★ SAKI	20:40~21:30 KU•Bi•REmake ★★★★ AYAKA		

she PILATES STUDIO札幌大通店 Lesson Schedule

2025/6/16~2025/6/30

	6月17日(火)	6月17日(火)	6月18日(水)	6月19日(木)	6月20日(金)	6月21日(土)	6月22日(日)	6月23日(月)
10:00	定休日	10:00~10:50 PEACH ATTACK ★★★ MINORI	10:00~10:50 Spine Wind ★★ RIKA	10:00~10:50 Floaty ★★★ KASUMI	10:00~11:00 CONDITIONING ★★ MINORI	10:00~11:00 FLOW ★★★ KASUMI	10:00~10:50 BURN BURN BURN! ★★★★★ AYAKA	定休日
11:00		11:20~12:10 KU•Bi•REmake ★★★★★ AYAKA	11:30~12:30 Basic ★ RIKA	11:30~12:30 FLOW ★★★★ KASUMI	11:40~12:30 BURN BURN BURN! ★★★★★ AYAKA	11:40~12:40 CONDITIONING ★★ MINORI	11:30~12:30 Basic ★ SAKI	
12:00		12:50~13:40 Jumpin' 2 ★★ MINORI	13:10~14:10 FLOW ★★★★ KASUMI	13:10~14:10 Upper Body ★★★★ MINORI	13:10~14:10 Basic ★ MINORI	13:20~14:10 Floaty ★★ KASUMI	13:20~14:10 Spine Wind ★★ AYAKA	
13:00		14:20~15:20 Lower Body ★★★★★ SAKI	14:50~15:50 CONDITIONING ★★ SAKI	16:00~16:50 Jumpin' 2 ★★ SAKI	16:00~16:50 PEACH ATTACK ★★★★★ SAKI	14:50~15:40 KU•Bi•REmake ★★★★★ AYAKA	15:00~15:50 PEACH ATTACK ★★★★★ SAKI	
14:00		17:10~18:00 Spine Wind ★★ AYAKA	18:00~18:50 BURN BURN BURN! ★★★★★ AYAKA	18:00~19:00 CONDITIONING ★★ MINORI	17:30~18:20 KU•Bi•REmake ★★★★★ AYAKA	16:30~17:20 Jumpin' 2 ★★ MINORI	16:30~17:20 KU•Bi•REmake ★★★★★ AYAKA	
15:00		18:40~19:40 Basic ★ MINORI	19:20~20:10 Floaty ★★ SAKI	19:40~20:10 Circuit ★★★★★ SAKI	19:00~20:00 Lower Body ★★★★★ SAKI			
17:00		20:20~21:20 FLOW ★★★★ SAKI	20:40~21:30 KU•Bi•REmake ★★★★★ AYAKA	20:40~21:30 PEACH ATTACK ★★★★ MINORI	20:30~21:20 Spine Wind ★★ AYAKA			
19:00								
20:00								
21:00								

	6月24日(火)	6月25日(水)	6月26日(木)	6月27日(金)	6月28日(土)	6月29日(日)	6月30日(月)
10:00	10:00~11:00 Basic ★ RIKA	10:00~11:00 FLOW ★★★★ KASUMI	10:00~11:00 Lower Body ★★★★★ SAKI	10:00~10:50 Floaty ★★ KASUMI	10:00~10:50 KU•Bi•REmake ★★★★★ MINORI	10:00~10:50 Jumpin' 2 ★★ SAKI	定休日
11:00	11:40~12:10 Circuit ★★★★★ SAKI	11:40~12:30 KU•Bi•REmake ★★★★★ AYAKA	11:40~12:30 Jumpin' 2 ★★ MINORI	11:30~12:20 BURN BURN BURN! ★★★★★ AYAKA	11:20~12:10 PEACH ATTACK ★★★ SAKI	11:30~12:20 Spine Wind ★★ AYAKA	
12:00	12:50~13:40 Spine Wind ★★ RIKA	13:10~14:00 Floaty ★★ KASUMI	13:10~14:10 Basic ★ SAKI	13:00~13:50 PEACH ATTACK ★★★★ SAKI	12:50~13:50 Basic ★ MINORI	13:10~13:40 Circuit ★★★★★ SAKI	
13:00	14:40~15:40 CONDITIONING ★★ MINORI	14:50~15:40 KU•Bi•REmake ★★★★★ AYAKA	16:00~17:00 FLOW ★★★★ KASUMI	14:50~15:40 Spine Wind ★★ SAKI	14:10~15:00 KU•Bi•REmake ★★★★★ AYAKA		
14:00	16:00~17:00 Upper Body ★★★★ MINORI	17:20~18:20 FLOW ★★★★ MINORI	17:40~18:30 Spine Wind ★★ AYAKA	17:40~18:40 CONDITIONING ★★ MINORI	16:20~17:20 Upper Body ★★★★ MINORI	16:00~17:00 CONDITIONING ★★ SAKI	
15:00	17:30~18:20 PEACH ATTACK ★★★★★ SAKI	19:00~19:50 Spine Wind ★★ AYAKA	19:00~19:50 PEACH ATTACK ★★★★ SAKI	19:10~20:00 KU•Bi•REmake ★★★★★ AYAKA			
17:00	19:00~20:00 CONDITIONING ★★ MINORI	20:30~21:20 Jumpin' 2 ★★ MINORI	20:20~21:20 CONDITIONING ★★ MINORI	20:30~21:20 Floaty ★★ SAKI			
19:00							
20:00							
21:00							