



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			PILATES Mat
13:00 ~		PILATES Reformer	FITNESS PILATES Reformer	PILATES Mat			SURFSET
14:00 ~							PILATES Reformer Barre FITNESS
15:00 ~						FASCIA	
18:00 ~		PILATES Reformer		Barre FITNESS			
19:00 ~	PILATES Mat	PILATES Mat	PILATES Reformer	PILATES Mat YOGA	PILATES Reformer		
20:00 ~	PILATES Reformer			PILATES Reformer			



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。