

MAY						
	Mon			Tue		
	STUDIO A	STUDIO B	STUDIO C	STUDIO A	STUDIO B	STUDIO C
11:00	11:30~12:30 FREE POLE		11:40~12:40 FREE POLE	11:30~12:30 FREE POLE	11:30~12:30 AERIAL SILK LEVEL 1&2	11:30~12:30 FREE POLE
12:00			12:45~13:45 FREE POLE	13:00~14:15 FREE POLE	13:00~14:00 AYA	12:40~14:10 FREE POLE
13:00	12:45~13:45 SPINNING POLE LEVEL 1 ELLES	12:30~13:30 AERIAL SILK LEVEL 1&2 AYA	12:45~13:45 FREE POLE	13:00~14:15 POLE LEVEL 3&4 SHGKGO	13:00~14:00 AERIAL YOGA HAMMOCK AYA	12:40~14:10 FREE POLE
14:00	14:00~15:15 POLE LEVEL 1 ELLES	14:00~15:00 AERIAL YOGA HAMMOCK AYA	14:00~15:00 POLE LEVEL 2 SHGKGO	14:30~15:30 SPINNING POLE LEVEL 1&2 ELLES	14:30~15:30 AERIAL HOOP LEVEL 1 AYA	14:30~15:30 POLE LEVEL 2 OJ
15:00	15:30~16:45 POLE LEVEL 3&4 SHGKGO	15:30~16:30 FLEXIBILITY BEGINNER ELLES	15:30~16:30 POLE LEVEL 1 AKI	16:00~17:00 POLE HEELS AKI	16:00~17:15 POLE LEVEL 3 SHGKGO	15:40~16:45 POLE LEVEL 1 ELLES
16:00		16:40~17:45 FREE POLE	16:40~17:45 FREE POLE	17:45~19:00 POLE ADVANCE STATIC OR SPINNING RIYOTA	17:00~18:00 POLE LEVEL 1 AKI	17:00~18:00 POLE LEVEL 1 ELLES
17:00				18:00~19:00 POLE ADVANCE STATIC OR SPINNING RIYOTA	18:10~19:10 ACROBAT-BASIC BEKMAN	17:10~18:10 POLE LEVEL 1 ELLES
18:00				19:15~20:30 POLE LEVEL 2&3 RIYOTA	19:15~20:30 POLE LEVEL 2 AKI	18:10~19:10 POLE LEVEL 1 ELLES
19:00	19:30~20:45 POLE TROCK REQUEST (ALL LEVEL) NESHO	19:20~20:20 AERIAL SILK LEVEL 1&2 AYA	19:20~20:20 POLE LEVEL 2 SHGKGO	19:30~20:30 FREE POLE	20:05~21:05 FREE POLE	19:15~20:30 POLE LEVEL 2 AKI
20:00	21:00~22:00 FLEXIBILITY BEGINNER NESHO	New ! 20:45~21:45 HAMMOCK DANCE AYA	20:30~21:30 POLE LEVEL 1 AKI	21:10~22:10 FREE POLE	20:40~21:55 POLE LEVEL 3&4 SHGKGO	20:45~21:45 POLE LEVEL 2 SHGKGO
21:00			21:40~22:40 FREE POLE	22:00~23:30 FREE POLE	22:00~23:30 TRAINING FOR POLE FORMATION RYOJI 4,000 only!	22:10~23:00 FREE POLE
22:00						

MAY						
	Wed			Thu		
	STUDIO A	STUDIO B	STUDIO C	STUDIO A	STUDIO B	STUDIO C
11:00	11:30~12:45 POLE LEVEL 2&3 SHGKGO	11:30~12:45 POLE ADVANCE STATIC OR SPINNING PINKO	11:30~12:30 FREE POLE	11:00~12:30 FREE POLE	11:30~12:45 POLE LEVEL 3 OJAYAMA	11:20~12:20 FREE POLE
12:00	13:00~14:15 POLE 3&4 STATIC OR SPINNING SHGKGO	13:00~14:00 POLE HEELS LEVEL 1&2 AKI	13:00~14:00 POLE LEVEL 1 MOMOKI	13:00~14:15 POLE 4 (STATIC OR SPINNING) SHGKGO	13:00~14:00 AERIAL SILK LEVEL 1 ALY	12:30~14:00 FREE POLE
13:00	14:30~15:30 SPINNING POLE HEELS LEVEL 1&2 MOMOKI	14:15~15:30 FLEXIBILITY+ TROCK EMJAY	14:30~15:30 FLEXIBILITY BEGINNER ELLES	14:30~15:45 POLE HEELS LEVEL 2&3 EMJAY	14:15~15:30 AERIAL SILK LEVEL 2 ALY	14:30~15:30 POLE LEVEL 1 OJAYAMA
14:00	15:45~16:45 POLE HEELS LEVEL 1&2 ELLES	15:45~17:00 POLE LEVEL 3 EMJAY	16:00~17:00 POLE LEVEL 2 MOMOKI	16:00~17:15 POLE LEVEL 3&4 EMJAY	15:45~17:00 AERIAL HOOP LEVEL 1 & 2 OJAYAMA	15:45~16:45 POLE LEVEL 1 OJAYAMA
15:00			17:15~18:15 FREE POLE			
16:00						17:10~18:10 FLEXIBILITY BEGINNER Elizabeth
17:00						
18:00	19:20~20:35 POLE LEVEL 2&3 Shane/Rafidman	19:05~20:20 FLEXIBILITY BEGINNER ELLES	19:20~20:30 POLE LEVEL 1 SHGKGO	19:20~20:35 POLE LEVEL 3 SHGKGO	19:20~20:20 AERIAL SILK LEVEL 1 ALY	19:20~20:20 POLE HEELS EMJAY
19:00	20:45~22:00 POLE LEVEL 3&4 SHGKGO	20:45~22:00 POLE ADVANCE STATIC OR SPINNING EMJAY	20:45~21:45 POLE LEVEL 2 NESHO	20:45~21:45 POLE LEVEL 2 NESHO	20:30~22:00 AERIAL SILK LEVEL 2&3 ALY	20:45~21:45 POLE LEVEL 1 SHGKGO
20:00			22:00~23:30 FREE POLE	22:00~23:30 FREE POLE		23:00~23:30 FLEXIBILITY BEGINNER NESHO

MAY						
	Fri			Sat		
	STUDIO A	STUDIO B	STUDIO C	STUDIO A	STUDIO B	STUDIO C
11:00	11:00~12:00 FREE POLE	11:30~12:30 AERIAL YOGA HAMMOCK AYA	11:30~12:30 POLE LEVEL 1 OJAYAMA	11:00~12:00 FREE POLE	11:30~12:30 AERIAL HOOP LEVEL 1 AYA	11:00~12:00 POLE LEVEL 1 SHGKGO
12:00	12:05~13:05 FREE POLE			12:15~13:30 POLE LEVEL 3 SHGKGO	12:15~13:30 FREE POLE	12:15~13:40 POLE HEELS (SLOW MOVE) SHGKGO
13:00	13:15~14:15 POLE 3&4 (SPINNING) ONLY MOMOKI	13:30~14:30 AERIAL HOOP (HAMMOCK) HEELS AYA	13:00~14:00 POLE LEVEL 3&4 SHGKGO	13:45~15:00 POLE LEVEL 3&4 SHGKGO	14:00~15:00 NEW ! 13:30~13:30 HAMMOCK DANCE AKI	14:00~15:00 POLE LEVEL 2 AKI
14:00	14:30~15:45 POLE LEVEL 3 SHGKGO	New ! 14:30~15:30 HAMMOCK DANCE LEVEL 2 AYA	14:30~15:30 POLE HEELS LEVEL 1 & 2 MOMOKI	15:10~16:10 POLE HEELS LEVEL 1 & 2 YOKO	15:45~16:45 POLE LEVEL 2 MOMOKI	15:15~16:30 POLE HEELS RIYOTA
15:00	16:00~17:15 POLE LEVEL 4 ELLES	16:00~17:00 AERIAL SILK LEVEL 1 AYA	16:00~17:00 POLE LEVEL 2 SHGKGO	16:20~17:35 POLE LEVEL 3 AKI	16:50~18:05 POLE LEVEL 2 AKI	16:10~17:15 AERIAL SILK LEVEL 1 & 2 AKI
16:00			17:15~18:15 FREE POLE	17:45~18:45 SPINNING POLE LEVEL 1 ELLES	17:30~18:45 POLE ADVANCE STATIC OR SPINNING RIYOTA	17:30~18:30 POLE LEVEL 3&4 NESHO
17:00						
18:00	19:30~20:30 SPINNING POLE LEVEL 1 & 2 ELLES	19:45~20:45 AERIAL HOOP LEVEL 1 ALY	19:30~20:30 POLE LEVEL 1 EMJAY	19:30~19:45 POLE 3&4 STATIC OR SPINNING RIYOTA	18:45~19:45 POLE LEVEL 1 NESHO	19:00~20:30 POLE LEVEL 3 AKI
19:00	20:45~22:00 POLE LEVEL 3 EMJAY	21:00~22:15 AERIAL HOOP LEVEL 1 & 2 ALY	20:45~21:45 POLE LEVEL 2 AKI	20:00~21:00 POLE HEELS LEVEL 2 ELLES	21:10~22:25 POLE ADVANCE STATIC OR SPINNING ELLES	19:00~20:30 RAMAKO WS TROCK REQUEST 2 時分 4,000 only!
20:00						
21:00						
22:00						