

# Re-Juvenate Pilates Group Lesson Schedule



| Time            | Mon                                 | Tue                                   | Wed                                    | Thurs                                 | Fri                                  | Sat                                  | Sun                                  |
|-----------------|-------------------------------------|---------------------------------------|--|---------------------------------------|--------------------------------------|--------------------------------------|--------------------------------------|
| 8:00~<br>8:50   | Reformer<br><i>Eiko</i>             |                                       |  | Reformer<br><i>Taeko</i>              |                                      |                                      |                                      |
| 9:00~<br>9:50   |                                     |                                       |  | Reformer<br>Beginner<br><i>Manami</i> |                                      |                                      |                                      |
| 10:00~<br>10:50 |                                     | Reformer<br>Beginner<br><i>Manami</i> |  | Reformer<br><i>Taeko</i>              | Reformer<br>Beginner<br><i>Maiko</i> | Reformer<br>Beginner<br><i>Maiko</i> | Reformer<br><i>Eiko</i>              |
| 11:00~<br>11:50 | Reformer<br>Beginner<br><i>Eiko</i> | Reformer<br><i>Taeko</i>              | Reformer<br><i>Keiko</i>               |                                       | Cardio-<br>lates<br><i>Taeko</i>     | Reformer<br><i>Taeko</i>             | Reformer<br><i>Keiko</i>             |
| 12:00~<br>12:50 |                                     |                                       | Reformer<br>Beginner<br><i>Taeko</i>   | Reformer<br>Beginner<br><i>Maiko</i>  | Reformer<br><i>Maiko</i>             | Reformer<br>Beginner<br><i>Maiko</i> | Reformer<br>Beginner<br><i>Eiko</i>  |
| 13:00~<br>13:50 |                                     |                                       |  |                                       |                                      |                                      |                                      |
| 14:00~<br>14:50 |                                     |                                       |  |                                       |                                      |                                      | Reformer<br>Beginner<br><i>Keiko</i> |
| 15:00~<br>15:50 |                                     |                                       |  |                                       |                                      | Reformer<br><i>Eiko</i>              |                                      |
| 16:00~<br>16:50 |                                     |                                       |  |                                       |                                      |                                      |                                      |
| 17:00~<br>17:50 |                                     |                                       |  |                                       |                                      |                                      |                                      |
| 18:00~<br>18:50 |                                     |                                       |  |                                       |                                      |                                      |                                      |
| 19:00~<br>19:50 |                                     |                                       | Reformer<br><i>Manami</i>              | Reformer<br>Beginner<br><i>Maiko</i>  |                                      |                                      |                                      |
| 20:00~<br>20:50 | Reformer<br><i>Siobhan</i>          |                                       | Reformer<br>Beginner<br><i>Siobhan</i> |                                       | Reformer<br><i>Siobhan</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。最新の詳細は予約システムをご確認ください。