



# 2026 March Timetable

| MON   |                     |                            | TUE |                   |                         | WED                                   |                   |                                 | THU                            |                     |                           | FRI                      |                                 |                                | SAT                           |                          |                                 | SUN                  |                                   |                                |
|-------|---------------------|----------------------------|-----|-------------------|-------------------------|---------------------------------------|-------------------|---------------------------------|--------------------------------|---------------------|---------------------------|--------------------------|---------------------------------|--------------------------------|-------------------------------|--------------------------|---------------------------------|----------------------|-----------------------------------|--------------------------------|
| 01    |                     |                            | 02  |                   |                         | 03                                    |                   |                                 | 04                             |                     |                           | 05                       |                                 |                                | 06                            |                          |                                 | 07                   |                                   |                                |
| 01    |                     |                            | 02  |                   |                         | 03                                    |                   |                                 | 04                             |                     |                           | 05                       |                                 |                                | 06                            |                          |                                 | 07                   |                                   |                                |
| 10:00 | Adv Michael         | 10:30-12:00 Beg I Kiyonobu |     | Adv Thomas        | 10:30-12:00 Beg-Int Mo  | 10:30-12:00 Foundation Ballet Michael |                   |                                 |                                |                     |                           |                          |                                 |                                |                               |                          |                                 |                      |                                   |                                |
| 11:45 | Int Murashov        |                            |     | Int Naoki         | 12:10-12:40 Pointe / Mo |                                       |                   |                                 |                                |                     |                           |                          |                                 |                                |                               |                          |                                 |                      |                                   |                                |
| 13:30 | Level Free Kiyonobu |                            |     | Level Free Thomas |                         |                                       |                   |                                 |                                |                     |                           |                          |                                 |                                |                               |                          |                                 |                      |                                   |                                |
| 15:15 |                     |                            |     |                   |                         |                                       |                   |                                 |                                |                     |                           |                          |                                 |                                |                               |                          |                                 |                      |                                   |                                |
| 16:45 |                     |                            |     |                   |                         |                                       |                   |                                 |                                |                     |                           |                          |                                 |                                |                               |                          |                                 |                      |                                   |                                |
| 17:00 |                     |                            |     |                   |                         |                                       |                   |                                 |                                |                     |                           |                          |                                 |                                |                               |                          |                                 |                      |                                   |                                |
| 18:30 |                     |                            |     |                   |                         |                                       |                   |                                 |                                |                     |                           |                          |                                 |                                |                               |                          |                                 |                      |                                   |                                |
| 19:30 | Level Free Alessio  | 19:00-20:30 Beg I Shuhei   |     | Level Free Thomas | 19:00-20:30 Beg I Yurie |                                       |                   |                                 |                                |                     |                           |                          |                                 |                                |                               |                          |                                 |                      |                                   |                                |
| 21:00 |                     |                            |     |                   |                         |                                       |                   |                                 |                                |                     |                           |                          |                                 |                                |                               |                          |                                 |                      |                                   |                                |
| 2     |                     |                            | 3   |                   |                         | 4                                     |                   |                                 | 5                              |                     |                           | 6                        |                                 |                                | 7                             |                          |                                 | 8                    |                                   |                                |
| 01    |                     |                            | 02  |                   |                         | 03                                    |                   |                                 | 04                             |                     |                           | 05                       |                                 |                                | 06                            |                          |                                 | 07                   |                                   |                                |
| 10:00 | Adv Michael         | 10:30-12:00 Beg I Kiyonobu |     | Adv Herve         | 10:30-12:00 Beg-Int Mo  | 10:30-12:00 Foundation Ballet Michael |                   | Adv Alessio                     | 10:30-12:00 Pre-Beg II Ryosuke |                     | Adv Herve                 | 10:30-12:00 Beg I Emi    | 10:30-12:00 Intro-Ballet Chiaki | Adv Herve                      | 10:30-12:00 Beg I Re          | Level Free Herve         | 10:30-12:00 Pre-Beg II Haruna   | Adv Herve            | 10:30-12:00 Beg I Ken             | 10:00-11:30 Intro-Ballet Yo    |
| 11:45 | Int Murashov        |                            |     | Int Naoki         | 12:10-12:40 Pointe / Mo |                                       | Int Kiyonobu      |                                 |                                |                     | Int Alessio               | 12:10-12:40 Pointe / Emi |                                 | Int Michael                    | 12:10-12:40 Pointe / Re       | Int Michael              | 12:15-13:45 Beg I Ken           | Int Motoko           | 12:15-13:45 Pre-Beg I Michael     | 11:45-13:15 Character Murashov |
| 13:30 | Level Free Kiyonobu |                            |     | Level Free Herve  |                         |                                       | Level Free Herve  |                                 |                                |                     | Level Free Kiyonobu       |                          |                                 | Level Free Herve               |                               | Level Free Herve         | 14:00-15:30 Jr Conte Kimho      | Level Free Murashov  | 14:00-15:30 Beg I Mayuko          | 13:30-15:00 Pointe / Michael   |
| 15:15 |                     |                            |     |                   |                         |                                       |                   |                                 |                                |                     |                           |                          |                                 |                                |                               |                          |                                 |                      |                                   |                                |
| 16:45 |                     |                            |     |                   |                         |                                       |                   |                                 |                                |                     |                           |                          |                                 |                                |                               |                          |                                 |                      |                                   |                                |
| 17:00 |                     |                            |     |                   |                         |                                       |                   |                                 |                                |                     |                           |                          |                                 |                                |                               |                          |                                 |                      |                                   |                                |
| 18:30 |                     |                            |     |                   |                         |                                       |                   |                                 |                                |                     |                           |                          |                                 |                                |                               |                          |                                 |                      |                                   |                                |
| 19:30 | Level Free Alessio  | 19:00-20:30 Beg I Shuhei   |     | Level Free Herve  | 19:00-20:30 Beg I Yurie |                                       | Level Free Herve  | 19:00-20:30 Pre-Beg II Akimitsu |                                | Level Free Kiyonobu | 19:00-20:30 Beg I Saori   |                          | Level Free Herve                | 19:00-20:30 Pre-Beg II Ryosuke |                               | Level Free Mo            | 17:30-19:00 Contemporary Mho    | Level Free Saya      | 18:45-20:45 Contemporary Shintaro |                                |
| 21:00 |                     |                            |     |                   |                         |                                       |                   |                                 |                                |                     |                           |                          |                                 |                                |                               |                          |                                 |                      |                                   |                                |
| 9     |                     |                            | 10  |                   |                         | 11                                    |                   |                                 | 12                             |                     |                           | 13                       |                                 |                                | 14                            |                          |                                 | 15                   |                                   |                                |
| 01    |                     |                            | 02  |                   |                         | 03                                    |                   |                                 | 04                             |                     |                           | 05                       |                                 |                                | 06                            |                          |                                 | 07                   |                                   |                                |
| 10:00 | Adv Michael         | 10:30-12:00 Beg I Kiyonobu |     | Adv Herve         | 10:30-12:00 Beg-Int Mo  | 10:30-12:00 Foundation Ballet Michael |                   | Adv Michael                     | 10:30-12:00 Pre-Beg II Emi     |                     | Adv Herve                 | 10:30-12:00 Beg I Nao    | 10:30-12:00 Intro-Ballet Chiaki | Adv Herve                      | 10:30-12:00 Beg I Re          | Level Free Herve         | 10:30-12:00 Pre-Beg II Haruna   | Adv Herve            | 10:30-12:00 Beg I Ken             | 10:00-11:30 Intro-Ballet Yo    |
| 11:45 | Int Murashov        |                            |     | Int Yasuo         | 12:10-12:40 Pointe / Mo |                                       | Int Kiyonobu      |                                 |                                |                     | Int Alessio               | 12:10-12:40 Pointe / Nao |                                 | Int Yasuo                      | 12:10-12:40 Pointe / Re       | Int Michael              | 12:15-13:45 Beg I Shuntaro      | Int Motoko           | 12:15-13:45 Pre-Beg I Michael     | 11:45-13:15 Character Murashov |
| 13:30 | Level Free Kiyonobu |                            |     | Level Free Herve  |                         |                                       | Level Free Herve  |                                 |                                |                     | Level Free Kiyonobu       |                          |                                 | Level Free Herve               |                               | Level Free Herve         | 14:00-15:30 Jr Conte Kimho      | Level Free Herve     | 14:00-15:30 Beg I Mayuko          | 13:30-15:00 Pointe / Michael   |
| 15:15 |                     |                            |     |                   |                         |                                       |                   |                                 |                                |                     |                           |                          |                                 |                                |                               |                          |                                 |                      |                                   |                                |
| 16:45 |                     |                            |     |                   |                         |                                       |                   |                                 |                                |                     |                           |                          |                                 |                                |                               |                          |                                 |                      |                                   |                                |
| 17:00 |                     |                            |     |                   |                         |                                       |                   |                                 |                                |                     |                           |                          |                                 |                                |                               |                          |                                 |                      |                                   |                                |
| 18:30 |                     |                            |     |                   |                         |                                       |                   |                                 |                                |                     |                           |                          |                                 |                                |                               |                          |                                 |                      |                                   |                                |
| 19:30 | Level Free Alessio  | 19:00-20:30 Beg I Shuhei   |     | Level Free Herve  | 19:00-20:30 Beg I Yurie |                                       | Level Free Herve  | 19:00-20:30 Pre-Beg II Akimitsu |                                | Level Free Kiyonobu | 19:00-20:30 Beg I Saori   |                          | Level Free Herve                | 19:00-20:30 Pre-Beg II Ryosuke |                               | Level Free Mo            | 18:45-20:15 Contemporary Megumi | Level Free Herve     | 18:45-20:15 Contemporary Kenta    |                                |
| 21:00 |                     |                            |     |                   |                         |                                       |                   |                                 |                                |                     |                           |                          |                                 |                                |                               |                          |                                 |                      |                                   |                                |
| 16    |                     |                            | 17  |                   |                         | 18                                    |                   |                                 | 19                             |                     |                           | 20                       |                                 |                                | 21                            |                          |                                 | 22                   |                                   |                                |
| 01    |                     |                            | 02  |                   |                         | 03                                    |                   |                                 | 04                             |                     |                           | 05                       |                                 |                                | 06                            |                          |                                 | 07                   |                                   |                                |
| 10:00 | Adv Michael         | 10:30-12:00 Beg I Kiyonobu |     | Adv Herve         | 10:30-12:00 Beg-Int Mo  | 10:30-12:00 Foundation Ballet Michael |                   | Adv Wieslaw                     | 10:30-12:00 Pre-Beg II Ryosuke |                     | Adv Motoko                | 10:30-12:00 Beg I Nao    | 10:30-12:00 Intro-Ballet Chiaki | Adv Herve                      | 10:30-12:00 Beg I Natsuki     | Level Free Herve         | 10:30-12:00 Pre-Beg II Haruna   | Adv Thomas           | 10:30-12:00 Beg I Hideoyuki       | 10:00-11:30 Intro-Ballet Yo    |
| 11:45 | Int Murashov        |                            |     | Int Naoki         | 12:10-12:40 Pointe / Mo |                                       | Int Kiyonobu      |                                 |                                |                     | Int Herve                 | 12:10-12:40 Pointe / Nao |                                 | Int Alessio                    | 12:10-12:40 Pointe / Natsuki  | Int Michael              | 12:15-13:45 Beg I Hideoyuki     | Int Motoko           | 12:15-13:45 Pre-Beg I Michael     | 11:45-13:15 Character Murashov |
| 13:30 | Level Free Kiyonobu |                            |     | Level Free Herve  |                         |                                       | Level Free Herve  |                                 |                                |                     | Level Free Kiyonobu       |                          |                                 | Level Free Herve               | 13:00-14:30 Contemporary Masa | Level Free Thomas Start! | 14:00-15:30 Jr Conte Kimho      | Level Free Thomas    | 14:00-15:30 Beg I Yurie           | 13:30-15:00 Pointe / Michael   |
| 15:15 |                     |                            |     |                   |                         |                                       |                   |                                 |                                |                     |                           |                          |                                 |                                |                               |                          |                                 |                      |                                   |                                |
| 16:45 |                     |                            |     |                   |                         |                                       |                   |                                 |                                |                     |                           |                          |                                 |                                |                               |                          |                                 |                      |                                   |                                |
| 17:00 |                     |                            |     |                   |                         |                                       |                   |                                 |                                |                     |                           |                          |                                 |                                |                               |                          |                                 |                      |                                   |                                |
| 18:30 |                     |                            |     |                   |                         |                                       |                   |                                 |                                |                     |                           |                          |                                 |                                |                               |                          |                                 |                      |                                   |                                |
| 19:30 | Level Free Alessio  | 19:00-20:30 Beg I Shuhei   |     | Level Free Herve  | 19:00-20:30 Beg I Yurie |                                       | Level Free Herve  | 19:00-20:30 Pre-Beg II Akimitsu |                                | Level Free Kiyonobu | 19:00-20:30 Beg I Saori   |                          | Level Free Herve                | 19:00-20:30 Pre-Beg II Ryosuke |                               | Level Free Mo            | 18:45-20:15 Act Unan            | Level Free Thomas    | 18:45-20:15 Contemporary Ayuko    |                                |
| 21:00 |                     |                            |     |                   |                         |                                       |                   |                                 |                                |                     |                           |                          |                                 |                                |                               |                          |                                 |                      |                                   |                                |
| 23    |                     |                            | 24  |                   |                         | 25                                    |                   |                                 | 26                             |                     |                           | 27                       |                                 |                                | 28                            |                          |                                 | 29                   |                                   |                                |
| 01    |                     |                            | 02  |                   |                         | 03                                    |                   |                                 | 04                             |                     |                           | 05                       |                                 |                                | 06                            |                          |                                 | 07                   |                                   |                                |
| 10:00 | Adv Michael         | 10:30-12:00 Beg I Kiyonobu |     | Adv Thomas        | 10:30-12:00 Beg-Int Mo  | 10:30-12:00 Foundation Ballet Michael |                   | Adv Alessio                     | 10:30-12:00 Pre-Beg II Ryosuke |                     | Adv Thomas                | 10:30-12:00 Beg I Nao    | 10:30-12:00 Intro-Ballet Chiaki | Adv Thomas                     | 10:30-12:00 Beg I Emi         | Level Free Thomas        | 10:30-12:00 Pre-Beg II Haruna   | Adv Thomas           | 10:30-12:00 Beg I Ken             | 10:00-11:30 Intro-Ballet Yo    |
| 11:45 | Int Murashov        |                            |     | Int Nao           | 12:10-12:40 Pointe / Mo |                                       | Int Kiyonobu      |                                 |                                |                     | Int Alessio               | 12:10-12:40 Pointe / Nao |                                 | Int Mo                         | 12:10-12:40 Pointe / Emi      | Int Michael              | 12:15-13:45 Beg I Hideoyuki     | Int Motoko           | 12:15-13:45 Pre-Beg I Michael     | 11:45-13:15 Character Murashov |
| 13:30 | Level Free Kiyonobu |                            |     | Level Free Thomas |                         |                                       | Level Free Thomas |                                 |                                |                     | Level Free Kiyonobu       |                          |                                 | Level Free Thomas              |                               | Level Free Thomas        | 14:00-15:30 Beg I Takeru        | Level Free Murashov  | 14:00-15:30 Beg I Mayuko          | 13:30-15:00 Pointe / Michael   |
| 15:15 |                     |                            |     |                   |                         |                                       |                   |                                 |                                |                     |                           |                          |                                 |                                |                               |                          |                                 |                      |                                   |                                |
| 16:45 |                     |                            |     |                   |                         |                                       |                   |                                 |                                |                     |                           |                          |                                 |                                |                               |                          |                                 |                      |                                   |                                |
| 17:00 |                     |                            |     |                   |                         |                                       |                   |                                 |                                |                     |                           |                          |                                 |                                |                               |                          |                                 |                      |                                   |                                |
| 18:30 |                     |                            |     |                   |                         |                                       |                   |                                 |                                |                     |                           |                          |                                 |                                |                               |                          |                                 |                      |                                   |                                |
| 19:30 | Level Free Alessio  | 19:00-20:30 Beg I Shuhei   |     | Level Free Thomas | 19:00-20:30 Beg I Yurie |                                       | Level Free Thomas | 19:00-20:30 Pre-Beg II Akimitsu |                                | Level Free Kiyonobu | 19:00-20:30 Beg I Natsuki |                          | Level Free Thomas               | 19:00-20:30 Pre-Beg II Ryosuke |                               | Level Free Mo            | 17:30-19:00 Contemporary Jun    | Level Free Hideoyuki | 18:45-20:15 Contemporary Sota     |                                |
| 21:00 |                     |                            |     |                   |                         |                                       |                   |                                 |                                |                     |                           |                          |                                 |                                |                               |                          |                                 |                      |                                   |                                |

¥3,300 ¥2,800 ¥2,300 ¥1,000

- No reservation is required. There are no admission or annual fees.
- Indicates workshops, which require advance reservation.
- Reception will open 30 minutes prior to each class.
- Please note that late arrivals will not be admitted under any circumstances.
- Classes shown in blue reflect the most recent updates or changes.
- Participation in Pointe and Variation classes requires prior attendance in a regular ballet class.
- Filming classes are offered at a discounted rate of ¥2,500 for Studios 01, 02, and 03.