

# 2021 March Time Table

|       | MON                 |                             |    | TUE                 |                         |    | WED                 |                                 |    | THU                |                            |    | FRI                 |                               |    | SAT                 |                              |    | SUN                |                                |       |       |
|-------|---------------------|-----------------------------|----|---------------------|-------------------------|----|---------------------|---------------------------------|----|--------------------|----------------------------|----|---------------------|-------------------------------|----|---------------------|------------------------------|----|--------------------|--------------------------------|-------|-------|
|       | 1                   |                             |    | 2                   |                         |    | 3                   |                                 |    | 4                  |                            |    | 5                   |                               |    | 6                   |                              |    | 7                  |                                |       |       |
|       | 01                  | 02                          | 03 | 01                  | 02                      | 03 | 01                  | 02                              | 03 | 01                 | 02                         | 03 | 01                  | 02                            | 03 | 01                  | 02                           | 03 | 01                 | 02                             | 03    |       |
| 10:00 | Adv Giovanni        |                             |    | Adv Giovanni        | 10:30-12:00 Beg II Mio  |    | Adv Herve           | 10:30-12:00 Pre-Beg I Ryosuke   |    | Adv Kosuke         | 10:30-12:00 Pre-Beg II Ken |    | Adv Giovanni        | 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 |                     |                             |    |                     |                         |    |                     |                                 |    |                    |                            |    |                     |                               |    |                     |                              |    |                    |                                |       | 11:30 |
| 12:00 | Adv Herve           |                             |    | Adv Giovanni        | 12:10-12:40 Point / Mio |    | Adv Herve           |                                 |    | Adv Kosuke         |                            |    | Adv Giovanni        |                               |    | Int Tatiana         | 12:30-14:00 Beg I Kiyonobu   |    | Int Tatiana        | 12:30-14:00 Pre-Beg I Hiroki   | 12:00 |       |
| 13:30 |                     |                             |    |                     |                         |    |                     |                                 |    |                    |                            |    |                     |                               |    |                     |                              |    |                    |                                |       | 13:30 |
| 14:00 | Level Free Giovanni |                             |    | Level Free Herve    |                         |    | Level Free Kosuke   |                                 |    | Level Free Alessio |                            |    | Level Free Michael  |                               |    | Level Free Giovanni | 14:30-16:00 Jr Conte Kimiho  |    | Level Free Herve   | 14:30-16:00 Point Ele Tatiana  | 14:00 |       |
| 15:30 |                     |                             |    |                     |                         |    |                     |                                 |    |                    |                            |    |                     |                               |    |                     |                              |    |                    |                                |       | 15:30 |
| 16:00 |                     |                             |    |                     |                         |    |                     |                                 |    |                    |                            |    |                     |                               |    |                     |                              |    |                    |                                |       | 16:00 |
| 17:30 |                     |                             |    |                     |                         |    |                     |                                 |    |                    |                            |    |                     |                               |    |                     |                              |    |                    |                                |       | 17:30 |
| 18:00 |                     |                             |    |                     |                         |    |                     |                                 |    |                    |                            |    |                     |                               |    |                     |                              |    |                    |                                |       | 18:00 |
| 19:30 |                     |                             |    |                     |                         |    |                     |                                 |    |                    |                            |    |                     |                               |    |                     |                              |    |                    |                                |       | 19:30 |
| 19:15 | Level Free Alessio  | 18:45-20:15 Beg II Tatsuro  |    | Level Free Herve    | 18:45-20:15 Beg I Yurie |    | Level Free Giovanni | 18:45-20:15 Pre-Beg II Akimitsu |    | Level Free Herve   | 18:45-20:15 Beg I Kiyonobu |    | Level Free Alessio  | 18:45-20:15 Pre-Beg I Ryosuke |    |                     |                              |    |                    |                                |       |       |
| 20:45 |                     |                             |    |                     |                         |    |                     |                                 |    |                    |                            |    |                     |                               |    |                     |                              |    |                    |                                |       |       |
|       | 8                   |                             |    | 9                   |                         |    | 10                  |                                 |    | 11                 |                            |    | 12                  |                               |    | 13                  |                              |    | 14                 |                                |       |       |
| 10:00 | Adv Herve           |                             |    | Adv Giovanni        | 10:30-12:00 Beg II Mio  |    | Adv Kosuke          | 10:30-12:00 Pre-Beg I Ryosuke   |    | Adv Giovanni       | 10:30-12:00 Pre-Beg II Ken |    | Adv Kosuke          | 10:30-12:00 Beg I Rie         |    | Adv Michael         | 10:30-12:00 Pre-Beg I Hiroki |    | Adv Motoko         | 10:30-12:00 Pre-ballet Hiroki  | 10:00 |       |
| 11:30 |                     |                             |    |                     |                         |    |                     |                                 |    |                    |                            |    |                     |                               |    |                     |                              |    |                    |                                |       | 11:30 |
| 12:00 | Adv Giovanni        |                             |    | Adv Kosuke          | 12:10-12:40 Point / Mio |    | Adv Herve           |                                 |    | Adv Kosuke         |                            |    | Adv Giovanni        |                               |    | Int Giovanni        | 12:30-14:00 Beg I Ken        |    | Int Tatiana        | 12:30-14:00 Pre-Beg I Kiyonobu | 12:00 |       |
| 13:30 |                     |                             |    |                     |                         |    |                     |                                 |    |                    |                            |    |                     |                               |    |                     |                              |    |                    |                                |       | 13:30 |
| 14:00 | Level Free Giovanni |                             |    | Level Free Giovanni |                         |    | Level Free Herve    |                                 |    | Level Free Alessio |                            |    | Level Free Michael  |                               |    | Level Free Giovanni | 14:30-16:00 Jr Conte Kimiho  |    | Level Free Michael | 14:30-16:00 Character Tatiana  | 14:00 |       |
| 15:30 |                     |                             |    |                     |                         |    |                     |                                 |    |                    |                            |    |                     |                               |    |                     |                              |    |                    |                                |       | 15:30 |
| 16:00 |                     |                             |    |                     |                         |    |                     |                                 |    |                    |                            |    |                     |                               |    |                     |                              |    |                    |                                |       | 16:00 |
| 17:30 |                     |                             |    |                     |                         |    |                     |                                 |    |                    |                            |    |                     |                               |    |                     |                              |    |                    |                                |       | 17:30 |
| 18:00 |                     |                             |    |                     |                         |    |                     |                                 |    |                    |                            |    |                     |                               |    |                     |                              |    |                    |                                |       | 18:00 |
| 19:30 |                     |                             |    |                     |                         |    |                     |                                 |    |                    |                            |    |                     |                               |    |                     |                              |    |                    |                                |       | 19:30 |
| 19:15 | Level Free Alessio  | 18:45-20:15 Beg II Tatsuro  |    | Level Free Herve    | 18:45-20:15 Beg I Yurie |    | Level Free Giovanni | 18:45-20:15 Pre-Beg II Akimitsu |    | Level Free Herve   | 18:45-20:15 Beg I Kiyonobu |    | Level Free Alessio  | 18:45-20:15 Pre-Beg I Ryosuke |    |                     |                              |    |                    |                                |       |       |
| 20:45 |                     |                             |    |                     |                         |    |                     |                                 |    |                    |                            |    |                     |                               |    |                     |                              |    |                    |                                |       |       |
|       | 15                  |                             |    | 16                  |                         |    | 17                  |                                 |    | 18                 |                            |    | 19                  |                               |    | 20                  |                              |    | 21                 |                                |       |       |
| 10:00 | Adv Giovanni        |                             |    | Adv Giovanni        | 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 Giovanni        | 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 |                     |                             |    |                     |                         |    |                     |                                 |    |                    |                            |    |                     |                               |    |                     |                              |    |                    |                                |       | 11:30 |
| 12:00 | Adv Kosuke          |                             |    | Adv Giovanni        | 12:10-12:40 Point / Mio |    | Adv Herve           |                                 |    | Adv Herve          |                            |    | Adv Giovanni        |                               |    | Int Herve           | 12:30-14:00 Beg I Ken        |    | Int Tatiana        | 12:30-14:00 Pre-Beg I Ken      | 12:00 |       |
| 13:30 |                     |                             |    |                     |                         |    |                     |                                 |    |                    |                            |    |                     |                               |    |                     |                              |    |                    |                                |       | 13:30 |
| 14:00 | Level Free Giovanni |                             |    | Level Free Herve    |                         |    | Level Free Giovanni |                                 |    | Level Free Kosuke  |                            |    | Level Free Herve    |                               |    | Level Free Michael  | 14:30-16:00 Jr Conte Kimiho  |    | Level Free Herve   | 14:30-16:00 Point Ele Tatiana  | 14:00 |       |
| 15:30 |                     |                             |    |                     |                         |    |                     |                                 |    |                    |                            |    |                     |                               |    |                     |                              |    |                    |                                |       | 15:30 |
| 16:00 |                     |                             |    |                     |                         |    |                     |                                 |    |                    |                            |    |                     |                               |    |                     |                              |    |                    |                                |       | 16:00 |
| 17:30 |                     |                             |    |                     |                         |    |                     |                                 |    |                    |                            |    |                     |                               |    |                     |                              |    |                    |                                |       | 17:30 |
| 18:00 |                     |                             |    |                     |                         |    |                     |                                 |    |                    |                            |    |                     |                               |    |                     |                              |    |                    |                                |       | 18:00 |
| 19:30 |                     |                             |    |                     |                         |    |                     |                                 |    |                    |                            |    |                     |                               |    |                     |                              |    |                    |                                |       | 19:30 |
| 19:15 | Level Free Alessio  | 18:45-20:15 Beg II Tatsuro  |    | Level Free Herve    | 18:45-20:15 Beg I Yurie |    | Level Free Giovanni | 18:45-20:15 Pre-Beg II Akimitsu |    | Level Free Herve   | 18:45-20:15 Beg I Kiyonobu |    | Level Free Alessio  | 18:45-20:15 Pre-Beg I Ryosuke |    |                     |                              |    |                    |                                |       |       |
| 20:45 |                     |                             |    |                     |                         |    |                     |                                 |    |                    |                            |    |                     |                               |    |                     |                              |    |                    |                                |       |       |
|       | 22                  |                             |    | 23                  |                         |    | 24                  |                                 |    | 25                 |                            |    | 26                  |                               |    | 27                  |                              |    | 28                 |                                |       |       |
| 10:00 | Adv Giovanni        |                             |    | Adv Herve           | 10:30-12:00 Beg II Mio  |    | Adv Giovanni        | 10:30-12:00 Pre-Beg I Ryosuke   |    | Adv Michael        | 10:30-12:00 Pre-Beg II Ken |    | Adv Alessio         | 10:30-12:00 Beg I Rie         |    | Adv Michael         | 10:30-12:00 Pre-Beg I Haruna |    | Adv Herve          | 10:30-12:00 Pre-ballet Hiroki  | 10:00 |       |
| 11:30 |                     |                             |    |                     |                         |    |                     |                                 |    |                    |                            |    |                     |                               |    |                     |                              |    |                    |                                |       | 11:30 |
| 12:00 | Adv Giovanni        |                             |    | Adv Herve           | 12:10-12:40 Point / Mio |    | Adv Herve           |                                 |    | Adv Giovanni       |                            |    | Adv Giovanni        |                               |    | Int Giovanni        | 12:30-14:00 Beg I Ken        |    | Int Tatiana        | 12:30-14:00 Pre-Beg I Ken      | 12:00 |       |
| 13:30 |                     |                             |    |                     |                         |    |                     |                                 |    |                    |                            |    |                     |                               |    |                     |                              |    |                    |                                |       | 13:30 |
| 14:00 | Level Free Michael  |                             |    | Level Free Giovanni |                         |    | Level Free Herve    |                                 |    | Level Free Herve   |                            |    | Level Free Michael  |                               |    | Level Free Giovanni | 14:30-16:00 Jr Conte Kimiho  |    | Level Free Herve   | 14:30-16:00 Character Tatiana  | 14:00 |       |
| 15:30 |                     |                             |    |                     |                         |    |                     |                                 |    |                    |                            |    |                     |                               |    |                     |                              |    |                    |                                |       | 15:30 |
| 16:00 |                     |                             |    |                     |                         |    |                     |                                 |    |                    |                            |    |                     |                               |    |                     |                              |    |                    |                                |       | 16:00 |
| 17:30 |                     |                             |    |                     |                         |    |                     |                                 |    |                    |                            |    |                     |                               |    |                     |                              |    |                    |                                |       | 17:30 |
| 18:00 |                     |                             |    |                     |                         |    |                     |                                 |    |                    |                            |    |                     |                               |    |                     |                              |    |                    |                                |       | 18:00 |
| 19:30 |                     |                             |    |                     |                         |    |                     |                                 |    |                    |                            |    |                     |                               |    |                     |                              |    |                    |                                |       | 19:30 |
| 19:15 | Level Free Alessio  | 18:45-20:15 Beg II Tatsuro  |    | Level Free Herve    | 18:45-20:15 Beg I Yurie |    | Level Free Giovanni | 18:45-20:15 Pre-Beg II Akimitsu |    | Level Free Herve   | 18:45-20:15 Beg I Kiyonobu |    | Level Free Giovanni | 18:45-20:15 Pre-Beg I Ryosuke |    |                     |                              |    |                    |                                |       |       |
| 20:45 |                     |                             |    |                     |                         |    |                     |                                 |    |                    |                            |    |                     |                               |    |                     |                              |    |                    |                                |       |       |
|       | 29                  |                             |    | 30                  |                         |    | 31                  |                                 |    |                    |                            |    |                     |                               |    |                     |                              |    |                    |                                |       |       |
| 10:00 | Adv Kiyoko          | 10:30-12:00 Beg II Tatsuro  |    | Adv Giovanni        | 10:30-12:00 Beg II Mio  |    | Adv Herve           | 10:30-12:00 Pre-Beg I Ryosuke   |    |                    |                            |    |                     |                               |    |                     |                              |    |                    |                                |       | 10:00 |
| 11:30 |                     |                             |    |                     |                         |    |                     |                                 |    |                    |                            |    |                     |                               |    |                     |                              |    |                    |                                |       | 11:30 |
| 12:00 | Adv Giovanni        |                             |    | Adv Giovanni        | 12:10-12:40 Point / Mio |    | Adv Giovanni        |                                 |    |                    |                            |    |                     |                               |    |                     |                              |    |                    |                                |       | 12:00 |
| 13:30 |                     |                             |    |                     |                         |    |                     |                                 |    |                    |                            |    |                     |                               |    |                     |                              |    |                    |                                |       | 13:30 |
| 14:00 | Level Free Giovanni |                             |    | Level Free Herve    |                         |    | Level Free Herve    |                                 |    | Level Free Herve   |                            |    | Level Free Michael  |                               |    | Level Free Giovanni | 14:30-16:00 Jr Conte Kimiho  |    | Level Free Herve   | 14:30-16:00 Character Tatiana  | 14:00 |       |
| 15:30 |                     |                             |    |                     |                         |    |                     |                                 |    |                    |                            |    |                     |                               |    |                     |                              |    |                    |                                |       | 15:30 |
| 16:00 |                     |                             |    |                     |                         |    |                     |                                 |    |                    |                            |    |                     |                               |    |                     |                              |    |                    |                                |       | 16:00 |
| 17:30 |                     |                             |    |                     |                         |    |                     |                                 |    |                    |                            |    |                     |                               |    |                     |                              |    |                    |                                |       | 17:30 |
| 18:00 |                     |                             |    |                     |                         |    |                     |                                 |    |                    |                            |    |                     |                               |    |                     |                              |    |                    |                                |       | 18:00 |
| 19:30 |                     |                             |    |                     |                         |    |                     |                                 |    |                    |                            |    |                     |                               |    |                     |                              |    |                    |                                |       | 19:30 |
| 19:15 | Level Free Herve    | 18:45-20:15 Beg II Kiyonobu |    | Level Free Herve    | 18:45-20:15 Beg I Yurie |    | Level Free Giovanni | 18:45-20:15 Pre-Beg II Akimitsu |    |                    |                            |    |                     |                               |    |                     |                              |    |                    |                                |       |       |
| 20:45 |                     |                             |    |                     |                         |    |                     |                                 |    |                    |                            |    |                     |                               |    |                     |                              |    |                    |                                |       |       |

- 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!