

NOVEMBER

03-5412-2555 TEL 1400~2100

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	Mon			Tue			Wed			Thu			Fri			Sat			Sun			
	Space A	Space B	MINI	Space A	Space B	MINI	Space A	Space B	MINI	Space A	Space B	MINI	Space A	Space B	MINI	Space A	Space B	MINI	Space A	Space B	MINI	
9:00				9:00~10:00 Morning free pole			9:00~10:00 Morning free pole															
10:00				10:30~11:30 AERIAL HOOP LEVEL 1 Mikitty			10:30~11:30 STRETCH TOMO						10:30~11:30 POLE LEVEL 2 YOKO	10:30~11:30 POLE LEVEL 1 YOKO		10:30~11:30 POLE LEVEL 2 PINOKO	10:30~11:30 POLE LEVEL 1 YOKO		10:30~11:45 POLE LEVEL 2&3 KUMI			
11:00	11:00~12:00 POLE LEVEL 1 TOMO	11:00~12:00 POLE LEVEL 2 TOMO		12:00~13:00 AERIAL HOOP LEVEL 1&2 MKA			NEW! 11:40~12:40 POLE 1&2 DANCE TOMO			11:15~12:15 POLE LEVEL 2 YOKO	11:15~12:15 POLE LEVEL 1 YOKO		11:45~12:45 EXOTIC CHAIR BASIC YOKO		11:45~12:45 13-27th STRIP HEELS LEVEL 1&2 YOKO	11:45~12:45 8-20th SPINNING POLE HEELS LEVEL 1 YOKO	12:00~13:00 POLE LEVEL 1 KUMI		12:10~13:10 POLE LEVEL 2 KUMI	12:00~13:00 POLE LEVEL 1 KUMI		
12:00	NEW! 12:30~13:15 Bungee Fitness TOMO			13:15~14:30 CONTORTION WS BEGINNER NON		12:15~13:15 POLE LEVEL 1 NO TRICK MIYUKI	NEW! 13:00~13:45 Bungee Fitness TOMO			12:30~13:30 SPINNING POLE HEELS LEVEL 1 YOKO		13:00~14:00 STRIP HEELS BASIC (ALL LEVEL) YOKO		13:00~14:00 KIDS POLE PINOKO		13:30~14:45 POLE LEVEL 3&4 MOMOYO		13:30~14:45 POLE LEVEL 2 KUMI		13:30~14:45 POLE LEVEL 3&4 MOMOYO		
13:00				14:45~15:45 FREE POLE						13:45~14:45 SPLIT FLEXIBILITY Sally		14:15~15:30 POLE LEVEL 2&3 Pego(KASUMI)		14:30~16:00 PINOKO WS! PINOKO's Heels Style PINOKO	Only 13th! 14:30~15:30 TRIAL BungeeFitness TOMO!	14:45~15:45 POLE LEVEL 2 KUMI		15:00~16:00 EXOTIC FLOOR FLOW BASIC MOMOYO		15:00~16:00 EXOTIC FLOOR FLOW BASIC MOMOYO		15:00~16:00 Open Legs TOMO
14:00	NEW! 13:45~14:45 EXOTIC TRICK PINOKO			16:00~17:00 EXOTIC FLOW (ALL LEVEL) MOMOYO	only 23th 15:00~16:00 EXOTIC FLOW (オールレベル) MOMOYO		16:15~17:30 POLE LEVEL 2&3 YOKO			15:00~16:00 ASIAN EXOTIC POLE PINOKO		16:15~17:30 POLE LEVEL 2&3 YOKO		15:45~17:00 POLE TRICK REQUEST (ALL LEVEL) NISHIO		16:15~17:30 6-20th POLE LEVEL 2&3 MOMOYO	16:15~17:30 13-27th SPINNING POLE HEELS LEVEL 1 MOMOYO	16:15~17:15 KIDS POLE KUMI	16:30~17:30 14-28th AERIAL HOOP LEVEL 1 Mikitty	16:15~17:15 7-21th POLE FLOOR FLOW TOMO		
15:00							18:15~19:15 SPINNING POLE LEVEL 1 RIE			18:30~19:30 POLE LEVEL 1&2 RIE			19:00~20:15 POLE LEVEL 3&4 NISHIO		17:45~18:45 STRIP (SLOW MOVE) YOKO			18:00~19:15 14-28th POLE LEVEL 2&3 Mikitty				
16:00	15:00~16:00 SPINNING POLE LEVEL 1 MOMOYO						19:30~20:30 Sexy movement (ALL LEVEL) RIE			18:15~19:15 POLE LEVEL 1&2 YUI			19:00~20:15 POLE LEVEL 3&4 NISHIO		18:00~19:15 14-28th POLE LEVEL 2&3 Mikitty							
17:00	16:15~17:30 POLE LEVEL 3&4 MOMOYO						20:45~21:45 13-27th POLE LEVEL L 2 Pego(KASUMI)			19:30~20:30 NEW! 19:30~20:30 13-27th XPOP x POLE DANCE Pego(KASUMI)	19:30~20:30 6-20th POLE LEVEL 1&2 Pego(KASUMI)		20:30~21:45 POLE LEVEL 2&3 NISHIO		20:40~21:40 POLE LEVEL 1&2 AYA	19:00~20:00 EXOTIC CHAIR BASIC YOKO						
18:00										19:30~20:30 SUPER BEGINNER (ALL LEVEL) Pego(KASUMI)		22:00~23:00 STRETCH NISHIO			20:15~21:45 2nd YOKO WS! Chair Acro YOKO							
19:00	19:00~20:15 POLE LEVEL 2&3 YUI		19:10~20:10 POLE LEVEL 1&2 AYA																			
20:00	20:30~21:30 POLE HEELS BASIC (ALL LEVEL) YUI			19:15~20:30 EXOTIC FLOOR FLOW (ADVANCE) MOMOYO	only 23th 16:15~17:30 EXOTIC FLOOR FLOW (アドバンス) MOMOYO	19:20~20:20 23th POLE LEVEL 2 Pego(KASUMI)																
21:00				20:45~22:00 POLE LEVEL 2&3 MOMOYO	only 23th 17:45~19:00 ポールレベル2&3 MOMOYO	21:00~22:00 23th POLE LEVEL 1 Pego(KASUMI)																
22:00																						

***If you are level1, this is a class you can take!
 ***If you have an Unlimited plan, this is a class you can take!