



2025年 9月 タイムテーブル

| | MON | | | TUE | | | WED | | | THU | | | FRI | | | SAT | | | SUN | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| | 01 | 02 | 03 | 01 | 02 | 03 | 01 | 02 | 03 | 01 | 02 | 03 | 01 | 02 | 03 | 01 | 02 | 03 | 01 | 02 | 03 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10:00 | 上級 Michael | 10:30-12:00 初級 I 根岸達宜 | | 上級 Elena | 10:30-12:00 初級 I 近藤美穂 | 10:30-12:00 Michael | 上級 Elena | 10:30-12:00 入門 II 菊池亮佑 | | 上級 Alessio | 10:30-12:00 初級 I 佐久間崇徳 | 10:30-12:00 はじめてのレエ Michael | 上級 Elena | 10:30-12:00 初級 I 渡辺悠子 | | レベルフリー Elena | 10:30-12:00 入門 I 中村春彦 | | レベルフリー Elena | 10:30-12:00 初級 I 菊池研 | 10:00-11:30 はじめてのレエ 齊藤理 | 10:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 11:45 | 中級 佐藤真左美 | | | 中級 厚地康雄 | 12:10-12:40 ポイント初級 / 近藤 | | 中級 根岸達宜 | | 中級 Lesli | 12:10-12:40 ポイント初級 / 佐久間 | | 中級 Michael | 12:10-12:40 ポイント初級 / 松園 | | 中級 Michael | 12:15-13:45 初級 I 中村春彦 | | 中級 Michael | 12:15-13:45 初級 I 菊池研 | 11:45-13:15 キャプチャー Murashov | 11:45 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 13:30 | レベルフリー 根岸達宜 | | | レベルフリー Elena | | | レベルフリー Elena | | レベルフリー Lesli | | | レベルフリー Lesli | | レベルフリー Lesli | 14:00-15:30 ジュニアオンテ キミホ | 14:00-15:30 初級 I 清水猛 | 14:00-15:30 初級 I Michael | レベルフリー Murashov | 14:00-15:30 初級 I 吉岡直友子 | 13:30-14:25 ポイント入門 / Michael | 13:30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 15:15 | | | | | | | | | | | | | | | 15:45-17:15 ピラチスと解剖学 杉本亮子 | 15:45-17:15 能 津村禮次郎 | | 初級 II 二山治雄 | 15:40-16:40 Var / 吉岡 | 15:45-17:15 プロパフォーマンスストレッチ 佐藤裕子 | 15:15 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17:00 | | | | | | | | | | | | | | | | | | レベルフリー Elena | | | 17:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 18:30 | | 19:00-20:30 初級 I 吉田周平 | | | 19:00-20:30 初級 I 下村由理恵 | | | 19:00-20:30 入門 II 八幡鏡光 | | レベルフリー 根岸達宜 | 19:00-20:30 初級 I 吉田早織 | | レベルフリー Lesli | | 19:00-20:30 入門 II 菊池亮佑 | | | レベルフリー Alessio | | | 18:30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 19:30 | レベルフリー Alessio | | | レベルフリー 二山治雄 | | | レベルフリー Elena | | レベルフリー 根岸達宜 | 20:35-21:05 ポイント入門 / 吉田 | | レベルフリー Elena | | | | | | レベルフリー Alessio | 18:45-20:45 コンテンポラリー 青木教和 | | 18:45 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 21:00 | | | | | | | | | | | | | | | | | | | | | 20:15 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 8 | | | | | | | | | | | | | | | | | | | | | | 9 | | | | | | | | | | | | | | | | | | | | | | 10 | | | | | | | | | | | | | | | | | | | | | | 11 | | | | | | | | | | | | | | | | | | | | | | 12 | | | | | | | | | | | | | | | | | | | | | | 13 | | | | | | | | | | | | | | | | | | | | | | 14 | | | | | | | | | | | | | | | | | | | | | |
| 10:00 | 上級 折井元子 | 10:30-12:00 初級 I 根岸達宜 | | 上級 Lesli | 10:30-12:00 初級 I 近藤美穂 | 10:30-12:00 Michael | 上級 Lesli | 10:30-12:00 入門 II 菊池亮佑 | | 上級 Lesli | 10:30-12:00 初級 I 佐久間崇徳 | 10:30-12:00 はじめてのレエ Michael | 上級 Lesli | 10:30-12:00 初級 I 松園梨絵 | | レベルフリー Lesli | 10:30-12:00 入門 I 中村春彦 | | レベルフリー Lesli | 10:30-12:00 初級 I 菊池研 | 10:00-11:30 はじめてのレエ 齊藤理 | 10:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 11:45 | 中級 Murashov | | | 中級 佐久間崇徳 | 12:10-12:40 ポイント初級 / 近藤 | | 中級 根岸達宜 | | 中級 Lesli | 12:10-12:40 ポイント初級 / 佐久間 | | 中級 Michael | 12:10-12:40 ポイント初級 / 松園 | | 中級 Michael | 12:15-13:45 初級 I 中村春彦 | | 中級 Michael | 12:15-13:45 初級 I 菊池研 | 11:45-13:15 キャプチャー Murashov | 11:45 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 13:30 | レベルフリー 根岸達宜 | | | レベルフリー Lesli | | | レベルフリー Lesli | | レベルフリー Lesli | | | レベルフリー Lesli | | レベルフリー Lesli | 14:00-15:30 ジュニアオンテ キミホ | 14:00-15:30 初級 I 清水猛 | 14:00-15:30 初級 I Michael | レベルフリー Murashov | 14:00-15:30 初級 I 吉岡直友子 | 13:30-14:25 ポイント入門 / 森田 | 13:30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 15:15 | | | | | | | | | | | | | | | 15:45-17:15 ピラチスと解剖学 杉本亮子 | 15:45-17:15 能 津村禮次郎 | | 初級 II 二山治雄 | 15:40-16:40 Var / 吉岡 | 15:45-17:15 プロパフォーマンスストレッチ 佐藤裕子 | 15:15 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17:00 | | | | | | | | | | | | | | | | | | レベルフリー Lesli | | | 17:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 18:30 | | 19:00-20:30 初級 I 吉田周平 | | | 19:00-20:30 初級 I 下村由理恵 | | | 19:00-20:30 入門 II 八幡鏡光 | | レベルフリー 根岸達宜 | 19:00-20:30 初級 I 吉田早織 | | レベルフリー Lesli | | 19:00-20:30 入門 II 菊池亮佑 | | | レベルフリー Alessio | 18:45-20:15 コンテンポラリー 嶋海令那 | | 18:45 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 19:30 | レベルフリー Alessio | | | レベルフリー 秋元康彦 | | | レベルフリー Lesli | | レベルフリー 根岸達宜 | 20:35-21:05 ポイント入門 / 吉田 | | レベルフリー Lesli | | | | | | レベルフリー Alessio | 18:45-20:15 コンテンポラリー 嶋海令那 | | 18:45 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 21:00 | | | | | | | | | | | | | | | | | | | | | 20:15 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 15 | | | | | | | | | | | | | | | | | | | | | | 16 | | | | | | | | | | | | | | | | | | | | | | 17 | | | | | | | | | | | | | | | | | | | | | | 18 | | | | | | | | | | | | | | | | | | | | | | 19 | | | | | | | | | | | | | | | | | | | | | | 20 | | | | | | | | | | | | | | | | | | | | | | 21 | | | | | | | | | | | | | | | | | | | | | |
| 10:00 | 上級 Michael | 10:30-12:00 初級 I 根岸達宜 | | 上級 Lesli | 10:30-12:00 初級 I 近藤美穂 | 10:30-12:00 Michael | 上級 Alessio | 10:30-12:00 入門 II 菊池亮佑 | | 上級 Michael | 10:30-12:00 初級 I 佐久間崇徳 | 10:30-12:00 はじめてのレエ Michael | 上級 Michael | 10:30-12:00 初級 I 松園梨絵 | | レベルフリー Alessio | 10:30-12:00 入門 I 中村春彦 | | レベルフリー Alessio | 10:30-12:00 初級 I 菊池研 | 10:00-11:30 はじめてのレエ 齊藤理 | 10:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 11:45 | 中級 Murashov | | | 中級 佐久間崇徳 | 12:10-12:40 ポイント初級 / 近藤 | | 中級 根岸達宜 | | 中級 Michael | 12:10-12:40 ポイント初級 / 佐久間 | | 中級 Michael | 12:10-12:40 ポイント初級 / 松園 | | 中級 Michael | 12:15-13:45 初級 I 中村春彦 | | 中級 Michael | 12:15-13:45 初級 I 菊池研 | 11:45-13:15 キャプチャー Benito | 11:45 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 13:30 | レベルフリー 根岸達宜 | 13:15-14:45 コンテンポラリー 金田あゆ子 | | レベルフリー Lesli | | | レベルフリー Lesli | | レベルフリー Lesli | | | レベルフリー Lesli | | レベルフリー Lesli | 14:00-15:30 ジュニアオンテ キミホ | 14:00-15:30 初級 I 清水猛 | 14:00-15:30 初級 I Michael | レベルフリー Murashov | 14:00-15:30 初級 I 吉岡直友子 | 13:30-14:25 ポイント入門 / Michael | 13:30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 15:15 | | | | | | | | | | | | | | | 15:45-17:15 ピラチスと解剖学 杉本亮子 | 15:45-17:15 ミュージカル Lesli | | 初級 II 近藤美穂 | 15:40-16:40 Var / 吉岡 | 15:45-17:15 プロパフォーマンスストレッチ 佐藤裕子 | 15:15 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17:00 | | | | | | | | | | | | | | | | | | レベルフリー Alessio | | | 17:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 18:30 | | 19:00-20:30 初級 I 吉田周平 | | | 19:00-20:30 初級 I 下村由理恵 | | | 19:00-20:30 入門 II 八幡鏡光 | | レベルフリー 根岸達宜 | 19:00-20:30 初級 I 吉田早織 | | レベルフリー Lesli | | 19:00-20:30 入門 II 菊池亮佑 | | | レベルフリー Alessio | 17:00-18:30 コンテンポラリー 金田あゆ子 | | 18:30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 19:30 | レベルフリー Alessio | | | レベルフリー Lesli | | | レベルフリー Lesli | | レベルフリー 根岸達宜 | 20:35-21:05 ポイント入門 / 吉田 | | レベルフリー Lesli | | | | | | レベルフリー Alessio | 18:45-20:15 コンテンポラリー 嶋海令那 | | 18:45 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 21:00 | | | | | | | | | | | | | | | | | | | | | 20:15 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 22 | | | | | | | | | | | | | | | | | | | | | | 23 | | | | | | | | | | | | | | | | | | | | | | 24 | | | | | | | | | | | | | | | | | | | | | | 25 | | | | | | | | | | | | | | | | | | | | | | 26 | | | | | | | | | | | | | | | | | | | | | | 27 | | | | | | | | | | | | | | | | | | | | | | 28 | | | | | | | | | | | | | | | | | | | | | |
| 10:00 | 上級 Michael | 10:30-12:00 初級 I 根岸達宜 | | 上級 Lesli | 10:30-12:00 初級 I 近藤美穂 | 10:30-12:00 Michael | 上級 Michael | 10:30-12:00 入門 II 菊池亮佑 | | 上級 Lesli | 10:30-12:00 初級 I 佐久間崇徳 | 10:30-12:00 はじめてのレエ Michael | 上級 Michael | 10:30-12:00 初級 I 松園梨絵 | | レベルフリー Alessio | 10:30-12:00 入門 I 中村春彦 | | レベルフリー Alessio | 10:30-12:00 初級 I 菊池研 | 10:00-11:30 はじめてのレエ 齊藤理 | 10:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 11:45 | 中級 Murashov | | | 中級 佐久間崇徳 | 12:10-12:40 ポイント初級 / 近藤 | | 中級 根岸達宜 | | 中級 Michael | 12:10-12:40 ポイント初級 / 佐久間 | | 中級 Michael | 12:10-12:40 ポイント初級 / 松園 | | 中級 Michael | 12:15-13:45 初級 I 中村春彦 | | 中級 Michael | 12:15-13:45 初級 I 菊池研 | 11:45-13:15 キャプチャー Murashov | 11:45 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 13:30 | レベルフリー 根岸達宜 | | | レベルフリー Lesli | 13:30-15:00 初級 I 下村由理恵 | ATP OPEN SCHOOL 13:45-16:00 | レベルフリー Lesli | | レベルフリー Lesli | | | レベルフリー Lesli | | レベルフリー Lesli | 14:00-15:30 ジュニアオンテ キミホ | 14:00-15:30 初級 I 清水猛 | 14:00-15:30 初級 I Michael | レベルフリー Murashov | 14:00-15:30 初級 I 吉岡直友子 | 13:30-14:25 ポイント入門 / 森田 | 13:30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 15:15 | | | | | | | | | | | | | | | 15:45-17:15 ピラチスと解剖学 杉本亮子 | 15:45-17:15 ミュージカル Lesli | | ATP OPEN SCHOOL 15:15-17:15 | 15:40-16:40 Var / 吉岡 | 15:45-17:15 プロパフォーマンスストレッチ 佐藤裕子 | 15:15 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17:00 | | | | | | | | | | | | | | | | | | レベルフリー Alessio | | | 17:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 18:30 | | 19:00-20:30 初級 I 吉田周平 | | | 19:00-20:30 初級 I 下村由理恵 | | | 19:00-20:30 入門 II 八幡鏡光 | | レベルフリー 根岸達宜 | 19:00-20:30 初級 I 吉田早織 | | レベルフリー Lesli | | 19:00-20:30 入門 II 菊池亮佑 | | | レベルフリー Alessio | 17:00-18:30 コンテンポラリー 仁田晶帆 | | 18:30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 19:30 | レベルフリー Alessio | | | レベルフリー Lesli | | | レベルフリー Lesli | | レベルフリー 根岸達宜 | 20:35-21:05 ポイント入門 / 吉田 | | レベルフリー Lesli | | | | | | レベルフリー Alessio | 18:45-20:15 コンテンポラリー 中村恵美 | | 18:45 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 21:00 | | | | | | | | | | | | | | | | | | | | | 20:15 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 29 | | | | | | | | | | | | | | | | | | | | | | 30 | | | | | | | | | | | | | | | | | | | | | | 31 | | | | | | | | | | | | | | | | | | | | | | 1 | | | | | | | | | | | | | | | | | | | | | | 2 | | | | | | | | | | | | | | | | | | | | | | 3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10:00 | 上級 Michael | 10:30-12:00 初級 I 根岸達宜 | | 上級 Lesli | 10:30-12:00 初級 I 近藤美穂 | 10:30-12:00 Michael | 上級 Michael | 10:30-12:00 入門 II 菊池亮佑 | | 上級 Lesli | 10:30-12:00 初級 I 佐久間崇徳 | 10:30-12:00 はじめてのレエ Michael | 上級 Michael | 10:30-12:00 初級 I 松園梨絵 | | レベルフリー Alessio | 10:30-12:00 入門 I 中村春彦 | | レベルフリー Alessio | 10:30-12:00 初級 I 菊池研 | 10:00-11:30 はじめてのレエ 齊藤理 | 10:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 11:45 | 中級 Murashov | | | 中級 Igal | 12:10-12:40 ポイント初級 / 近藤 | | 中級 根岸達宜 | | 中級 Michael | 12:10-12:40 ポイント初級 / 佐久間 | | 中級 Michael | 12:10-12:40 ポイント初級 / 松園 | | 中級 Michael | 12:15-13:45 初級 I 中村春彦 | | 中級 Michael | 12:15-13:45 初級 I 菊池研 | 11:45-13:15 キャプチャー Murashov | 11:45 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 13:30 | レベルフリー 根岸達宜 | | | レベルフリー Lesli | | | レベルフリー Lesli | | レベルフリー Lesli | | | レベルフリー Lesli | | レベルフリー Lesli | 14:00-15:30 ジュニアオンテ キミホ | 14:00-15:30 初級 I 清水猛 | 14:00-15:30 初級 I Michael | レベルフリー Murashov | 14:00-15:30 初級 I 吉岡直友子 | 13:30-14:25 ポイント入門 / 森田 | 13:30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 15:15 | | | | | | | | | | | | | | | 15:45-17:15 ピラチスと解剖学 杉本亮子 | 15:45-17:15 ミュージカル Lesli | | ATP OPEN SCHOOL 15:15-17:15 | 15:40-16:40 Var / 吉岡 | 15:45-17:15 プロパフォーマンスストレッチ 佐藤裕子 | 15:15 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17:00 | | | | | | | | | | | | | | | | | | レベルフリー Alessio | | | 17:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 18:30 | | 19:00-20:30 初級 I 吉田周平 | | | 19:00-20:30 初級 I 下村由理恵 | | | 19:00-20:30 入門 II 八幡鏡光 | | レベルフリー 根岸達宜 | 19:00-20:30 初級 I 吉田早織 | | レベルフリー Lesli | | 19:00-20:30 入門 II 菊池亮佑 | | | レベルフリー Alessio | 17:00-18:30 コンテンポラリー 仁田晶帆 | | 18:30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 19:30 | レベルフリー Alessio | | | レベルフリー Lesli | | | レベルフリー Lesli | | レベルフリー 根岸達宜 | 20:35-21:05 ポイント入門 / 中村 | | レベルフリー Lesli | | | | | | レベルフリー Alessio | 18:45-20:15 コンテンポラリー 中村恵美 | | 18:45 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 21:00 | | | | | | | | | | | | | | | | | | | | | 20:15 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

¥3,000
 ¥2,500
 ¥1,000

- 予約不要、入会金、年会費は必要ありません。
- は、ワークショップとなっておりますので、事前のご予約をお願い致します。
- 各クラス30分前より受付を行います。
- 遅刻は、いかなる理由であってもお断りさせていただきます。これは適切なウォームアップによって怪我を予防する目的と、クラスのエチケットのためです。
- ご自身の経験とクラスレベルをよくご確認の上でご受講ください。

(青文字で表記されている箇所は、変更情報が反映されている箇所です)