

ZDS Time Table

	MON	TUE	WED	THU	FRI	SAT	SUN
10							
11							
12	11:00-12:30 BALLET (FREE) Yuriko			11:00-12:00 Stretch Exercise (★) LISA ※Participation with small children(up to preschool age) is possible.	11:00-12:30 BALLET (FREE) Yuriko	11:00-12:00 KIDS HIPHOP (★~★★) Yoshiki	11:00-12:00 ※3 ALL AGE HIPHOP (FREE) AKIRA
13				12:30-14:00 JAZZ (FREE) MOHRI.		12:10-13:10 HIPHOP BASIC (★~★★) Yoshiki	12:10-13:10 ※3 ALL AGE HIPHOP (★~★★) AKANE
14						13:20-14:20 K-POP (★) SERINA	13:20-14:50 JAZZ (★★★★~★★★★★) MOHRI.
15						14:30-15:30 ENJOY HIPHOP (★~★★) TAKACO	15:00-16:30 JAZZ (★★★★) mieko
16						15:40-17:10 LYRICAL JAZZ (★★★★) YUNA	
17			16:40-17:40 JUNIOR JAZZ HIPHOP (★~★★) TAKACO	17:00-18:00 ※2 KIDS&JUNIOR BALLET (★~★★) riri	17:00-18:00 BEGINNER JAZZ (★~★★) MAKI	17:20-18:40 JUNIOR JAZZ (FREE) MOHRI.	
18	17:30-18:30 K-POP (★~★★) SERINA	17:20-18:20 JUNIOR HIPHOP (FREE) Chisato	17:30-18:30 K-POP (FREE) sakura ※3	18:30-20:00 LYRICAL JAZZ (★★★★) YUNA	18:10-19:10 KIDS HIPHOP (★~★★) Yoshiki	18:50-20:20 JAZZ (★★★★) MOHRI.	
19	18:45-19:45 GIRLS HIPHOP (★★★★) SERINA	18:30-19:30 ※1 LOCK (★★★★) SAIRA	19:00-20:30 JAZZ (★★★★★) MOHRI.	20:15-21:45 HIPHOP (★★★★) TAIKI	19:20-20:40 ALL AGE HIPHOP (FREE) Yoshiki		
20	20:15-21:45 STREET DANCE (FREE) KOUTA	19:40-21:00 BALLET (FREE) Yuriko					
21							
22							

■ Kids
(4 years old~elementary school)

■ Junior
(elementary school~junior high school)

■ Genera
(junior high school students and above)

Since the target age is used as a general guideline, anyone older than the target age can participate.

- ※ 1 Also available for Junior(elementary school~junior high school)
 ※ 2 Kids & Junior ballet is available from 3 years old.
 ※ 3 General (junior high school students and above) can also attend.

(Experience age)		
★	Inexperienced	: For those who have just started
★★	More than half a year	: for those who have some experience but not confident yet
★★★	More than a year	: For those who have learned the basics and want to move forward
★★★★	More than three years	: For those who want a higher level class
FREE	Free - No level specification : The difficulty is adjusted based on the participants of the class	

* Experience age is as a guide



(2026/08~)