

# IRON STUDIO SCHEDULE (2nd floor)

## schedule

<http://www.powerarts.org>  
[bloodlamb82@proton.me](mailto:bloodlamb82@proton.me)  
 06-7493-0523

※Reservations required for 『Private lessons』 『Aerial open training/aerial ring』 『Kinder circus』 『Studio rental』 Please call for bookings

**Normal classes need no prior reservations!**

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
11:00							Every 3rd sunday Of the month the Gym is closed
12:00							Reservation needed Aerialring Every All level 2nd CHII &4th Y3500 sun Adult
13:00							Studio rental
14:00	Open Training		Studio rental			Stretch Beginner HIRO Y2100 Adult	1hour / ¥2000
15:00	JCH - Adult 1st floor ¥1100 2nd floor ¥1100		1hour / ¥2000			Stretch advanced 9y/o up-adult HIRO Y2100	Plus:each person/¥200
16:00	Both ¥2200 Adult		Plus:each person/¥200		Studio rental 1hour / ¥2000	Studio rental 1hour / ¥2000	
17:00					Plus:each person/200F	Private Lesson 2 F	
18:00						Plus:each person ¥200	Private Lesson 2 F
19:00		BasicSkills 9y/o up -adult KEITA ¥2100	Contortion Must be able to bridge JHS - Adult HIRO ¥3200 Adult		Primary - junior high Parkour Skill JYOJI ¥2100 KIDS		
20:00	Acro core 9y/o up-adult KEITA ¥2100	Break Acro RYOMA ¥3000	Studio rental		Parkour Skill All level JYOJI ¥2100 Adult		
21:00	Private lesson 2 F	Studio rental	1hour / ¥2000	Studio rental			
22:00		1hour / ¥2000 Plus:each person/¥200	Plus:each person/¥200	1hour / ¥2000 Plus:each person/¥200			
23:00							

※Kids classes are for primary to junior high kids. Adult classes are for junior high to adult.

※Studio rental, aerial ring and private lessons are require reservations (Please feel free to call)

※Silks/ring/straps rental is ¥3000 cube is ¥4000

※**Inside shoes are required for the break acro and parkour skills classes.**

Outside shoes are not allowed