

2023年5月

Group Lesson Schedule studio tou NAKAMEGURO

日曜日	月曜日	火曜日	水曜日	木曜日	金曜日	土曜日
30	1	2	3	4	5	6
	10:30 Basic Pilates (beginner) Nanae	13:00 basic group Pilates Mao	10:00 Flexible Pilates Lv.1 Sayaka	10:30 休講 morning stretch Pilates Nana	10:00 Flexible Pilates Lv.1 Sayaka	12:00 Focus it waist Sayaka
	12:30 Basic Pilates (beginner) Nanae	14:30 basic group Pilates Mao	11:30 Focus it waist Sayaka	12:00 休講 Basic Pilates (beginner) Nanae	12:00 Focus it waist Sayaka	13:30 Flexible Pilates Lv.1 Sayaka
		18:30 Group pilates (Advance) Megumi		13:30 休講 Basic Pilates (beginner) Nanae		
				17:00 休講 Flow Pilates Nana		
7	8	9	10	11	12	13
14:00 Beauty silhouette pilates Hiyori	10:30 Basic Pilates (beginner) Nanae	13:30 Booty Pilates Lee	10:30 Basic Pilates (beginner) Nanae	10:30 morning stretch Pilates Nana	10:00 Beauty silhouette pilates Hiyori	16:00 basic group Pilates Mao
16:00 Beauty silhouette pilates+ Hiyori	12:30 Basic Pilates (beginner) Nanae	15:00 Stretchhing pilates Lee	12:30 Basic Pilates (beginner) Nanae	12:00 Basic Pilates (beginner) Nanae	11:30 Beauty silhouette pilates+ Hiyori	17:30 basic group Pilates Mao
	15:00 Booty Pilates Lee			13:30 Basic Pilates (beginner) Nanae	13:00 Focus it waist pilates Sayaka	
	16:30 Stretchhing pilates Lee			17:00 Flow Pilates Nana		
14	15	16	17	18	19	20
10:00 Focus it waist Sayaka	10:30 Basic Pilates (beginner) Nanae	10:30 Stretchhing pilates Lee	10:30 Basic Pilates (beginner) Nanae	10:30 morning stretch Pilates Nana	10:00 Beauty silhouette pilates Hiyori	10:30 basic group Pilates Mao
12:00 Flexible Pilates Lv.1 Sayaka	12:30 Basic Pilates (beginner) Nanae	12:00 Booty Pilates Lee	12:30 Basic Pilates (beginner) Nanae	12:00 Basic Pilates (beginner) Nanae	11:30 Beauty silhouette pilates+ Hiyori	18:30 Group pilates (Advance) Megumi
14:00 Beauty silhouette pilates Hiyori			14:00 Booty Pilates Lee	13:30 Basic Pilates (beginner) Nanae	13:00 basic group Pilates Mao	
16:00 Beauty silhouette pilates+ Hiyori			15:30 Stretchhing pilates Lee	17:00 Flow Pilates Nana		
21	22	23	24	25	26	27
14:00 休講 Beauty silhouette pilates Hiyori	10:30 Basic Pilates (beginner) Nanae		10:30 Basic Pilates (beginner) Nanae	9:30 basic group Pilates Mao	10:00 Beauty silhouette pilates Hiyori	
16:00 休講 Beauty silhouette pilates+ Hiyori	12:30 Basic Pilates (beginner) Nanae		12:30 Basic Pilates (beginner) Nanae	10:30 morning stretch Pilates Nana	11:30 Beauty silhouette pilates+ Hiyori	
18:30 Group pilates (Advance) Megumi				12:00 Basic Pilates (beginner) Nanae	13:00 Booty Pilates Lee	
				13:30 Basic Pilates (beginner) Nanae		
				17:00 Flow Pilates Nana		
28	29	30	31	1	2	3
14:00 Beauty silhouette pilates Hiyori	10:30 Basic Pilates (beginner) Nanae		10:30 morning stretch Pilates Nana			
16:00 Beauty silhouette pilates+ Hiyori	12:30 Basic Pilates (beginner) Nanae		12:00 Parts focused Pilates (hip&leg) Nana			

- * すべて1レッスン60分となります
- * レッスンご予約の際は事前にチケット購入をお願いいたします
- * グループ週1回コースにお申込みのお客様に関しましては5週目のレッスンもご受講頂けます

【キャンセルポリシー】

プライベートレッスン : 予約日時より24時間以内のキャンセルにつきましては体調や交通事情等、いかなる理由につきましてもキャンセル料はレッスン料金100%を頂戴いたします。

グループレッスン : ペナルティは設けておりませんが他のお客様にご迷惑が掛かりますのでなるべくお早めのキャンセル連絡をくださいますようお願いいたします。