

# Re-Juvenate Pilates Group Lesson Schedule



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