

Lesson Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00	7:00~12:40	7:00~10:20	7:00~10:20	7:00~9:10	7:00~10:20	7:00~9:10	7:00~9:10
	Rental Studio	Rental Studio	Rental Studio	Rental Studio	Rental Studio	Rental Studio	Rental Studio
10:00						9:45~10:45	
					10:30~11:30	TICKET ONLY FREE POLE	10:30~11:30
11:00		 11:00~12:00 POLE LEVEL 1 MIYABI		 11:00~12:00 POLE LEVEL 1 MIYABI	TICKET ONLY FREE POLE		TICKET ONLY FREE POLE
			 11:30~12:30 AERIAL HOOP LEVEL 1 Rumy				
12:00		12:30~13:30 SEXY MOVEMENT without heels(All level) MIYABI		12:30~13:30 SEXY MOVEMENT ヒール MIYABI	 12:30~13:30 POLE ALL LEVEL KENIO (12/1 only)	Lilika Workshop 12/8 12:00~ Basic Beginners	
13:00	 13:00~14:00 AERIAL HOOP LEVEL 1 Rumy		 13:00~14:00 POLE LEVEL 1 Rumy				13:30~14:30
				 14:00~15:00 AERIAL HAMMOCK LEVEL 1 Rumy (11/23 closed)	12/1 14:00~15:00 KENIO Trick requests 12/8 14:00~ Lilika WS Pole&Floor with heels	14:00~15:00 Trick Request KENIO (12/2 only)	TICKET ONLY FREE POLE
14:00	 14:30~15:30 POLE LEVEL 1 Rumy	14:15~15:15 TICKET ONLY FREE POLE	14:15~15:15 TICKET ONLY FREE POLE		15:15~16:15 TICKET ONLY FREE POLE	 15:30~16:30 POLE ALL LEVEL KENIO (12/2 only)	15:00~16:00 TICKET ONLY FREE POLE
15:00			15:30~16:30 TICKET ONLY FREE POLE	15:30~16:30 TICKET ONLY FREE POLE		Lilika Workshop 12/9 16:00~ Pole & Floor (berefot)	
16:00	16:00~17:00 SEXY HEELS MOVEMENT (ALL LEVEL) Jhay 12/4, 12/25 Rumy 12/11,12/8 Close	16:15~17:15 TICKET ONLY FREE POLE	16:45~17:45 TICKET ONLY FREE POLE	16:45~17:45 TICKET ONLY FREE POLE	16:30~17:30 SEXY HEELS MOVEMENT (ALL LEVEL) MIKA 12/8 Close	17:30~18:30 TICKET ONLY FREE POLE	16:15~17:15 TICKET ONLY FREE POLE
17:00	17:15~18:15 SPINNING POLE SUPER BEGINNER Jhay 12/4, 12/25 Rumy 12/11,12/8 Close	17:30~18:30 TICKET ONLY FREE POLE					17:30~18:30 TICKET ONLY FREE POLE
18:00	 18:30~19:30 AERIAL HOOP LEVEL 1 Jhay 12/4, 12/25 Rumy 12/11,12/8 Close	18:45~19:45 TICKET ONLY FREE POLE	 18:00~19:00 POLE LEVEL 1 Jhay (11/22,29 Closed)	18:00~19:15 Pole level 2&3 Jhay (11/23,30 Closed)			TICKET ONLY FREE POLE
19:00			 19:15~20:15 POLE HEELS Jhay (11/22,29 Closed)	 19:30~20:30 POLE LEVEL 1 Jhay (11/23,30 Closed)	 19:00~20:00 POLE LEVEL 1 YUKI	19:00~20:00 SPINNING LEVEL1 YUKI	 19:00~20:00 POLE LEVEL1 YUKI (1st&3rd week only)
	19:40~20:40 SEXY HEELSムーブメント (ALL LEVEL) MIKA 12/4 Close	20:00~21:00 TICKET ONLY FREE POLE	20:30~21:30 TICKET ONLY FREE POLE	20:45~21:45 TICKET ONLY FREE POLE	Lilika Workshop 12/8 19:30~ Basic Beginners	20:00~21:00 TICKET ONLY FREE POLE	
21:00							
22:00							



...If you are level1, this is a class you can take!