



PILATES & FITNESS

# Group Class Schedule

ご予約はスマートフォンアプリが便利です。

Bcube 検索



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00 ~						PILATES Mat	
11:00 ~	PILATES Mat	SURFSET				PILATES Reformer	PILATES Reformer
12:00 ~	PILATES Reformer	FASCIA	PILATES Reformer	FITNESS		FITNESS	PILATES Mat
13:00 ~	FASCIA		FITNESS	PILATES Mat		FASCIA	SURFSET
14:00 ~							Barre FITNESS
15:00 ~							
18:00 ~				Barre FITNESS			
19:00 ~	PILATES Mat	FASCIA	PILATES Reformer FITNESS	PILATES Mat YOGA	FITNESS		
20:00 ~	PILATES Reformer		PILATES Mat	FITNESS			



Mat



Equipment

注)



上履き(室内用運動靴)を必ずご持参ください



上履きをお持ちでない方は安全性のため、ご受講できません。

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