

# Re-Juvenate Pilates Group Lesson Schedule



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