

she PILATES STUDIO札幌大通店 Lesson Schedule

2025/10/1~2025/10/15

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

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

she PILATES STUDIO札幌大通店 Lesson Schedule

2025/10/16~2025/10/31

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

	10月24日(金)	10月25日(土)	10月26日(日)	10月27日(月)	10月28日(火)	10月29日(水)	10月30日(木)	10月31日(金)
10:00	10:00~10:50 CONDITIONING ★★ AKO	10:00~10:50 PEACH ATTACK ★★★★ MINORI	10:00~10:50 Jumpin' 2 ★★ SAKI	定休日	10:00~10:50 CONDITIONING ★★ SAKI	10:00~10:50 FLOW ★★★★ KASUMI	10:00~10:50 Floaty ★★ KASUMI	10:00~10:50 BURN BURN BURN! ★★★★ KASUMI
11:00								
12:00	11:30~12:20 Floaty ★★ KASUMI	11:40~12:30 Basic ★ SAKI	11:40~12:30 CONDITIONING ★★ AKO		11:30~12:20 PEACH ATTACK ★★★★ MINORI	11:30~12:20 Lower Body ★★★★ SAKI	11:30~12:20 Upper Body ★★★★ MINORI	11:30~12:20 CONDITIONING ★★ AKO
13:00	13:00~13:50 FLOW ★★★★ KASUMI	13:30~14:20 KU•BI•REmake ★★★★ MINORI	13:20~14:10 Spine Wind ★★ NINA		13:00~13:50 Spine Wind ★★ SAKI	13:00~13:50 PEACH ATTACK ★★★★ KASUMI	13:00~13:50 BURN BURN BURN! ★★★★ KASUMI	13:00~13:50 Floaty ★★ KASUMI
14:00								
15:00	14:30~15:20 Jumpin' 2 ★★ AKO	15:00~15:50 FLOW ★★★★ MIU	15:00~15:50 BURN BURN BURN! ★★★★ SAKI		14:30~15:20 CONDITIONING ★★ AKO	16:00~16:50 Jumpin' 2 ★★ SAKI	16:00~16:50 Spine Wind ★★ NINA	14:30~15:20 FLOW ★★★★ MIU
17:00	18:00~18:50 Basic ★ SAKI	16:30~17:20 Lower Body ★★★★ SAKI	16:30~17:20 PEACH ATTACK ♪ ★★★★ AKO		18:00~18:50 Upper Body ★★★★ MINORI	18:00~18:50 CONDITIONING ★★ AKO	18:00~18:50 FLOW ★★★★ MIU	17:50~18:40 Basic ★ RINA
19:00	19:20~20:10 Spine Wind ★★ NINA				19:20~20:10 Jumpin' 2 ★★ AKO	19:20~20:10 Floaty ★★ SAKI	19:20~20:10 Basic ★ RINA	19:10~20:00 PEACH ATTACK ♪ ★★★★ AKO
20:00								
21:00	20:40~21:30 Lower Body ★★★★ SAKI				20:40~21:30 KU•BI•REmake ★★★★ MINORI	20:40~21:30 PEACH ATTACK ♪ ★★★★ AKO	20:40~21:30 FLOW ★★★★ MIU	20:30~21:20 Spine Wind ★★ RINA