

		Mon			Tue		
		STUDIO A	STUDIO B	STUDIO C	STUDIO A	STUDIO B	STUDIO C
11:00	11:15~12:15		11:15~12:40 20th AERIAL HOOP WS AYA	11:30~12:30	11:30~12:30	11:30~12:30	11:30~12:45
	FREE POLE			FREE POLE	FREE POLE	AERIAL SILK LEVEL 1&2	POLE LEVEL 2&3
12:00	12:30~13:45		11:20~12:40 8th, 13th, 27th FREE AERIAL 80min, 2,500yen	12:45~13:45 POLE LEVEL 1 MOMOK		AYA	Elizabeth
13:00	POLE 3&4 MOMOYO		13:00~14:15 AERIAL SILK LEVEL 2 HARIKA	14:00~15:00 POLE LEVEL 2	13:00~14:15 SPINNING POLE HEELS LEVEL 1 SHIGEKO	13:00~14:00 AERIAL YOGA (HAMMOCK) AYA	13:30~14:30 POLE LEVEL 1&2 ELLES
14:00	14:00~15:00		14:45~15:45 AERIAL YOGA (HAMMOCK) AYA	14:00~15:00 POLE LEVEL 2	14:30~15:45 POLE 3&4 STAGES and jumps	14:30~15:20 AERIAL HOOP LEVEL 1	14:45~15:45 FLEXIBILITY BOUNDARY
15:00	Level 1 MOMOYO		AYA	SHIGEKO	KANAKO	AYA	ELLES
16:00	15:30~16:45 POLE LEVEL 2&3 SHIGEKO		16:15~17:15 AERIAL SILK LEVEL 1&2	15:30~16:30 FREE POLE	16:00~17:15 POLE COMBINATION LEVEL 3	16:00~17:15 POLE LEVEL 3	16:00~17:00 FREE POLE
17:00			AYA	16:45~17:45 FREE POLE	KANAKO	SHIGEKO	17:10~18:10 AKOBAIT @B-202
18:00							18:15~19:15 BENJUN
19:00	19:30~20:45 POLE TRICK REQUEST (ALL LEVEL) NISHIO	19:20~20:20 AERIAL SILK LEVEL 1	19:20~20:20 POLE LEVEL 2	19:15~20:30 EXOTIC FLOOR FLOW	19:20~20:35 POLE LEVEL 2 & 3		BENJUN
20:00	21:00~22:15 POLE LEVEL 2&3 NISHIO	20:45~22:00 MIKA	20:30~21:30 LEVEL 1 MOMO K	20:45~22:00 POLE LEVEL 2&3 MOMOYO	20:40~21:55 POLE LEVEL 3&4 akano @pulsar		POLE LEVEL 1 ELLES
21:00		21:00~22:15 AERIAL SILK LEVEL 2 MIKA					20:45~21:45 POLE LEVEL 2 SHIGEKO
22:00			21:40~22:40 FREE POLE		22:00~23:30 FREE POLE		22:10~24:00 RENTAL W4,000 only

	Wed			Thu		
	STUDIO A	STUDIO B	STUDIO C	STUDIO A	STUDIO B	STUDIO C
1100	11:45~12:45 POLE+Heels BASIC (ALL LEVEL) YOKO	13:00~12:45 POLE LEVEL2&3 PINOKO	11:30~12:30 POLE LEVEL 1&2 AKI	11:30~12:45 POLE LEVEL2&3 AYUMI	11:00~12:30 FREE POLE 90min 2,500yen	11:15~12:15 AERIAL SILK LEVEL 1 MIKA
1200	13:00~14:15 POLE+Heels BASIC YOKO	13:00~14:00 POLE+HEELS LEVEL 1&2 AKI	12:45~14:15 90min 2,500yen 14:30~15:30 FLEXIBILITY BEGINNER ELLES	13:00~14:15 POLE 4 STATIC OR SPINNING SHOGEKO	12:50~14:05 AERIAL SILK LEVEL 2 MIKA	13:00~14:00 9th START! POLE+Heels BASIC (ALL LEVEL) NON-P
1300	14:30~15:30 SPINNING POLE HEELS OR LEVEL 1&2 MOMO.K	14:15~15:30 POLE ADVANCE STATIC OR SPINNING Elizabeth	16:00~17:00 17:15~18:15 FREE POLE	14:30~15:30 14:30~15:30 SEXY HEELS BEGINNER (ALL LEVEL) MOMO.K	14:30~15:30 CHAIR DANCE BEGINNER NON-P	14:30~15:30 POLE LEVEL 1 AYUMI
1500	15:45~17:05 POLE 3&4 STATIC OR SPINNING ELLES	15:45~17:15 FREE POLE 90min 2,500yen	17:15~18:15 FREE POLE	15:45~16:45 SPINNING POLE HEELS LEVEL 1 MOMO.K	15:45~16:45 2-18-30-30 CONTORTION ERI	15:45~16:45 POLE LEVEL2 AYUMI
1600					16:45~17:00 9+23B EXOTIC FLOOR FLOW (ADVANCE) MOMOYO	17:15~18:15 FLEXIBILITY Elizabeth
1700						
1800						
1900	19:20~20:35 POLE LEVEL2&3 akane & platinum	19:15~20:35 POLE LEVEL3 MOMO.K	19:20~20:20 POLE LEVEL 1 SHOGEKO	18:35~19:35 POLE LEVEL1 SHOGEKO	19:20~20:20 AERIAL SILK LEVEL 1 2-9-16-30h KOZUE 23h ALK	19:20~20:20 POLE+Heels BASIC (ALL LEVEL) MOMO.K
2000	20:45~22:00 POLE LEVEL 3&4 SHOGEKO	20:45~22:00 POLE ADVANCE STATIC OR SPINNING akane & platinum	20:45~21:45 POLE LEVEL2 ELLES	20:45~21:45 POLE LEVEL 2 NISHIO	20:30~22:00 AERIAL SILK LEVEL 2&3 2-9-16-30h KOZUE 23h ALK	20:45~21:45 POLE LEVEL 1 SHOGEKO
2100	22:15~23:45 FREE POLE 90min 2,500yen		22:00~23:00 FREE POLE	22:00~23:15 POLE TRICK REQUEST (ALL LEVEL) NISHIO		

	Fri			Sat			(Sun)		
	STUDIO A	STUDIO B	STUDIO C	STUDIO A	STUDIO B	STUDIO C	STUDIO A	STUDIO B	STUDIO C
11:00	11:00~12:00 FREE POLE	11:30~12:30 CHAIR DANCE	11:00~12:30 FREE POLE	11:00~12:00 FREE POLE	11:30~12:30 AERIAL HOOP LEVEL 1	11:00~12:00 POLE LEVEL 1&2	11:00~12:15 POLE LEVEL 2&3 AYUMI	11:00~12:00 FREE POLE	11:00~12:00 POLE LEVEL 1&2
		AYA	90min 2,500yen		AYA	SHIGEO	12:15~13:15	12:15~13:30 POLE LEVEL 2&3	SHIGEO
12:00	12:10~13:10 FREE POLE	13:00~14:00 AERIAL HOOP Choreography (HEELS OK) AYA	13:15~14:15 POLE LEVEL 1 SHIGEO	12:15~13:30 POLE LEVEL 2&3 SHIGEO	12:45~14:00 AERIAL HOOP LEVEL 2	12:15~13:45 FREE POLE 90min	12:15~13:15 Slow Move MOMOMOYO	12:15~13:30 POLE LEVEL 2&3	12:30~13:30 Floor Move 800 Yen
13:00	13:20~14:20 SPINNING POLE HEELS ON	14:30~15:30 HAMMOCK DANCE	14:45~15:45 POLE+Heels BASIC MOMOKO	14:45~15:50 HAMMOCK DANCE	15:10~16:10 POLE+Heels BASIC MOMOKO	15:15~16:15 POLE LEVEL 1	13:30~14:30 POLE LEVEL 2	13:45~14:45 SPINNING POLE LEVEL 1 SHIGEO	13:45~14:45 Open Legs EMIJAY
14:00	14:30~15:45 POLE LEVEL 2&3 SHIGEO	16:00~17:00 AERIAL SILK LEVEL 1&2	16:00~17:00 POLE LEVEL 2 MOMOKO	16:20~17:30 POLE LEVEL 3 AYUMI	16:50~18:05 AERIAL SILK LEVEL 2 SENA	17:30~18:30 FREE POLE	18:00~19:00 AERIAL HOOP Cuts Toss	18:15~19:15 CORE BODY CONDITION	KANAKO
15:00	16:00~17:15 FLEXIBILITY+TRICK EMIJAY	17:30~18:45 FLEXIBILITY & BODY CONDITION Elisabeth	17:15~18:15 FREE POLE	17:45~18:45 SPINNING POLE LEVEL 1 ELLES	18:30~19:45 POLE 3&4 STATIC OR SPINNING MOMOKO	18:45~19:45 POLE LEVEL 1 NISHIO	19:00~20:15 POLE REQUEST (ALL LEVEL)		
16:00	16:00~17:15 FLEXIBILITY+TRICK EMIJAY	17:30~18:45 FLEXIBILITY & BODY CONDITION Elisabeth	17:15~18:15 FREE POLE	17:45~18:45 SPINNING POLE LEVEL 1 ELLES	18:30~19:45 POLE 3&4 STATIC OR SPINNING MOMOKO	18:45~19:45 POLE LEVEL 1 NISHIO	19:00~20:15 POLE REQUEST (ALL LEVEL)		
17:00	18:20~20:35 ボールレベル2&3	19:45~20:45 FLEXIBILITY	20:45~21:45 POLE LEVEL 2 AYUMI	20:00~21:00 POLE+Heels BASIC (ALL LEVEL) ELLES	21:10~22:25 POLE ADVANCE STATIC OR SPINNING ELLES				
18:00	19:20~20:35 ボールレベル2&3	19:45~20:45 FLEXIBILITY	20:45~21:45 POLE LEVEL 2 AYUMI	20:00~21:00 POLE+Heels BASIC (ALL LEVEL) ELLES	21:10~22:25 POLE ADVANCE STATIC OR SPINNING ELLES				
19:00	20:45~21:45 POLE LEVEL 2 AYUMI	21:00~22:15 AERIAL HOOP LEVEL 1 & 2	21:10~22:25 POLE ADVANCE STATIC OR SPINNING ELLES						
20:00	21:00~22:15 AERIAL HOOP LEVEL 1 & 2								
21:00	21:00~22:15 AERIAL HOOP LEVEL 1 & 2								
22:00	21:00~22:15 AERIAL HOOP LEVEL 1 & 2								