2021 April 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!

	THU			FRI			SAT			SUN		
	1			2			3			4		
	01	02	03	01	02	03	01	02	03	01	02	03
10:00 11:30	Adv Herve	10:30~12:00 Pre-Beg Ⅱ Ken		Adv Giovanni	10:30~12:00 Beg Ⅰ Rie		Adv Giovanni	10:30~12:00 Pre-Beg Ⅰ Haruna		Adv Motoko	10:30~12:00 Pre-ballet Hiroki	
12:00 13:30	Adv Herve			Adv Giovanni			Int Michael	12:30~14:00 Beg Ⅰ Hiroki		Int Herve	12:30~14:00 Pre-Beg Ⅰ Kiyonobu	
14:00 15:30	Level Free Giovanni			Level Free Michael			Level Free Herve	14:30~16:00 Jr Conte Kimiho		Level Free Herve	14:30~16:00 Contemporary Masa	
16:00 17:30							Beg Ⅱ Herve	16:30~18:00 Anatomy Ryoko		Beg Ⅱ Akimitsu		
18:00 19:30							Level Free Alessio	18:30~20:00 Point Ele Mio		Level Free Hana		
19:30 21:00	Level Free Giovanni	19:00~20:30 Beg Ⅰ Kiyonobu		Level Free Alessio	19:00~20:30 Pre-Beg Ⅰ Ryosuke							

	MON			TUE			WED		
	5			6			7		
	01	02	03	01	02	03	01	02	03
10:00 11:30	Adv Kosuke			Adv Herve	10:30~12:00 Beg Ⅱ / Mio		Adv Giovanni	10:30~12:00 Pre-Beg Ⅰ Ryosuke	
12:00 13:30	Adv Herve			Adv Kosuke	12:10~12:40 Point / Mio		Adv Giovanni		
14:00 15:30	Level Free Herve			Level Free Herve			Level Free Kosuke		
16:00 17:30									
18:00 19:30		19:00~20:30 Beg Ⅱ Kiyonobu			19:00~20:30 Beg Ⅰ /Yurie			19:00~20:30 Pre-Beg Ⅱ Akimitsu	
19:30 21:00	Level Free Alessio			Level Free Alessio			Level Free Giovanni		

	THU			FRI			SAT			SUN		
	8			9			10			11		
	01	02	03	01	02	03	01	02	03	01	02	03
10:00 11:30	Adv Herve	10:30~12:00 Pre-Beg Ⅱ Ken		Adv Kosuke	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	
12:00 13:30	Adv Kosuke			Adv Hana			Int Herve	12:30~14:00 Beg Ⅰ Kiyonobu		Int Tatiana	12:30~14:00 Pre-Beg Ⅰ Ken	
14:00 15:30	Level Free Giovanni			Level Free Herve			Level Free Giovanni	14:30~16:00 Jr Conte Kimiho		Level Free Giovanni	14:30~16:00 Character Tatiana	
16:00 17:30							Beg Ⅱ Giovanni	16:30~18:00 Anatomy Ryoko		Beg Ⅱ Giovanni	16:30~18:00 Contemporary Satoshi	
18:00 19:30							Level Free Mio	18:30~20:00 Barre Astie Hiroko		Level Free Hana		
19:30 21:00	Level Free Herve	19:00~20:30 Beg Ⅰ Kiyonobu		Level Free Alessio	19:00~20:30 Pre-Beg Ⅰ Ryosuke							

	MON			TUE			WED		
	12			13			14		
	01	02	03	01	02	03	01	02	03
10:00 11:30	Adv Kosuke			Adv Giovanni	10:30~12:00 Beg Ⅱ / Mio		Adv Giovanni	10:30~12:00 Pre-Beg Ⅰ Ryosuke	
12:00 13:30	Adv Michael			Adv Kosuke	12:10~12:40 Point / Mio		Adv Giovanni		
14:00 15:30	Level Free Giovanni			Level Free Giovanni			Level Free Kosuke		
16:00 17:30									
18:00 19:30		19:00~20:30 Beg Ⅱ Tatsuro			19:00~20:30 Beg Ⅰ /Yurie			19:00~20:30 Pre-Beg Ⅱ Akimitsu	
19:30 21:00	Level Free Alessio			Level Free Giovanni			Level Free Alessio		

	THU			FRI			SAT			SUN		
	15			16			17			18		
	01	02	03	01	02	03	01	02	03	01	02	03
10:00 11:30	Adv Kosuke	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 Haruna		Adv Giovanni	10:30~12:00 Pre-ballet Hiroki	
12:00 13:30	Adv Giovanni			Adv Kosuke			Int Giovanni	12:30~14:00 Beg Ⅰ Kiyonobu		Int Tatiana	12:30~14:00 Pre-Beg Ⅰ Hiroki	
14:00 15:30	Level Free Giovanni			Level Free Michael			Level Free Giovanni	14:30~16:00 Jr Conte Kimiho		Level Free Giovanni	14:30~16:00 Point Ele Tatiana	
16:00 17:30							Beg Ⅱ Nozomi	16:30~18:00 Anatomy Ryoko		Beg Ⅱ Michael	16:30~18:00 Noh Reijiro	
18:00 19:30							Level Free Naoki.T	18:30~20:00 Point Ele Mio		Level Free Hana		
19:30 21:00	Level Free Giovanni	19:00~20:30 Beg Ⅰ Kiyonobu		Level Free Alessio	19:00~20:30 Pre-Beg Ⅰ Ryosuke							

	MON			TUE			WED		
	19			20			21		
	01	02	03	01	02	03	01	02	03
10:00 11:30	Adv Giovanni			Adv Herve	10:30~12:00 Beg Ⅱ / Mio		Adv Michael	10:30~12:00 Pre-Beg Ⅰ Ryosuke	
12:00 13:30	Adv Wieslaw			Adv Herve	12:10~12:40 Point / Mio		Adv Herve		
14:00 15:30	Level Free Giovanni			Level Free Giovanni			Level Free Herve		
16:00 17:30									
18:00 19:30		19:00~20:30 Beg Ⅱ Tatsuro			19:00~20:30 Beg Ⅰ /Yurie			19:00~20:30 Pre-Beg Ⅱ Akimitsu	
19:30 21:00	Level Free Alessio			Level Free Giovanni			Level Free Alessio		

	THU			FRI			SAT			SUN		
	22			23			24			25		
	01	02	03	01	02	03	01	02	03	01	02	03
10:00 11:30	Adv Herve	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	
12:00 13:30	Adv Wieslaw			Adv Giovanni			Int Herve	12:30~14:00 Beg Ⅰ Kiyonobu		Int Tatiana	12:30~14:00 Pre-Beg Ⅰ Ken	
14:00 15:30	Level Free Giovanni			Level Free Herve			Level Free Herve	14:30~16:00 Jr Conte Yumine		Level Free Herve	14:30~16:00 Character Tatiana	
16:00 17:30							Beg Ⅱ Giovanni	16:30~18:00 Anatomy Ryoko		Beg Ⅱ Herve	16:30~18:00 Barre Astie Hiroko	
18:00 19:30							Level Free Giovanni	18:30~20:00 Point Ele Mio		Level Free Hana		
19:30 21:00	Level Free Giovanni	19:00~20:30 Beg Ⅰ Kiyonobu		Level Free Herve	19:00~20:30 Pre-Beg Ⅰ Ryosuke							

	MON			TUE			WED		
	26			27			28		
	01	02	03	01	02	03	01	02	03
10:00 11:30	Adv Wieslaw			Adv Michael	10:30~12:00 Beg Ⅱ / Mio		Adv Herve	10:30~12:00 Pre-Beg Ⅰ Ryosuke	
12:00 13:30	Adv Michael			Adv Wieslaw	12:10~12:40 Point / Mio		Adv Michael		
14:00 15:30	Level Free Hana			Level Free Herve			Level Free Alessio		
16:00 17:30									
18:00 19:30		19:00~20:30 Beg Ⅱ Tatsuro			19:00~20:30 Beg Ⅰ /Yurie			19:00~20:30 Pre-Beg Ⅱ Akimitsu	
19:30 21:00	Level Free Alessio			Level Free Herve			Level Free Herve		

	THU			FRI		
	29			30		
	01	02	03	01	02	03
10:00 11:30	Adv Motoko	10:30~12:00 Pre-Beg Ⅱ Ken		Adv Herve	10:30~12:00 Beg Ⅰ Rie	
12:00 13:30	Int Herve	12:30~14:00 Beg Ⅰ Kiyonobu		Adv Wieslaw		
14:00 15:30	Level Free Herve	14:30~16:00 ConteJazz Uran		Level Free Herve		
16:00 17:30	Beg Ⅱ Wieslaw					
18:00 19:30	Level Free Wieslaw					
19:30 21:00				Level Free Alessio	19:00~20:30 Pre-Beg Ⅰ Ryosuke	

Public Special Time Table