

JULY

Mon			Tue			Wed			Thu			Fri			Sat			Sun		
Aスタジオ	Bスタジオ	Cスタジオ	Aスタジオ	Bスタジオ	Cスタジオ	Aスタジオ	Bスタジオ	Cスタジオ	Aスタジオ	Bスタジオ	Cスタジオ	Aスタジオ	Bスタジオ	Cスタジオ	Aスタジオ	Bスタジオ	Cスタジオ	Aスタジオ	Bスタジオ	Cスタジオ
								11:30~12:30 POLE LEVEL1&2 AKI			11:15~12:15 AERIAL SILK LEVEL 1 MIKA				11:30~12:30 AERIAL HOOP LEVEL 1 AYA	11:00~12:00 POLE LEVEL1&2 SHIGEKO			11:00~12:00 POLE LEVEL1&2 SHIGEKO	
		12:45~13:45 POLE LEVEL 1 MOMOK		13:00~14:00 AERIAL YOGA (HAMMOCK) AYA	13:30~14:30 POLE LEVEL 1&2 ELLES			14:30~15:30 FLEXIBILITY BEGINNER ELLES			14:30~15:30 POLE LEVEL 1 AYUMI			13:15~14:15 POLE LEVEL 1 SHIGEKO	Now 1 14:30~15:30 HAMMOCK DANCE AYA	14:00~15:00 FLEXIBILITY BEGINNER MOMOK			13:45~14:45 Open Legs EMIJAY	
	14:45~15:45 AERIAL YOGA (HAMMOCK) AYA			14:30~15:30 AERIAL HOOP LEVEL 1 AYA	14:45~15:45 FLEXIBILITY BEGINNER ELLES										15:45~16:45 AERIAL SILK LEVEL 1 SENA	15:15~16:15 POLE LEVEL 1 EMIJAY			15:00~16:00 POLE LEVEL 1 &2 AYUMI	
																		16:15~17:15 ACROBAT BASIC TOMONORI		16:15~17:15 FLEXIBILITY BEGINNER NISHIO
	16:15~17:15 AERIAL SILK LEVEL 1 &2 AYA				17:10~18:10 ACROBAT-BASIC BERKUN						17:10~18:10 FLEXIBILITY Elizabeth			17:30~18:45 FLEXIBILITY BODY CONDITION Elizabeth						17:45~18:45 CORE & BODY CONDITION KANAKO
					18:15~19:15 BackUp Training BERKUN			19:20~20:20 POLE LEVEL 1 SHIGEKO		19:20~20:20 AERIAL SILK LEVEL 1 2・9・16・30th KOZUE 23th ALK				19:30~20:30 POLE LEVEL 1 EMIJAY		18:45~19:45 POLE LEVEL 1 NISHIO				
	19:20~20:20 AERIAL SILK LEVEL 1 MIKA				19:30~20:30 POLE LEVEL 1 ELLES					20:45~21:45 POLE LEVEL 1 SHIGEKO										
		20:30~21:30 POLE LEVEL 1 MOMOK												19:45~20:45 FLEXIBILITY 5・12 MIKA						