

# 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円・2h~10,000円/1h  
 (2h20,000円/3h30,000円)  
 Cannot be used for commercial purposes  
 (Work shops etc.)  
 Please use it for practice, photography, etc.

<http://www.powerarts.org>

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06-7493-0523

※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円	Every 3rd Sunday Of the month the gym is closed
13:00		1h/15,000円・2h~10,000円/1h				Aerial Open training 10m (pit area) Reservation only 3500円 2 people/6000円	Open Training
14:00	Open training Public holiday only 13:00-16:00 16:00-19:00		Open Training			Back flip Kids 9y/o up KEITA&GORI 2100円・KIDS	JHS-Adult
15:00	Open Training JHS-Adult		JHS-Adult			Stretch Beginner HIRO 2100円	1st floor 1100円
16:00	1st floor 1100円	Aerial Open training ●Silks ●Ring ●Straps Reservation 3000円 Month 15000円	Both 2200円			Stretch advanced 9y/o up HIRO 2100円	2nd floor 1100円
17:00	2nd floor 1100円	Kinder Acro 4y/o up JYOJI&AO 3000円 Adult	Kinder Acro 4y/o up KEITA&AKATSUKI 2100円	Kinder Parkour 4y/o up GORI 2100円	Aerial Open training ●silks ●ring ●straps Reservation 3000円 Month 15000円	Private Lesson	16:00~17:20 Parkour Basic AO 2100円
18:00	Acrobat Primary-JHS Level 1-1.8 2100円 Monthly 15500円 KIDS	Acrobat Primary-JHS Level 1-1.8 2100円 Monthly 15500円 KIDS	Acrobat Primary-JHS Level 1-1.8 2100円 Monthly 15500円 KIDS	Acrobat Primary-JHS Level 1-1.8 2100円 Monthly 15500円 KIDS	Acrobat Primary-JHS Level 1-1.8 2100円 Monthly 15500円 KIDS	Private Lesson	Tricking Advanced 9y/o up AKATUKI 2500円
19:00	Private Lesson	Acrobat Primary-JHS Level 1-1.8 2100円 Monthly 15500円 KIDS	Back Flip 9y/o up KEITA 2100円	Private Lesson	Parkour Advanced GORI 2100円	Private Lesson	Tricking Beginner 9y/o up AKATUKI 2500円
20:00	Flexy Acro 9y/o-adult HIRO 2100円	Acrobat Level 6-1.8 2100円 Monthly 15500円 KIDS	Aerial Silks Kids Chill 9y/o up 2100円	Tricking All level AKATSUKI 9y/o-adult GORI 2500円	Acrobat Level 6-1.8 2100円 Monthly 15500円 KIDS	Teacher Training	Private Lesson
21:00	Parkour beginner GORI 2100円	Acrobat beginner HIRO 2100円	2800円 KIDS	Acrobat Basics MAME 9y/o adult 2100円	Acrobat Basics Reservation	Back Handspring Basic KEITA 2100円	Acrobat All Level JHS - Adult 2300円 Monthly 20500円
22:00	Acrobat All Level JHS - Adult 2300円 Monthly 20500円	Extreme Acro All Level JHS - Adult 2300円 Monthly 20500円	Acrobat All Level JHS - Adult 2300円 Monthly 20500円	Acrobat All Level JHS - Adult 2300円	Acrobat All Level JHS - Adult 2300円	Flips Basic KEITA 2100円	Tricking Advanced Requires a Back flip To enter 2500円 Monthly 20500円
23:00	Free training ok	Free training ok		Free training ok	Free training ok	19:30-20:30 Silks Basic IZUMI 3100円	Free training ok

- Joining fee is one time only 11000円/ insurance renewal is every April Kids 1100円 Adult 2100円/1 year
- [Acrobat kids] Monthly 15500円 (Sibling discount 2500円 per child) (If a public holiday falls on a Monday there are no acro kids classes)
- [kinder acro] monthly 15000円 (Sibling discount 2500円 per child)
- Adult acro classes are pay per class or a highly discounted monthly fee of 20500円
- Private lessons pricing (reservation required)  
8000円/1 person 14000円/2 people 18000円/3 people
- 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円 (Tax not included) The course focuses on becoming an acrobatic and parkour instructor plus studio management.