

List of Regular Courses 2026 at Hiro C. D. Center

<i>Course Name</i>	<i>Course Frequency</i>	<i>Time</i>	<i>Instructor</i>
☆Children (from 4 to 6 years old)			
Kids Dance	2nd & 4th Saturdays	10:00~	<i>Emi Hatasaka</i>
☆ Children (from 4 to 12 years old)			
Classical Ballet	4/a month, Saturdays	18:00~	<i>Yukie Furue</i>
☆Adults(General)			
Healthy Hula	1st & 3rd Mondays	10:00~	<i>Kazue Minami</i>
Calligraphy	4/a month, Tuesdays	9:30~	<i>Kofu Shmizu</i>
Calligraphy	4/a month, Thursdays	9:30~	<i>Enpu Matsuoka</i>
Tea Ceremony (Urasenke)	1st & 3rd Wednesdays	9:30~	<i>Sugako Nakano</i>
Japanese Dance (Fujima)	1st & 3rd Wednesdays	13:00~	<i>Rishou Fujima</i>
Flower Arrangement (Ikenobo)	2nd & 4th Wednesdays	9:30~	<i>Sugako Nakano</i>
Haiku	2nd Thursdays	10:00~	<i>Yuriko Ishimoto</i>
3B Exercise	4/a month Thursdays	9:30~	<i>Miyori Fuji</i>
Tai Chi	4/a month Thursdays	13:00~	<i>Miki Kurushima</i>
Let's Learn Chinese!	4/a month Thursdays	18:00~	<i>Takashi Aimoto</i>
Go(Igo)	4/a month Thursdays	18:00~	<i>Yoshiki Adachi</i>
Vegetable Smoothie for Gut Health Cooking1	2nd & 4th Fridays	10:00~	<i>Nozomi Okamura</i>
Vegetable Smoothie for Gut Health Cooking2	1st & 3rd Fridays	10:00~	<i>Nozomi Okamura</i>
Yoga 1	4/a month Fridays	9:00~	<i>Miyuki Tamai</i>
Yoga 2	4/a month Fridays	11:00~	<i>Miyuki Tamai</i>
W Stimulus: Brain & Foot	3/a month Mondays	10:00~	<i>Mitsue Yabuki</i>
☆Women			
Flower Arrangement (Saga Goryu)	1st & 3rd Tuesdays	9:30~	<i>Yuhō Motonaka</i>
Table Tennis 1	4/a month, Wednesdays	10:00~	<i>Mayumi Omosako</i>
Table Tennis 2	4/a month, Wednesdays	13:00~	<i>Mayumi Omosako</i>
Gentle Aerobics	4/a month, Tuesdays	19:00~	<i>Naoko Oda</i>
Easy Western-style Sewing (Basics)	1st & 3rd Thursdays	9:30~	<i>Shihomi Hamaguchi</i>
Kimono Dressing Workshop	1st & 3rd Thursdays	10:00~	<i>Yuko Aida</i>
Chorus	1st & 3rd Thursdays	13:30~	<i>Fumiyo Takeda</i>
Relaxing Ballet Stretching	1st & 3rd Fridays	14:00~	<i>Mariko Ebisu</i>
☆Elderly (60 years and older)			
Silver Cheerful Exercise 1	4/a month, Tuesdays	13:30~	<i>Ayako Watanabe</i>
Silver Cheerful Exercise 2	1st & 3rd Wednesdays	10:00~	<i>Ayako Watanabe</i>
Lively Health Exercise	4/a month, Thursdays	10:00~	<i>Mitsue Yabuki</i>