

ZDS Time Table

	MON	TUE	WED	THU	FRI	SAT	SUN
10							
11							
12	11:00-12:30 BALLET (FREE) Yuriko	11:00-12:00 Basic Yoga (FREE) NENE		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				15:50-16:50 ※2 KIDS BALLET (★) Age 3 to 6 riri		15:40-17:10  LYRICAL JAZZ (★★★) YUNA	
17			16:40-17:40 JUNIOR JAZZ HIPHOP (★~★★) TAKACO	17:00-18:00 JUNIOR BALLET (★~★★) riri	17:00-18:00 BEGINNER JAZZ (★~★★) MAKI	17:20-18:40 JUNIOR JAZZ (FREE) MOHRI.	
18	17:20-18:20 K-POP (★~★★) SERINA	17:20-18:20 JUNIOR HIPHOP (FREE) Chisato	17:50-18:50 GIRLS HIPHOP (★★★) SERINA		18:10-19:10 KIDS HIPHOP (★~★★) Yoshiki		
19	18:30-20:00 HIPHOP (★★~★★★★★) RYUNOSUKE	18:30-20:00 LOCK (★★★) SAIRA ※1	19:00-20:20 HIPHOP (★★★) TAIKI	18:30-20:00 LYRICAL JAZZ (★★★) YUNA	19:20-20:40 ALL AGE HIPHOP (FREE) Yoshiki	18:50-20:20 JAZZ (★★★★) MOHRI.	
20							
21	20:15-21:45 STREET DANCE (FREE) KOUTA	20:15-21:45 BALLET (FREE) Yuriko	20:30-21:50 JAZZ (★★★★) MOHRI.				
22							

 Kids (4 years old~elementary school)  Junior (elementary school~junior high school)  General (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 ballet is available from 3 to 6 years old.
※ 3 General (junior high school students and above) can also attend.

【Description of class level】		(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

