

# Re-Juvenate Pilates Group Lesson Schedule



Time	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
8:00~ 8:50	<b>Reformer</b> <i>Eiko</i>			<b>Reformer</b> <i>Taeko</i>			
9:00~ 9:50							
10:00~ 10:50				<b>Reformer</b> <i>Taeko</i>	<b>Reformer</b> <b>Beginner</b> <i>Maiko</i>	<b>Reformer</b> <b>Beginner</b> <i>Maiko</i>	<b>Reformer</b> <i>Eiko</i>
11:00~ 11:50	<b>Reformer</b> <b>Beginner</b> <i>Eiko</i>	<b>Reformer</b> <i>Taeko</i>		<b>Reformer</b> <b>Beginner</b> <i>Noriko</i>	<b>Cardio-</b> <b>lates</b> <i>Taeko</i>	<b>Reformer</b> <i>Taeko</i>	<b>Reformer</b> <i>Keiko</i>
12:00~ 12:50			<b>Reformer</b> <b>Beginner</b> <i>Taeko</i>	<b>Reformer</b> <b>Beginner</b> <i>Maiko</i>		<b>Reformer</b> <b>Beginner</b> <i>Maiko</i>	<b>Reformer</b> <b>Beginner</b> <i>Eiko</i>
13:00~ 13:50							<b>Reformer</b> <b>Beginner</b> <i>Noriko</i>
14:00~ 14:50							<b>Reformer</b> <b>Beginner</b> <i>Keiko</i>
15:00~ 15:50							<b>Reformer</b> <b>Beginner</b> <i>Noriko</i>
16:00~ 16:50							
17:00~ 17:50							
18:00~ 18:50							
19:00~ 19:50				<b>Reformer</b> <b>Beginner</b> <i>Maiko</i>			
20:00~ 20:50	<b>Reformer</b> <i>Siobhan</i>		<b>Reformer</b> <b>Beginner</b> <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。