

# 2021 January Time Table

- 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!

													FRI			SAT			SUN						
													1	2	3	01	02	03	01	02	03	01	02	03	
													11:30-OPEN			Adv Michael Beg I Kiyonobu			Adv Motoko Pre-ballet Hiroki			10:00 11:30			
													12:30-14:00 Beg II Tatsuro			Int Giovanni			Int Tatiana 12:30-14:00 Pre-Beg I Ken			12:00 13:30			
													14:30-16:00 Beg II Kiyonobu			Level Free Giovanni			Level Free Michael 14:30-16:00 Point Ele Tatlana			14:00 15:30			
													Level Free Herve			Beg II Herve			Beg II Herve			16:00 17:30			
													Level Free Herve			Level Free Herve			Level Free Herve			18:00 19:30			
													New Year Special Time Table			New Year Special Time Table			New Year Special Time Table						
MON				TUE				WED				THU				8			9			10			
4				5				6				7				01			02			03			
10:00	Adv Herve			Adv Giovanni	10:30-12:00 Beg II / Mio			Adv Herve	10:30-12:00 Pre-Beg I Ryosuke			Adv Herve	10:30-12:00 Pre-Beg II Ken	Adv Michael	10:30-12:00 Beg I Rie			Adv Michael	10:30-12:00 Pre-Beg I Haruna			Adv Motoko	10:30-12:00 Pre-ballet Hiroki	10:00 11:30	
12:00	Adv Michael			Adv Herve	12:10-12:40 Point / Mio			Adv Herve				Adv Michael		Adv Michael				Int Giovanni	12:30-14:00 Beg I Ken			Int Tatiana	12:30-14:00 Pre-Beg I Ken	12:00 13:30	
14:00	Level Free Herve	13:00-14:30 Beg II / Mio		Level Free Herve				Level Free Alessio				Level Free Wieslaw		Level Free Herve				Level Free Giovanni	14:30-16:00 Jr Conte Kimiho			Level Free Michael	14:30-16:00 Character Tatlana	14:00 15:30	
16:00	Beg II Alessio			Beg II Michael				Beg II Alessio				Beg II Wieslaw		Beg II Herve				Beg II Wieslaw	16:30-18:00 Anatomy Ryoko			Beg II Wieslaw	16:30-18:00 Noh Rejiro	16:00 17:30	
19:30	Level Free Alessio	19:00-20:30 Beg II/Tatsuro		Level Free Alessio	19:00-20:30 Beg I /Yurie			Level Free Herve	19:00-20:30 Pre-Beg II Akimitsu			Level Free Herve	19:00-20:30 Beg I Kiyonobu	Level Free Wieslaw	19:00-20:30 Pre-Beg I Ryosuke			Level Free Herve	18:30-20:00 Barre Astie Hiroko			Level Free Wieslaw		18:00 19:30	
21:00																									
11				12				13				14				15			16			17			
10:00	Adv Michael			Adv Michael	10:30-12:00 Beg II / Mio			Adv Kosuke	10:30-12:00 Pre-Beg I Ryosuke			Adv Wieslaw	10:30-12:00 Pre-Beg II Ken	Adv Herve	10:30-12:00 Beg I Rie			Adv Herve	10:30-12:00 Pre-Beg I Haruna			Adv Motoko	10:30-12:00 Pre-ballet Hiroki	10:00 11:30	
12:00	Int Michael			Adv Wieslaw	12:10-12:40 Point / Mio			Adv Kosuke				Adv Kosuke		Adv Herve				Int Herve	12:30-14:00 Beg I Kiyonobu			Int Tatiana	12:30-14:00 Pre-Beg I Hiroki	12:00 13:30	
14:00	Level Free Herve			Level Free Wieslaw				Level Free Michael				Level Free Herve		Level Free Kosuke				Level Free Michael	14:30-16:00 Jr Conte Kimiho			Int Michael	14:30-16:00 Point Ele Tatlana	14:00 15:30	
16:00	Beg II Herve																	Beg II Giovanni	16:30-18:00 Pilates Ryoko			Beg II Herve		16:00 17:30	
18:00	Level Free Wieslaw																					18:00-19:45 SPOC Ema		18:00 19:30	
19:15	20:45			Level Free Herve	18:45-20:15 Beg I /Yurie			Level Free Wieslaw	18:45-20:15 Pre-Beg II Akimitsu			Level Free Herve	18:45-20:15 Beg I Kiyonobu	Level Free Wieslaw	18:45-20:15 Pre-Beg I Ryosuke			Level Free Herve	18:00-19:45 SPOC Ema			18:00-19:45 SPOC Ema			
Public Holiday Special Time Table																									
18				19				20				21				22			23			24			
10:00	Adv Herve			Adv Kosuke	10:30-12:00 Beg II / Mio			Adv Kosuke	10:30-12:00 Pre-Beg I Ryosuke			Adv Wieslaw	10:30-12:00 Pre-Beg II Ken	Adv Herve				Adv Michael	10:30-12:00 Pre-Beg I Haruna			Adv Herve	10:30-12:00 Pre-ballet Hiroki	10:00 11:30	
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25				26				27				28				29			30			31			
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