

Re-Juvenate Pilates Group Lesson Schedule



	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>Mei</i>			
10:00~ 10:50	Reformer Beginner <i>Mei</i>			Reformer <i>Taeko</i>	Reformer Beginner <i>Maiko</i>	Reformer Beginner Maiko	Reformer <i>Eiko</i>
11:00~ 11:50	Reformer Beginner <i>Eiko</i>	Reformer <i>Taeko</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>Mei</i>		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>Mei</i>			Reformer Beginner <i>Noriko</i>
14:00~ 14:50							Reformer Beginner <i>Keiko</i>
15:00~ 15:50							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 Beginner <i>Noriko</i>		Reformer Beginner <i>Maiko</i>			
20:00~ 20:50	Reformer <i>Siobhan</i>	Reformer Beginner <i>Noriko</i>	Reformer Beginner <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。最新の詳細はウェブサイトをご確認下さい。