

pilates

SCHEDULE

Program by はじめてのリフォーマー

TUE	11:30~12:30 Instructor Miyata	13:00~14:00 Instructor Oyama	14:30~15:30 Instructor Oyama	18:00~19:00 Instructor Onishi
WED	10:30~11:30 Instructor Mibae	14:00~15:00 Instructor Kobayashi		
THU	10:00~11:00 Instructor Ueda	11:30~12:30 Instructor Ueda	13:00~14:00 Instructor Miyata	19:00~20:00 Instructor Kobayashi
FRI	11:30~12:30 Instructor Kobayashi	13:00~14:00 Instructor Onishi	14:30~15:30 Instructor Onishi	18:00~19:00 Instructor Hayashi
SAT	10:00~11:00 Instructor Miyata	13:00~14:00 Instructor Onishi	14:30~15:30 Instructor Onishi	
SUN	11:00~12:00 Instructor Oyama	12:30~13:30 Instructor Oyama		