

11月 Pilates Studio excel 豊田店 月間スケジュール

	1(Sat)	2(Sun)
9:00		
10:00		
11:00	10:30~11:30 Animal Strech misaki ★★☆	10:30~11:30 Hip & Legs minika ★★☆
12:00		
13:00	12:30~13:30 Intermediate misaki ★★☆	12:30~13:30 Pilates Ballet minika ★★☆
14:00		
15:00	14:30~15:30 Waist chisato ★★☆	14:30~15:30 Basic minika ★★☆
16:00		
17:00	16:30~17:30 Hip & Legs chisato ★★☆	16:30~17:30 Body Balance chisato ★★☆
18:00		
19:00		
20:00		
21:00		

	3(Mon)	4(Tue)	5(Wed)	6(Thu)	7(Fri)	8(Sat)	9(Sun)
9:00							
10:00							
11:00		10:30~11:30 Intermediate misaki ★★☆	10:30~11:30 Advance rina ★★★	10:30~11:30 Basic misaki ★★☆	10:30~11:30 Body Balance chisato ★★☆	10:30~11:30 Waist chisato ★★☆	10:30~11:30 Core Flow minika ★★☆
12:00							
13:00		12:30~13:30 Animal Strech misaki ★★☆	12:30~13:30 Back&Arm rina ★★☆	12:30~13:30 Intermediate misaki ★★☆	12:30~13:30 Hip & Legs chisato ★★☆	12:30~13:30 Body Balance chisato ★★☆	12:30~13:30 Hip & Legs minika ★★☆
14:00							
15:00	closed					14:30~15:30 Basic misaki ★★☆	14:30~15:30 Body Balance yuuka ★★☆
16:00							
17:00						16:30~17:30 Animal Strech misaki ★★☆	16:30~17:30 Basic yuuka ★★☆
18:00							
19:00		18:30~19:30 Basic yuuka ★★☆	18:30~19:30 Body Balance yuuka ★★☆	18:30~19:30 Pilates Ballet sara ★★☆	18:30~19:30 Intermediate yuuka ★★☆		
20:00			20:00~21:00 Intermediate yuuka ★★☆		20:00~21:00 Basic yuuka ★★☆		
21:00		20:30~21:30 Body Balance yuuka ★★☆		20:30~21:30 Waist sara ★★☆			

	10(Mon)	11(Tue)	12(Wed)	13(Thu)	14(Fri)	15(Sat)	16(Sun)
9:00							
10:00							
11:00		10:30~11:30 Intermediate yuuka ★★☆	10:30~11:30 Basic yuuka ★★☆	10:30~11:30 Hip & Legs ami ★★☆	10:30~11:30 Pilates Ballet sara ★★☆	10:30~11:30 Back&Arm rina ★★☆	10:30~11:30 Body Balance yuuka ★★☆
12:00							
13:00		12:30~13:30 Jump Cardio yuuka ★★★	12:30~13:30 Intermediate yuuka ★★☆	12:30~13:30 Basic ami ★★☆	12:30~13:30 Waist sara ★★☆	12:30~13:30 Intermediate yuuka ★★☆	12:30~13:30 Basic yuuka ★★☆
14:00							
15:00	closed					14:30~15:30 Basic yuuka ★★☆	14:30~15:30 Animal Strech mitsuki ★★☆
16:00							
17:00						16:15~17:15 Body Balance chisato ★★☆	16:30~17:30 Hip & Legs mitsuki ★★☆
18:00							
19:00		18:30~19:30 Intermediate misaki ★★☆	18:30~19:30 Waist chisato ★★☆	18:30~19:30 Animal Strech misaki ★★☆	18:30~19:30 Hip & Legs chisato ★★☆	18:00~19:00 Waist chisato ★★☆	
20:00			20:00~21:00 Hip & Legs chisato ★★☆		20:00~21:00 Body Balance chisato ★★☆		
21:00		20:30~21:30 Basic misaki ★★☆		20:30~21:30 Intermediate misaki ★★☆			

