

Re-Juvenate Pilates Group Lesson Schedule



Time	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
8:00~ 8:50		Reformer Kathy	Reformer Mei	Reformer Yuki	Reformer Taeko		
9:00~ 9:50				Reformer Kathy		Reformer Mei	
10:00~ 10:50	Reformer Naomi	Reformer Naomi	Reformer Taeko	Reformer Risako	Reformer Meg	Reformer Meg	Reformer Risako
11:00~ 11:50	Reformer Keiko	Reformer Taeko	Reformer Mei	Reformer Yuki	Reformer Taeko	Reformer Taeko	Reformer Meg
12:00~ 12:50	Reformer Naomi	Reformer Naomi	Reformer Taeko	Reformer Risako	Reformer Meg	Reformer Meg	Reformer Noriko
13:00~ 13:50	Reformer Noriko	Reformer Risako	Reformer Meg	Reformer Meg		Reformer Mei	Reformer Hitomi
14:00~ 14:50						Reformer Taeko	Reformer Meg
15:00~ 15:50						Reformer Maiko	
16:00~ 16:50							
17:00~ 17:50							
18:00~ 18:50			Reformer Naomi				
19:00~ 19:50	Reformer Risako	Reformer Taeko	Reformer Meg	Reformer Meg			
20:00~ 20:50	Reformer Risako		Reformer Risako	Reformer Meg			

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。