

2020 July Time Table

				WED			THU			FRI			SAT			SUN						
				1			2			3			4			5						
				01	02	03	01	02	03	01	02	03	01	02	03	01	02	03				
				Adv Kosuke	11:00~12:30 Pre-Beg I Ryosuke		Adv Kiyoko	11:00~12:30 Pre-Beg II Ken		Adv Kiyoko	11:00~12:30 Beg I Rie		Adv Michael	11:00~12:30 Pre-ballet Haruna		Adv Yi Song	11:00~12:30 Pre-ballet Hiroki		10:00 11:30			
				Adv Kosuke			Adv Michael			Adv Yi Song			Int Yi Song	13:30~15:00 Pre-Beg I Hiroki		Int Tatiana	13:30~15:00 Pre-Beg I Ken		12:30 14:00			
				Int Yi Song			Int Kosuke			Int Michael			Level Free Yi Song	16:00~17:30 Pilates Ryoko		Level Free Yuichiro	16:00~17:30 Point Ele Tatiana		15:00 16:30			
				Beg II Naoki T	19:00~20:30 Pre-Beg II Akimitsu		Beg II Kosuke			Beg II Rina	19:00~20:30 Pre-Beg Ryosuke		Beg II Naoki H			Beg II Hana			17:30 19:00			
				Level Free Michael			Level Free Yasuyuki			Level Free Naoki T			19:30~20:30 GAGA Mariko						19:30 21:00			
MON				TUE			8			9			10			11			12			
				01	02	03	01	02	03	01	02	03	01	02	03	01	02	03	01	02	03	
10:00 11:30	Adv Maylen			Adv Maylen	11:00~12:30 Beg II Mio		Adv Michael	11:00~12:30 Pre-Beg I Ryosuke		Adv Michael	11:00~12:30 Pre-Beg II Ken		Adv Michael	11:00~12:30 Beg I Rie		Adv Michael	11:00~12:30 Pre-ballet Haruna		Adv Tatiana	11:00~12:30 Pre-ballet Hiroki		10:00 11:30
12:30 14:00	Adv Michael			Adv Yi Song	12:40~13:10 Point / Mio		Adv Michael			Adv Michael			Adv Yi Song			Int Yi Song	13:30~15:00 Pre-Beg I Hiroki		Int Tatiana	13:30~15:00 Pre-Beg I Ken		12:30 14:00
15:00 16:30	Int Yasuyuki			Int Yi Song			Int Yi Song			Int Tatiana			Int Yi Song			Level Free Yi Song	16:00~17:30 Pilates Ryoko		Level Free Naoki T	16:00~17:30 Character Tatiana		15:00 16:30
17:30 19:00	Beg II Yi Song	19:00~20:30 Beg II Tatsuro		Beg II Michael			Beg II Naoki T	19:00~20:30 Pre-Beg II Akimitsu		Beg II Yasuyuki			Beg II Rina	19:00~20:30 Pre-Beg Ryosuke		Beg II Naoki H			Beg II Hana			17:30 19:00
19:30 21:00	Level Free Yi Song			Beg I Yurie			Level Free Hana			Level Free Yasuyuki			Level Free Naoki T			Barre Astie Hiroko						19:30 21:00
13				14			15			16			17			18			19			
				01	02	03	01	02	03	01	02	03	01	02	03	01	02	03	01	02	03	
10:00 11:30	Adv Michael			Adv Yasuo	11:00~12:30 Beg II Mio		Adv Yasuo	11:00~12:30 Pre-Beg I Ryosuke		Adv Motoko	11:00~12:30 Pre-Beg II Ken		Adv Michael	11:00~12:30 Beg I Rie		Adv Michael	11:00~12:30 Pre-ballet Haruna		Adv Yi Song	11:00~12:30 Pre-ballet Hiroki		10:00 11:30
12:30 14:00	Adv Michael			Adv Michael	12:40~13:10 Point / Mio		Adv Yasuo			Adv Michael			Adv Yi Song			Int Yi Song	13:30~15:00 Pre-Beg I Hiroki		Int Tatiana	13:30~15:00 Pre-Beg I Ken		12:30 14:00
15:00 16:30	Int Yasuo			Int Yi Song			Int Yi Song			Int Guy			Int Yi Song			Level Free Yi Song	16:00~17:30 Pilates Ryoko		Level Free Yasuo	16:00~17:30 Point Ele Tatiana		15:00 16:30
17:30 19:00	Beg II Yi Song	19:00~20:30 Beg II Tatsuro		Beg II Yasuo			Beg II Naoki T	19:00~20:30 Pre-Beg II Akimitsu		Beg II Yasuyuki	19:15~20:45 Contemporary Yasuyuki		Beg II Yasuo	19:00~20:30 Pre-Beg Ryosuke		Beg II Yasuo			Beg II Hana			17:30 19:00
19:30 21:00	Level Free Yi Song			Beg I Yurie			Level Free Michael			Level Free Yasuo			Level Free Yasuo			19:30~20:30 GAGA Mariko						19:30 21:00
20				21			22			23			24			25			26			
				01	02	03	01	02	03	01	02	03	01	02	03	01	02	03	01	02	03	
10:00 11:30	Adv Yasuyuki			Adv Yi Song	11:00~12:30 Beg II Mio		Adv Michael	11:00~12:30 Pre-Beg I Ryosuke		Adv Michael	11:00~12:30 Pre-Beg II Ken		Adv Madoka	11:00~12:30 Beg I Rie		Adv Yi Song	11:00~12:30 Pre-ballet Haruna		Adv Motoko	11:00~12:30 Pre-ballet Hiroki		10:00 11:30
12:30 14:00	Adv Michael			Int Yi Song	12:40~13:10 Point / Mio		Adv Michael			Int Guy			Int Yi Song	13:30~15:00 Contemporary Yasutake		Int Yi Song	13:30~15:00 Pre-Beg I Hiroki		Int Tatiana	13:30~15:00 Pre-Beg I Ken		12:30 14:00
15:00 16:30	Int Michael			Int Michael			Int Yi Song			Level Free Tatiana	14:15~15:45 Variation Nozomi		Level Free Yi Song	16:00~17:30 Pre-Beg Ryosuke		Level Free Madoka	16:00~17:30 Pilates Ryoko		Level Free Michael	16:00~17:30 Character Tatiana		15:00 16:30
17:30 19:00	Beg II Yi Song	19:00~20:30 Beg II Tatsuro		Beg II Michael			Beg II Naoki T	19:00~20:30 Pre-Beg II Akimitsu		Beg II Kazuo	16:45~18:15 Beg II Mio		Beg II Michael			Beg II Madoka	18:30~20:00 Variation Nozomi		Beg II Hana			17:30 19:00
19:30 21:00	Level Free Yi Song			Beg I Yurie			Level Free Hana									SPOC Uran						19:30 21:00
27				28			29			30			31			easy Pre Ballet Pre-Beginner I Pre-Beginner II Beginner I Beginner II Level free Intermediate Advanced difficult ■ No entrance or annual fee needed. ■ We only accept VISA/Master/American Express for buying tickets. ■ Schedule is subject to change - classes may be cancelled without prior notice. ■ □ ¥3,000 ■ ¥2,500 ■ ¥4,500 ■ ¥1,000 ■ You do not need to make a reservation for an open class except Machine Pilates and Workshops. You can sign up for each class 30 min. before the class starts. ■ We do not accept any ticket for Workshops and Special Events. ■ Students will not be admitted into class 5 minutes after the class start time. This is to ensure proper warm-up, reduce injuries and class etiquette. ■ Please check our newest schedule on the website or please feel free to ask us!						
				01	02	03	01	02	03	01	02	03	01	02	03							
10:00 11:30	Adv Kosuke			Adv Kosuke	11:00~12:30 Beg II Mio		Adv Kosuke	11:00~12:30 Pre-Beg I Ryosuke		Adv Motoko	11:00~12:30 Pre-Beg II Ken		Adv Kenta Kojiri	11:00~12:30 Beg I Rie								
12:30 14:00	Adv Kosuke			Adv Michael	12:40~13:10 Point / Mio		Adv Kosuke			Adv Michael			Adv Kenta Kojiri									
15:00 16:30	Int Michael			Int Yi Song			Int Yi Song			Int Madoka			Int Michael									
17:30 19:00	Beg II Yi Song	19:00~20:30 Beg II Tatsuro		Beg II Yi Song			Beg II Naoki T	19:00~20:30 Pre-Beg II Akimitsu		Beg II Madoka			Beg II Michael	19:00~20:30 Pre-Beg Ryosuke								
19:30 21:00	Level Free Yi Song			Beg I Yurie			Level Free Michael			Level Free Kazuo			Level Free Kazuo									