

Re-Juvenate Pilates Group Lesson Schedule



Time	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
8:00~ 8:50				Reformer Beginner <i>Taeko</i>			
9:00~ 9:50	Reformer Beginner <i>Yui</i>				Reformer Beginner <i>Chisato</i>	Cardio- lates <i>Chisato</i>	
10:00~ 10:50			Reformer <i>Taeko</i>			Reformer <i>Rikako</i>	
11:00~ 11:50	Reformer <i>Yui</i>	Reformer Beginner <i>Taeko</i>	Reformer Beginner <i>Hiromi</i>	HIIT + Release <i>Taeko</i>	Cardio- lates <i>Taeko</i>	Reformer Beginner <i>Taeko</i>	Reformer Beginner <i>Rikako</i>
12:00~ 12:50	Reformer Beginner <i>Yui</i>	Reformer <i>Chisato</i>	Reformer <i>Hiromi</i>	Reformer Beginner <i>Yui</i>	Reformer Beginner <i>Chisato</i>	Reformer <i>Chisato</i>	Reformer <i>Yui</i>
13:00~ 13:50			Reformer Beginner <i>Taeko</i>		Reformer <i>Yui</i>		
14:00~ 14:50							Reformer <i>Rikako</i>
15:00~ 15:50			Reformer <i>Yui</i>			Reformer Beginner <i>Rikako</i>	Reformer Beginner <i>Yui</i>
16:00~ 16:50							
17:00~ 17:50							
18:00~ 18:50							
19:00~ 19:50		Reformer Beginner <i>Chisato</i>		Reformer <i>Yui</i>	Reformer Beginner <i>Yui</i>		
20:00~ 20:50			Reformer <i>Yui</i>	Reformer Beginner <i>Chisato</i>			

スケジュールおよび講師は予告なしに変更となる場合がございます。最新の詳細はWebサイトをご確認ください。