

August

03-5412-2555 TEL 1200-2100

	Mon			Tue		
	STUDIO A	STUDIO B	STUDIO C	STUDIO A	STUDIO B	STUDIO C
11:00	11:15~12:15 FREE POLE	11:15~12:45 AERIAL HOOP WS AYA	11:30~12:30 FREE POLE	11:30~12:30 FREE POLE	11:30~12:30 AERIAL SILK LEVEL 1&2	11:30~12:45 POLE LEVEL2&3
12:00	12:30~13:45	11:20~12:40 FREE AERIAL 80min 2,500yen	12:45~13:45 LEVEL 1 MOMOK	13:00~14:00	13:00~14:00 AYA	akane@platinum
13:00	POLE 354 MOMOYO	13:00~14:15 AERIAL SILK LEVEL 2 HARUKA		SPINNING POLE Level 1 SHIGEKO	AERIAL YOGA (HAMMOCK) AYA	13:30~14:30 POLE LEVEL 1&2 ELLES
14:00~15:00	SPINNING POLE Level 1 MOMOYO	14:45~15:45 AERIAL YOGA (HAMMOCK) AYA	14:00~15:00 POLE LEVEL2 SHIGEKO	14:30~15:45 POLE 354 STATIC OR SPINNING	14:30~15:30 AERIAL HOOP LEVEL 1 AYA	14:45~15:45 FLEXIBILITY BEGINNER ELLES
15:00	15:30~16:45	16:15~17:15 AERIAL SILK LEVEL 1 & 2 AYA	15:30~16:30 FREE POLE	16:00~17:15 POLE ORBITATION LEVEL 3 KANAKO	16:00~17:15 POLE LEVEL3 SHIGEKO	16:00~17:00 FREE POLE
16:00	POLE LEVEL2&3 SHIGEKO	16:45~17:45 AERIAL SILK LEVEL 1 & 2 AYA	16:40~17:45 FREE POLE (17,24,31st)			17:10~18:10 EXOTIC-BASIC BERKUN
17:00	17:30~18:45 10th ELLES WSP Flexible trick (Pole & Floor) ELLES	17:30~18:30 10th AERIAL HOOP LEVEL 1 & 2 MIKA	17:30~18:30 10th POLE+Heels BASIC (ALL LEVEL) MOMOK			18:15~18:15 Health Training
18:00	19:00~20:15 POLE TRICK REQUEST (ALL LEVEL) NISHIO	19:00~20:00 AERIAL SILK LEVEL 1 MIKA	19:00~20:00 POLE LEVEL2 SHIGEKO	19:15~20:30 EXOTIC FLOOR FLOW (ADVANCE) MOMOYO	19:00~20:15 POLE LEVEL 2 & 3 akane@platinum	19:30~20:30 POLE LEVEL 1 ELLES
19:00	20:30~21:45 POLE LEVEL2&3 NISHIO	20:15~21:30 AERIAL SILK LEVEL 2 MIKA	20:10~21:10 POLE LEVEL 1&2 MOMOK 21:30~22:30	20:45~22:00 POLE LEVEL2&3 MOMOYO	20:20~21:35 POLE LEVEL3&4 akane@platinum	20:45~21:45 POLE LEVEL2 SHIGEKO
20:00	22:00~23:15 POLE REQUEST (ALL LEVEL) NISHIO	21:45~22:45 AERIAL 10K RENTAL AERIAL HOOP LEVEL1(24) MIKA	FREE POLE		21:45~23:00 SPINNING POLE HEELS ELLES	22:15~24:00 RENTAL 14,000 only

	Wed			Thu		
	STUDIO A	STUDIO B	STUDIO C	STUDIO A	STUDIO B	STUDIO C
11:00	11:45~12:45 POLE+Heels BASIC	11:30~12:45 POLE LEVEL2&3	11:30~12:30 POLE LEVEL1&2	11:30~12:45 POLE LEVEL2&3	11:00~12:30 FREE POLE	11:15~12:15 AERIAL SILK LEVEL 1
12:00	(ALL LEVEL) YOKO	PINOKO	AKI	AYUMI	90min 2,500yen	MIKA
13:00	13:00~14:15 POLE LEVEL3 YOKO	13:00~14:00 POLE HEELS LEVEL 1&2 AKI	12:45~14:15 FREE POLE	13:00~14:15 POLE 4 STATIC OR SPINNING SHIGEKO	12:50~14:05 AERIAL SILK LEVEL 2 MIKA	13:00~14:00 POLE+Heels BASIC (ALL LEVEL) NON-P
14:00	14:30~15:30 SPINNING POLE HEELS OK	14:15~15:30 POLE LEVEL 2&3 ELLES	14:30~15:30 Slow Move NON-P	14:30~15:30 SEXY CHAIR BEGINNER NON-P	14:30~15:30 POLE LEVEL 1 AYUMI	14:30~15:30 POLE LEVEL 1 AYUMI
15:00	Level 1&2 MOMOK	NEW! 15:45~16:45 身体中芯+ STRETCH	NEW! 15:45~16:45 akane@platinum	SOXY HEELS movement	(ALL LEVEL) MOMOK	15:45~16:45 POLE LEVEL2 AYUMI
16:00	POLE 354 STATIC OR SPINNING ELLES	POLE LEVEL2 MOMOK		15:45~16:45 CONTORTION EBI	15:45~16:45 POLE LEVEL2 AYUMI	15:45~16:45 POLE LEVEL2 AYUMI
17:00	17:45~17:00	17:00~18:00		SPINNING POLE HEELS LEVEL 1 MOMOK	15:45~17:00 13,27th EXOTIC FLOOR FLOW (ADVANCE) MOMOYO	
18:00	19:00~20:15 POLE LEVEL2&3	19:00~20:15 POLE LEVEL3	19:15~20:15 POLE LEVEL 1&2 SHIGEKO	19:15~20:30 POLE LEVEL3 SHIGEKO	19:00~20:00 AERIAL SILK LEVEL 1 ALK	19:20~20:20 POLE+Heels BASIC (ALL LEVEL) MOMOK
19:00	20:30~21:45 POLE LEVEL3&4 SHIGEKO	20:30~21:45 POLE ADVANCE STATIC OR SPINNING akane@platinum	20:15~21:15 POLE LEVEL2 ELLES	20:45~21:45 POLE LEVEL2 NISHIO	20:15~21:30 AERIAL SILK LEVEL 2 & 3 ALK	20:45~21:45 POLE LEVEL 1 SHIGEKO
20:00	NEW! 19:00~21:00 Body+ABS exercise	22:00~23:00 FREE POLE	21:45~22:45 POLE LEVEL 1&2 MOMOK	22:00~23:15 POLE TRICK REQUEST (ALL LEVEL) NISHIO	ALK	

	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 AERIAL HOOP Choreography (HEELS OK) AYA	11:00~12:00 POLE LEVEL1&2	11:00~12:00 FREE POLE	11:30~12:30 AERIAL HOOP LEVEL 1&2 AYA	11:00~12:00 POLE LEVEL1&2	10:50~12:05 POLE LEVEL 2&3 AYUMI	11:00~12:00 FREE POLE	11:00~12:00 POLE LEVEL1&2
12:00	12:10~13:10 Slow Move NON-P	13:00~14:00 HAMMOCK DANCE AYA	13:15~14:15 POLE LEVEL 1 SHIGEKO	NEW! 12:15~13:15 Body+ABS exercise	NEW! 13:00~14:00 Latin Mix	12:15~13:45 Slow Move	12:15~13:15 POLE LEVEL2&3 SHIGEKO	12:15~13:30 POLE LEVEL2&3 AYUMI	12:30~13:30 SHIGEKO
13:00	13:20~14:20 SPINNING POLE HEELS OK Level 1&2 MOMOK	14:30~15:30 AERIAL SILK LEVEL 1 & 2 AYA	14:45~15:45 SHIGEKO	13:45~15:00 SHIGEKO WSP Movement approval	14:30~15:30 HAMMOCK DANCE AYA	14:00~15:00 POLE LEVEL1 MOMOK	13:30~14:30 POLE LEVEL 2 RYOTA	13:45~15:00 POLE LEVEL 2 SHIGEKO	14:00~15:00 Open Legs EMIJAY
14:00	14:30~15:45 POLE LEVEL2&3 SHIGEKO	NEW! 16:00~17:00 CHAIR DANCE AYA	16:00~17:15 POLE LEVEL2 AYUMI	15:10~16:10 POLE LEVEL3 AYUMI	15:10~16:10 POLE LEVEL2 AYUMI	15:15~16:15 POLE LEVEL 1&2 EMIJAY	14:45~16:00 LEVEL 2&3 RYOTA	15:15~16:15 POLE LEVEL 1 & 2 AYUMI	15:10~16:10 POLE LEVEL 1 & 2 AYUMI
15:00	16:00~17:15 FLEXIBILITY+ TRICK EMIJAY	17:30~18:30 AERIAL SILK LEVEL 1&2 ALK	17:15~18:15 FREE POLE	16:20~17:35 POLE LEVEL3 AYUMI	16:50~18:05 AERIAL SILK LEVEL 2 AYUMI	16:30~17:35 MIKA	16:15~17:15 ADRIENET-BASIC TOMONORI	16:45~17:45 AERIAL SILK LEVEL 1 & 2 AYA	16:20~17:20 FLEXIBILITY BEGINNER NISHIO
16:00	17:30~18:45 10th ELLES WSP Flexible trick (Pole & Floor) ELLES	17:30~18:30 10th AERIAL HOOP LEVEL 1 & 2 MIKA	17:30~18:30 10th POLE+Heels BASIC (ALL LEVEL) MOMOK	16:50~18:05 AERIAL SILK LEVEL 2 AYUMI	16:50~18:05 AERIAL SILK LEVEL 2 AYUMI	16:30~17:35 MIKA	16:15~17:15 ADRIENET-BASIC TOMONORI	16:45~17:45 AERIAL SILK LEVEL 1 & 2 AYA	16:20~17:20 FLEXIBILITY BEGINNER NISHIO
17:00	19:00~20:15 SPINNING POLE 2 ELLES	19:00~20:00 FLEXIBILITY ALK	19:00~20:00 POLE LEVEL 1 EMIJAY	17:45~18:45 SPINNING POLE	18:30~19:45 FREE POLE	17:30~18:30 MIKA	17:30~18:30 FREE POLE	17:30~18:30 FREE POLE	17:45~18:45 POLE LEVEL 1 & 2 KANAKO
18:00	19:00~20:15 7-21th	19:00~20:00 Static Pole Flow LEVEL 3 AYUMI	19:00~20:00 POLE LEVEL 1 EMIJAY	18:50~19:50 POLE LEVEL 1 ELLES	18:50~19:50 POLE LEVEL 1 ELLES	18:30~19:45 FREE POLE	18:30~19:45 FREE POLE	18:30~19:45 FREE POLE	18:30~19:45 FREE POLE
19:00	20:25~21:25 Slow Move EMIJAY	20:15~21:15 AERIAL HOOP LEVEL 1 & 2 ALK	20:30~21:30 POLE LEVEL2 AYUMI	20:00~21:00 POLE TRICK REQUEST (ALL LEVEL) NISHIO	20:00~21:00 POLE TRICK REQUEST (ALL LEVEL) NISHIO	19:30~19:45 FREE POLE	19:30~19:45 FREE POLE	19:30~19:45 FREE POLE	19:30~19:45 FREE POLE
20:00	NEW 21:05~22:05 DANCE MOVEMENT BEGINNER EMIJAY	NEW 21:45~22:05 EXOTIC YOGA ADVANCE ELLES	21:40~22:40 POLE LEVEL 1 & 2 AYUMI	21:10~22:25 POLE ADVANCE STATIC OR SPINNING ELLES	21:10~22:25 POLE ADVANCE STATIC OR SPINNING ELLES	19:00~20:15 POLE REQUEST (ALL LEVEL) KANAKO	19:00~20:15 POLE REQUEST (ALL LEVEL) KANAKO	19:00~20:15 POLE REQUEST (ALL LEVEL) KANAKO	19:00~20:15 POLE REQUEST (ALL LEVEL) KANAKO