

Power Arts Schedule

1F studio

**NO reservation required
for normal classes!!**

〈1st floor rental studio fee〉
 〈Monday~Wednesday〉 11am~13pm
 〈Thursday, Friday〉 11am~15pm
 1h/¥15,000 · 2h~¥10,000/1h
 (2h¥20,000/3h¥30,000)
 Cannot be used for commercial purposes
 (Work shops etc.)
 Please use it for practice, photography, etc.

<http://www.powerarts.org>


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※Reservations are required for 『Private Lesson』 『Aerial Open training/Aerial hoops』 『Kinder circus』 『Rental studio』
 by phone or email!

All adult acrobat classes allow you to practice backflips !

| | Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
|-------|--|---|--|---|--|---|--|
| 11:00 | | | | | | Both columns are Saturday | |
| 12:00 | | | Rental studio | | | Aerial Open training 5m ●Silks ●Ring ●Straps Reservation only ¥3000 | Every 3rd Sunday Of the month the gym is closed |
| 13:00 | | 1h/¥15,000 · 2h~¥10,000/1h | | | | Aerial Open training 10m (pit area) Reservation only ¥3500 | Open Training |
| 14:00 | Open training Public holiday only 13:00-16:00 16:00-19:00 | | Open Training | | | Back flip Kids 6y/o up KEITA&GORI ¥2100 KIDS | JHS-Adult |
| 15:00 | Open Training | | JHS-Adult | | | Private Lesson | 1st floor ¥1100 |
| 16:00 | JHS-Adult | | 1st floor ¥1100 | | | Parkour beginner Primary~junior high 14:00~15:10 GORI ¥2100 KIDS | |
| 17:00 | 1st floor ¥1100 | | 2nd floor ¥1100 | | | Private Lesson | Kinder Parkour 4y/o up JYOJI ¥2100 |
| 18:00 | 2nd floor ¥1100 | | Both ¥2200 | | | 16:00~17:20 Parkour Basic AO ¥2100 Adult | Tricking Advanced 9y/o up-adult AKATUKI ¥2500 |
| 19:00 | Both ¥2200 | | | | | Aerial Workout Every 1st & 3rd sat 9y/o up Blair ¥3500 | Parkour beginner 6y/o up-adult JYOJI ¥2100 |
| 20:00 | Adult | Kinder Acro 4y/o up MAME&AO Reservation Month ¥15000 ¥3000 | Kinder Acro 4y/o up JYOJI&AKATSUKI Month ¥15000 | Kinder Parkour 4y/o up GORI Reservation Month ¥15000 ¥3000 | Kinder Acro 4y/o up JYOJI AKATSUKI Month ¥15000 | Private Lesson | Tricking Beginner 9y/o up-adult AKATUKI ¥2500 |
| 21:00 | Acrobat Primary-JHS Level 1-2-0 ¥2100 Monthly ¥15500 KIDS | Acrobat Primary-JHS Level 1-2-0 ¥2100 Monthly ¥15500 KIDS | Acrobat Primary-JHS Level 1-2-0 ¥2100 Monthly ¥15500 KIDS | Acrobat Primary-JHS Level 1-2-0 ¥2100 Monthly ¥15500 KIDS | Acrobat Primary-JHS Level 1-2-0 ¥2100 Monthly ¥15500 KIDS | Acrobat All Level JHS - Adult ¥2300 Monthly ¥20500 Adult | |
| 22:00 | Primary juniorhigh Parkour beginner GORI ¥2100 KIDS | Acrobat Primary-JHS Level 1-2-0 ¥2100 Monthly ¥15500 KIDS | Back Flip 6y/o up KEITA ¥2100 KIDS | Private Lesson | Parkour Level 1-2-0 Advanced GORI ¥2100 KIDS | Free training ok | |
| 23:00 | Primary juniorhigh Parkour advanced GORI ¥2100 KIDS | Acrobat Level 6-2-0 ¥2100 Monthly ¥15500 KIDS | Parkour All level 6y/o up GORI ¥2500 | Tricking 9y/o-adult AKATSUKI Monthly ¥15500 KIDS | Parkour All level 6y/o-adult AO ¥2100 KIDS | | |
| | Parkour beginner GORI ¥2100 Adult | Flexy Acro 9y/o-adult HIRO ¥2100 Adult | Acrobat Beginner HIRO ¥2300 Adult | Acrobat Basics MAME 9y/o adult ¥2100 | Flips Basic KEITA ¥2100 Adult | | |
| | Acrobat All Level JHS - Adult ¥2300 Monthly ¥20500 Adult | Extreme Acro All Level JHS - Adult ¥2300 Monthly ¥20500 Adult | Acrobat All Level JHS - Adult ¥2300 Monthly ¥20500 Adult | Acrobat All Level JHS - Adult ¥2300 Monthly ¥20500 Adult | Acro Advanced Requires a Back flip To enter ¥2500 Monthly ¥20500 Adult | | |
| | Free training ok | Free training ok | | Free training ok | Free training ok | | |

- Joining fee is one time only¥11000/ insurance renewal is every April Kids¥1100 Adult¥2100/1 year
- [Acrobat kids] Monthly¥15500 (Sibling discount ¥2500 per child) (If a public holiday falls on a monday there are no acro kids classes)
- [Kinder acro] monthly¥15000 (Sibling discount ¥2500 per child)
- If a kindergarten child obtains a Level 2 they can join the back flip kids class
- If a kindergarten child obtains a Level 4 they can join the Acrobat kids class
-  Adult acro classes are pay per class or a highly discounted monthly fee of ¥20500
- Private lessons pricing (reservation required)
¥8000/1 person ¥14000/2 people ¥18000/3people
- Private lessons are pay in advance only. Cancellations are accepted until 6pm the day before. After that there are no refunds.
- KIDS marked classes are for primary and junior high school kids. Adult marked classes are for junior high school kids to adults.
- The instructors course is a 24 times course at ¥192000 (Tax not included) The course focuses on becoming a acrobatic and or parkour instructor plus studio management.