

2020 September Time Table

		TUE			WED			THU			FRI			SAT			SUN					
		1			2			3			4			5			6					
		01	02	03	01	02	03	01	02	03	01	02	03	01	02	03	01	02	03			
10:00		Adv Wieslaw	10:30-12:00 Beg II / Mio		Adv Kosuke	10:30-12:00 Pre-Beg I Ryosuke		Adv Motoko	10:30-12:00 Pre-Beg II Ken		Adv Wieslaw	10:30-12:00 Beg I Rie		Adv Wieslaw	10:30-12:00 Pre-Beg I Haruna		Adv Motoko	10:30-12:00 Pre-ballet Hiroki	10:00			
11:30																			11:30			
12:00		Adv Wieslaw	12:10-12:40 Point / Mio		Adv Kosuke			Adv Kosuke			Adv Wieslaw			Int Michael	12:30-14:00 Jr Conte Yumine		Int Tatiana	12:30-14:00 Pre-Beg I Ken	12:00			
13:30																			13:30			
14:00		Level Free Emi			Level Free Michael			Level Free Wieslaw			Level Free Michael			Level Free Alessio	14:30-16:00 Jr Ballet Michael		Level Free Naoki T	14:30-16:00 Point Ele Tatiana	14:00			
15:30														Beg II Naoki H	16:30-18:00 Pilates Ryoko		Beg II Rina		15:30			
														Level Free Alessio			Level Free Hana		16:00			
19:30		Level Free Emi	19:00-20:30 Beg I / Yurie		Level Free Wieslaw	19:00-20:30 Pre-Beg II Akimitsu		Level Free Alessio			Level Free Naoki H	19:00-20:30 Pre-Beg I Ryosuke							17:30			
21:00																			18:00			
MON																						
		7			8			9			10			11			12			13		
		01	02	03	01	02	03	01	02	03	01	02	03	01	02	03	01	02	03			
10:00		Adv Wieslaw			Adv Michael	10:30-12:00 Beg II / Mio		Adv Wieslaw	10:30-12:00 Pre-Beg I Ryosuke		Adv Motoko	10:30-12:00 Pre-Beg II Ken		Adv Wieslaw	10:30-12:00 Beg I Rie		Adv Michael	10:30-12:00 Pre-Beg I Haruna		10:00		
11:30																				11:30		
12:00		Adv Wieslaw			Adv Michael	12:10-12:40 Point / Mio		Adv Wieslaw			Adv Wieslaw			Adv Wieslaw			Int Michael	12:30-14:00 Jr Conte Yumine		12:00		
13:30																				13:30		
14:00		Level Free Michael			Level Free Wieslaw			Level Free Naoki T			Level Free Wieslaw			Level Free Yuchiro			Level Free Wieslaw	14:30-16:00 Jr Ballet Michael		14:00		
15:30																	Beg Wieslaw	16:30-18:00 Pilates Ryoko		15:30		
																	Level Free Naoki T	18:30-20:00 Barre Astie Hiroko		16:00		
19:30		Level Free Yi Song	19:00-20:30 Beg II / Tatsuro		Level Free Kazuo	19:00-20:30 Beg I / Yurie		Level Free Alessio	19:00-20:30 Pre-Beg II Akimitsu		Level Free Michael	19:00-20:30 Contemporary Yasutake		Level Free Naoki H	19:00-20:30 Pre-Beg I Ryosuke					16:00		
21:00																				17:30		
TUE																						
		14			15			16			17			18			19			20		
		01	02	03	01	02	03	01	02	03	01	02	03	01	02	03	01	02	03			
10:00		Adv Wieslaw			Adv Kosuke	10:30-12:00 Beg II / Mio		Adv Motoko	10:30-12:00 Pre-Beg I Ryosuke		Adv Kosuke	10:30-12:00 Pre-Beg II Ken		Adv Emi	10:30-12:00 Beg I Rie		Adv Michael	10:30-12:00 Pre-Beg I Haruna		10:00		
11:30																				11:30		
12:00		Adv Wieslaw			Adv Kosuke	12:10-12:40 Point / Mio		Adv Kosuke			Adv Kosuke			Adv Emi			Int Michael	12:30-14:00 Jr Conte Yumine		12:00		
13:30																				13:30		
14:00		Level Free Michael			Level Free Michael			Level Free Kosuke			Level Free Michael			Level Free Michael			Level Free Kazuo	14:30-16:00 Jr Ballet Michael		14:00		
15:30																	Beg II Naoki H	16:30-18:00 Pilates Ryoko		15:30		
																	Level Free Emi			16:00		
19:30		Level Free Yi Song	19:00-20:30 Beg II / Tatsuro		Level Free Wieslaw	19:00-20:30 Beg I / Yurie		Level Free Alessio	19:00-20:30 Pre-Beg II Akimitsu		Level Free Alessio	19:00-20:30 Contemporary Yasutake		Level Free Naoki H	19:00-20:30 Pre-Beg I Ryosuke		19:45-21:15 Variation Emi			16:00		
21:00																				17:30		
WED																						
		21			22			23			24			25			26			27		
		01	02	03	01	02	03	01	02	03	01	02	03	01	02	03	01	02	03			
10:00		Adv Michael	10:30-12:00 Beg II / Tatsuro		Adv Michael	10:30-12:00 Beg II / Mio		Adv Michael	10:30-12:00 Pre-Beg I Ryosuke		Adv Motoko	10:30-12:00 Pre-Beg II Ken		Adv Wieslaw	10:30-12:00 Beg I Rie		Adv Wieslaw	10:30-12:00 Pre-Beg I Haruna		10:00		
11:30																				11:30		
12:00		Int Michael			Int Michael	12:10-12:40 Point / Mio		Adv Michael			Adv Michael			Adv Wieslaw			Int Michael	12:30-14:00 Jr Conte Kimiho		12:00		
13:30																				13:30		
14:00		Int Alessio			Int Hana	15:45-17:15 Variation Yurie		Level Free Masami			Level Free Michael			Level Free Michael			Level Free Tatiana	14:30-16:00 Jr Ballet Wieslaw		14:00		
15:30																	Beg II Ayako	16:30-18:00 Pilates Ryoko		15:30		
16:00		Level Free Alessio			Level Free Alessio												Level Free Ayako			16:00		
17:30																				17:30		
18:00		Beg Akimitsu			Beg Alessio															18:00		
19:30																				19:30		
21:00								Level Free Naoki T	19:00-20:30 Pre-Beg II Akimitsu		Level Free Wieslaw	19:00-20:30 Contemporary Katie		Level Free Naoki H	19:00-20:30 Pre-Beg I Ryosuke		19:45-20:45 GAGA Mariko			19:30		
Public Holiday Special Time Table																						
		28			29			30														
		01	02	03	01	02	03	01	02	03												
10:00		Adv Wieslaw			Adv Michael	10:30-12:00 Beg II / Mio		Adv Kiyoko	10:30-12:00 Pre-Beg I Ryosuke													
11:30																						
12:00		Adv Wieslaw			Adv Wieslaw	12:10-12:40 Point / Mio		Adv Wieslaw														
13:30																						
14:00		Level Free Michael			Level Free Wieslaw			Level Free Wieslaw														
15:30																						
19:30		Level Free Yi Song	19:00-20:30 Beg II / Tatsuro		Level Free Naoki T	19:00-20:30 Beg I / Yurie		Level Free Alessio	19:00-20:30 Pre-Beg II Akimitsu													
21:00																						

- 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!