

Re-Juvenate Pilates Group Lesson Schedule



Time	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
8:00~ 8:50			Reformer Beginner <i>Mei</i>				
9:00~ 9:50						Reformer Beginner <i>Mei</i>	Reformer Beginner <i>Risako</i>
10:00~ 10:50		Reformer Beginner <i>Naomi</i>		Reformer <i>Risako</i>	Reformer Beginner <i>Maiko</i>	Reformer Beginner <i>Maiko</i>	
11:00~ 11:50	Reformer Beginner <i>Noriko</i>	Reformer <i>Taeko</i>	Reformer <i>Mei</i>		Reformer <i>Taeko</i>	Reformer <i>Taeko</i>	
12:00~ 12:50	Reformer Beginner <i>Naomi</i>	Reformer <i>Naomi</i>	Reformer Beginner <i>Taeko</i>	Reformer Beginner <i>Maiko</i>	Reformer <i>Mei</i>	Reformer Beginner <i>Maiko</i>	Reformer Beginner <i>Noriko</i>
13:00~ 13:50	Reformer <i>Keiko</i>	Reformer <i>Natalia</i>	Reformer <i>Natalia</i>			Reformer Beginner <i>Mei</i>	Reformer <i>Natalia</i>
14:00~ 14:50						Reformer Beginner <i>Taeko</i>	
15:00~ 15:50							
16:00~ 16:50							
17:00~ 17:50							
18:00~ 18:50			Reformer <i>Natalia</i>		Reformer Beginner <i>Mei</i>		
19:00~ 19:50	Reformer <i>Risako</i>	Reformer <i>Natalia</i>		Reformer Beginner <i>Maiko</i>			
20:00~ 20:50	Reformer <i>Natalia</i>		Reformer <i>Risako</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。