

Class lesson Calender

Updated 1. June

Class lesson curriculum is based on NDLS Medal Test steps!!

<<Registration fee>>

¥ 5, 250

<<Lesson card prices>>

Validation period

10 Stamps ¥ 6, 300 (1 month)

30 Stamps ¥ 17, 320 (3 months)

50 Stamps ¥ 26, 250 (6 months)

100 Stamps ¥ 50, 400 (6 months)

200 Stamps ¥ 99, 750 (12 months)

<<Lessons types and rates>>

Private lesson trial packages (Rental shoes included)

18 Stamps or can purchase for ¥ 11, 550

• Party Debut Package (25min × 5 lessons) Jitterbug • Blues • Waltz • Rumba

• Trial Package (25min × 3 lessons) • Standard package • Latin American package
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※can only purchase this package once

Private lesson (25min) Booking required!!

1 person or 1 couple 6~10 Stamps

(Approx. ¥2,992~!!)

Class lesson (50min) No booking necessary!!

1 person 2~4 Stamps (Approx. ¥998~!!)

Body training lesson (25min)

1 person 3 Stamps (Approx ¥1,497~!!)

Teacher Qualification Exam Course (60min)

1 person 10 Stamps (Every Mon. from 7PM)

We have special rates for junior competitors and for students.

<<Practice rates>>

Usage of floor 1 person 1 stamp per day

<<Others>> → can buy 3 times usage package for 1 stamp!!

Rental shoes use of 1 pair ¥ 210 per day

Time	Mon	Tue	Wed	Thurs	Fri	Sat
13:00 - 13:50						The ABC's of Ballroom Dance (Okamoto)
14:00 - 14:50	The ABC's of Ballroom Dance (Okamoto)	Entrancing Latin (Aida)		Beautiful Body Making Excercises (Okamoto)	Systematic Standard (Rumi)	Kids Club!! (Okamoto)
15:00 - 15:50	Ballet stretches and excercises (Nagata)		Systematic Latin (Nagata)		Beautiful Standard (Kato)	
16:00						
17:00 - 17:50	Free Dance Time (All Staff)					
18:00 - 18:50		Systematic Latin (Aida)	Entrancing Latin (Aida)	Beautiful Standard (Kato)		
19:00 - 19:50	Teacher Qualification Exam Course	Systematic Standard (Nagata)	Step Up Dance (Okamoto)			Within the parentheses is the assigned teacher
20:00 - 20:50	Sizzling Latin Excercises (Aida)	Beautiful Body Making Excercises (Okamoto)		Technical Standard (Kato)	Technical Latin (Aida)	
21:00 - 21:50					Popular Variation Steps for Standard (Watanabe)	

Class Lesson rates: Watanabe...4 Stamps

Kato, Rumi, All Staff...3 Stamps

Aida, Nagata, Okamoto...2 Stamps

	Level	Class Name	Content
Class 3	BEG.	The ABC's of Ballroom Dance	Learn how to dance basic steps and how to dance at parties.
Class 2	ELEM.	Systematic Standard	Learn basic techniques such as fundamental movements.
		Systematic Latin	
Class 1	INTER.	Beautiful Standard	Learn how to dance Standard more beautifully using slightly developed techniques.
		Exciting Latin	Learn how to dance Latin more entrancingly using slightly developed techniques.
Class Br.	ADV.	Technical Standard	Learn how to use advanced techniques in all aspects of choreography.
		Technical Latin	
Medal Test Steps i i	Others	Ballet stretches and excercises	Let's make your body elegant with more flexibility and balance skills.
		Kids Club !	For children up until 6th grade. Both kids and parents can participate !!
		Step Up Dance	Let's bring your dance level a step up by practicing popular party steps.
		Sizzling Latin Excercises ♪	Sizzling and Fun ♪ Basic Latin Excercises! Good for dieting also!!
		Beautiful Body Making Excercises ♡	Original excercises to make good posture and muscles needed for dancing.
		Popular Variation Steps for Standard	Popular variation steps taught by a guest teacher
		Free Dance Time	Use this class to practice what you learned ! All staff will participate ♪

※Those wishing to participate in class lessons must be at the studio at least 10 min before class starts.

※Class lessons is 50 minutes. If there are 3 or less people participating, class lesson time will be shortened to 25 minutes.

※Class lessons are subject to changes in time and content. Please check our HP or ask a staff member for the latest schedule.