



Sports Activities

KIDS & YOUTH

CLASS	SCHEDULE	LEVEL	TIME	MEMBER FEE				NON-MEMBER FEE			
				1x Week	2x Week	Per Class	Per Month	1x Week	2x Week	Per Class	Per Month
Ballet	Monday	3 - 5 yr	15:30 - 16:15	3,300/ m	5,500/ m	1,100		5,500/ m	8,800/ m	2,200	
		Over 7 yr	16:20 - 17:20	3,300/ m	5,500/ m	1,100		6,600/ m	8,800/ m	2,200	
		Advanced	17:20 - 18:20	3,300/ m	5,500/ m	1,100		6,600/ m	8,800/ m	2,200	
	Thursday	4 - 6 yr	15:30 - 16:15	3,300/ m	5,500/ m	1,100		6,050/ m	8,800/ m	2,200	
		Over 7 yr	16:20 - 17:20	3,300/ m	5,500/ m	1,100		6,600/ m	8,800/ m	2,200	
		Advanced	17:20 - 18:20	3,300/ m	5,500/ m	1,100		6,600/ m	8,800/ m	2,200	
Rhythmic	Monday	5 - 6 yr	15:00 - 15:30	10 children capacity		1,320		10 children capacity		2,420	
		3 - 4 yr	15:45 - 16:15	8 children capacity		1,320		8 children capacity		2,420	
		7 - 9 yr	16:30 - 17:00	10 children capacity		1,320		10 children capacity		2,420	
Hula	Saturday	Kids & Youth	10:00 - 10:40			990			1,210		
Volleyball	Friday	Youth	18:00 - 20:00			Free			1,540		
	Saturday		10:00 - 11:45			Free			1,540		
Soccer	Sunday	Kids	9:00 - 11:00			Free			1,540		
Basketball	Thursday	Kids	16:00 - 18:30			Free			1,540		
Rugby	Tuesday	Youth	18:00 - 19:00			Free			1,540	7,920/ m	
	Sunday		10:00 - 11:00			Free			1,540	7,920/ m	
Swimming	By Reservation	3 yr +	By Reservation			3,300	2,750 *5+ lessons				
Judo	Sunday	Kids	8:30 - 9:30			1,650	6,600/ m				
Tennis	Saturday	Pee Wee	9:00 - 10:00				3,520/ m				
		Kids Group	10:00 - 11:00				5,280/ m				
Shodo	Thursday	Kids	17:00 - 18:00			1,650	6,050/ m		1,980	7,260/ m	
		Youth	17:00 - 18:00			3,080	11,550/ m		3,630	13,860/ m	
Gymnastics	Wednesday	3 - 4yr + Parent	15:30 - 16:15	Capacity 6		Free		Capacity 6		2,200	
		5 - 9 yr	16:30 - 17:15	Capacity 10		Free		Capacity 10		2,200	



Sports Activities

ADULTS

CLASS	SCHEDULE	TIME	MEMBER FEE			NON-MEMBER FEE		
Ballet	Friday	11:00 - 12:15	1,320			2,200		
	Sunday	13:30 - 14:45	1,320			2,200		
Hula	Saturday	10:50 - 12:00	1,650			1,980		
Volleyball	Friday / Saturday	18:00 - 20:00 / 10:00 - 11:45	FREE			1,540		
Ikebana	Tuesday	10:30 - 15:30	1,650			2,420		
Personal Training	By Reservation	1 hour	7,920	2 x Group 11,000	3x Group 16,500	9,680	2 x Group 12,100	3x Group 18,150
Circuit Training	Thursday	11:00 - 12:00	550					
Judo	Sunday	8:30 - 9:30	2,200	8,800/ m		2,200		
Fitness Class with Mari	Sunday	9:00 - 10:00	3,300			6,600		
Personal Training / Dan	By Reservation	1 hour	7,920	2 x Group 11,000	3 x Group 13,530	9,680	2 x Group 12,100	3x Group 18,150
		45 min	6,325	2 x Group 9,020	3 x Group 10,890	7,590	2 x Group 11,220	3 x Group 13,200
Yoga	Wednesday	9:00 - 9:45	1,430			1,980		
	Saturday	10:30 - 11:45	1,540			1,870		
Latin Dance	Sunday	11:30 - 12:30	2,200			3,300		
Well-being & Happiness	Thursday	19:00 - 20:00		15,400/ m			17,600/ m	
Shodo	Thursday	17:00 - 18:00	3,080	11,550/ m		3,630	13,860/ m	
Milos Weekday Group	Weekday	1 hour 30 min	3,800	11,000/ m		4,600	13,200/ m	
Milos Private Lesson	By Reservation	1 hour	9,900	31,680/ m		13,200	39,900/ m	
Tennis Semi Private Lesson	By Reservation	1 hour	3,960					
Tennis Private Lesson	By Reservation	1 hour	7,920			9,680		
Tennis Private Lesson	By Reservation	45 min	5,940					
Tennis Private Lesson	By Reservation	1 hour 30 min	11,880					
Tennis Weekend Group	Weekend			14,850/ m			17,820/ m	
Tennis Spot Lesson / Tanikawa			4,400			5,500		

All prices are tax inclusive



KIDS & ADULT BALLET Emma Ishii

LATIN DANCE Billy Santos

KIDS RHYTHMIC CLASSES Megumi Rowse

KIDS & ADULT HULA Nozomi Watanabe

IKEBANA Naohiro Kasuya

SHODO LESSON Shoushin Kato

WELL-BEING & HAPPINESS Talu Eckhoff

GYMNASTICS Lina Ito & Yuki Nonogami

PERSONAL TRAINING Danny Mullaney | Contact: dan_mullaney@hotmail.com to make a reservation

PERSONAL TRAINING Satoshi Nagae | Contact: snagae@gmail.com to make a reservation

PERSONAL TRAINING Chuck Wilson | Contact: nbwilson@gol.com to make a reservation

JUDO Chuck Wilson

PERSONAL TRAINING Mari Fujita | Contact: mari.peronaltraining0512@gmail.com to make a reservation

CONDITIONING & STRETCH Mari Fujita

CONDITIONING EXERCISE Mari Fujita

YOGA Yuki Otaka

YOGA Sophie Geddie

YOUTH RUGBY Yuji Kitano

TENNIS WEEKDAY GROUP Coach Milos Dimic and Coach Yoshio Tanikawa

TENNIS ADVANCE GROUP Coach Milos Dimic

TENNIS KIDS GROUP LESSON Coach Milos Dimic

PEE WEE TENNIS Coach Milos Dimic

TENNIS WEEKEND ADULT GROUP LESSON Coach Ryosuke Furuya

TENNIS PRIVATE LESSONS Coach Milos Dimic, Coach Yoshio Tanikawa, Coach Ryosuke Furuya or Coach Chiaki Miyamoto