

Re-Juvenate Pilates Group Lesson Schedule



| Time | Mon | Tue | Wed | Thurs | Fri | Sat | Sun |
|-----------------|-------------------------------------|---------------------------------------|--|---------------------------------------|--------------------------------------|--------------------------------------|---------------------------------------|
| 8:00~ 8:50 | Reformer <i>Eiko</i> | | | Reformer <i>Taeko</i> | | | |
| 9:00~ 9:50 | | | | Reformer Beginner <i>Manami</i> | | | |
| 10:00~ 10:50 | Reformer Beginner <i>Mei</i> | Reformer Beginner <i>Manami</i> | | Reformer <i>Taeko</i> | Reformer Beginner <i>Maiko</i> | Reformer Beginner <i>Maiko</i> | Reformer <i>Eiko</i> |
| 11:00~ 11:50 | Reformer Beginner <i>Eiko</i> | Reformer <i>Taeko</i> | Reformer <i>Keiko</i> | Reformer Beginner <i>Noriko</i> | Cardio- lates <i>Taeko</i> | Reformer <i>Taeko</i> | Reformer <i>Keiko</i> |
| 12:00~ 12:50 | | | Reformer Beginner <i>Taeko</i> | Reformer Beginner <i>Maiko</i> | Reformer <i>Mei</i> | Reformer Beginner <i>Maiko</i> | Reformer Beginner <i>Eiko</i> |
| 13:00~ 13:50 | | | | | | | Reformer Beginner <i>Noriko</i> |
| 14:00~ 14:50 | | | | | | | Reformer Beginner <i>Keiko</i> |
| 15:00~ 15:50 | | | | | | Reformer <i>Eiko</i> | Reformer Beginner <i>Noriko</i> |
| 16:00~ 16:50 | | | | | | | |
| 17:00~ 17:50 | | | | | | | |
| 18:00~ 18:50 | | | | | Reformer Beginner <i>Mei</i> | | |
| 19:00~ 19:50 | | | Reformer <i>Manami</i> | Reformer Beginner <i>Maiko</i> | | | |
| 20:00~ 20:50 | Reformer <i>Siobhan</i> | | Reformer Beginner <i>Siobhan</i> | | Reformer <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Webサイトをご確認ください。