

# ZDS Time Table

	MON	TUE	WED	THU	FRI	SAT	SUN
10							
11							
12	11:00-12:30 <b>BALLET</b> (FREE) Yuriko	11:00-12:00 <b>Basic Yoga</b> (FREE) NENE		11:00-12:00 <b>Stretch Exercise</b> (★) LISA ※Participation with small children (up to preschool age) is possible.	11:00-12:30 <b>BALLET</b> (FREE) Yuriko	11:00-12:00 <b>KIDS HIPHOP</b> (★~★★) Yoshiki	11:00-12:00 ※3 <b>ALL AGE HIPHOP</b> (FREE) AKIRA
13				12:30-14:00 <b>JAZZ</b> (FREE) MOHRI.		12:10-13:10 <b>HIPHOP BASIC</b> (★~★★) Yoshiki	12:10-13:10 ※3 <b>ALL AGE HIPHOP</b> (★~★★) AKANE
14						13:20-14:20 <b>K-POP</b> (★) SERINA	13:20-14:50 <b>JAZZ</b> (★★★~★★★★) MOHRI.
15						14:30-15:30 <b>ENJOY HIPHOP</b> (★~★★) TAKACO	15:00-16:30 <b>JAZZ</b> (★★★) mieko
16						15:40-17:10 <b>LYRICAL JAZZ</b> (★★★) YUNA	
17			16:40-17:40 <b>JUNIOR JAZZ HIPHOP</b> (★~★★) TAKACO	17:00-18:00 ※2 <b>KIDS&amp;JUNIOR BALLET</b> (★~★★) riri	17:00-18:00 <b>BEGINNER JAZZ</b> (★~★★) MAKI	17:20-18:40 <b>JUNIOR JAZZ</b> (FREE) MOHRI.	
18	17:20-18:20 <b>K-POP</b> (★~★★) SERINA	17:20-18:20 <b>JUNIOR HIPHOP</b> (FREE) Chisato				18:10-19:10 <b>KIDS HIPHOP</b> (★~★★) Yoshiki	
19	18:30-19:30 <b>GIRLS HIPHOP</b> (★★★) SERINA	18:30-20:00 <b>LOCK</b> (★★★) SAIRA ※1		18:30-20:00 <b>LYRICAL JAZZ</b> (★★★) YUNA	19:20-20:40 <b>ALL AGE HIPHOP</b> (FREE) Yoshiki	18:50-20:20 <b>JAZZ</b> (★★★★) MOHRI.	
20							
21	20:15-21:45 <b>STREET DANCE</b> (FREE) KOUTA	20:15-21:45 <b>BALLET</b> (FREE) Yuriko	20:30-21:50 <b>JAZZ</b> (★★★★) MOHRI.	20:15-21:45 <b>HIPHOP</b> (★★★) TAIKI			
22							□ No trial lesson

■ 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

