

# Re-Juvenate Pilates Group Lesson



## August Summer Holiday Schedule



Time	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
8:00~ 8:50				Reformer (8/4,11,25) <i>Taeko</i>			
10:00~ 10:50		Reformer Beginner <i>Maiko</i>		Reformer (8/4,11,25) <i>Taeko</i>	Reformer Beginner <i>Maiko</i>	Reformer Beginner <i>Keiko</i>	
11:00~ 11:50	Reformer Beginner (8/22,29) <i>Kyoko</i>	Reformer (8/2,9,30) <i>Taeko</i> (8/23) <i>Maiko</i>	Reformer <i>Keiko</i> (8/3,17,24,31)	Reformer Beginner (8/4,11,18) <i>Maiko</i> (8/25) <i>Kyoko</i>	Cardio- lates (8/5,12,26) <i>Taeko</i> Reformer (8/19) <i>Maiko</i>	Reformer (8/6,13,27) <i>Taeko</i> (8/20) <i>Maiko</i>	Reformer (8/7) <i>Taeko</i> (8/14,21,28) <i>Keiko</i>
12:00~ 12:50		Reformer (8/16) <i>Maiko</i>	Reformer Beginner (8/3,10,31) <i>Taeko</i> (8/17,24) <i>Keiko</i>		Reformer (8/5,12,26) <i>Maiko</i>	Reformer Beginner (8/6,13,27) <i>Maiko</i> (8/20) <i>Keiko</i>	
13:00~ 13:50				Reformer Beginner <i>Maiko</i>			
14:00~ 14:50							Reformer Beginner (8/7) <i>Taeko</i> (8/14,21,28) <i>Keiko</i>
15:00~ 15:50						Reformer <i>Maiko</i>	
19:00~ 19:50			Reformer Beginner <i>Maiko</i>				
20:00~ 20:50				Reformer <i>Keiko</i> (8/4,18,25)			

スケジュールおよび講師は予告なしに変動となる場合がございます。最新の詳細は予約システムをご確認ください。