

JULY BEGINNER's SCHEDULE					
03-5412-2555 TEL 14:00~21:00					
Mon		Tue			
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 FREE POLE		11:40~12:40 FREE POLE	11:30~12:30 FREE POLE		11:30~12:30 FREE POLE
		12:45~13:45 FREE POLE		13:00~14:00 AERIAL YOGA (HAMMOCK) AYA	12:40~14:10 FREE POLE 90min 2,500Yen
	14:00~15:00 AERIAL YOGA (HAMMOCK) AYA			14:30~15:30 AERIAL HOOP LEVEL 1 AYA	
	15:30~16:30 FLEXIBILITY BEGINNER ELLES	15:30~16:30 LEVEL 1 AKI			16:00~17:00 POLE LEVEL 1 ELLES
		16:45~17:45 FREE POLE			17:10~18:10 KIDS AEROBAT Bakun
					18:15~19:15 ACROBAT-BASIC TOMONORI
			19:00~20:00 FREE POLE		19:30~20:30 POLE LEVEL 1 Elles
21:00~22:00 FLEXIBILITY BEGINNER NISHIO	20:45~21:45 HAMMOCK DANCE AYA	20:30~21:30 POLE LEVEL 1 Aki	20:05~21:05 FREE POLE		21:10~22:10 FREE POLE
		21:40~22:40 FREE POLE	22:15~23:45 FREE POLE 90min 2,500Yen		

JULY BEGINNER's SCHEDULE					
03-5412-2555 TEL 14:00~21:00					
Wed		Thu			
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 FREE POLE	11:00~12:30 FREE POLE		11:20~12:20 FREE POLE
			90min 2,500Yen		12:30~14:00 FREE POLE
		13:00~14:00 POLE LEVEL 1 MOMOK		13:00~14:00 AERIAL SILK LEVEL 1 ALK	14:30~15:30 POLE LEVEL 1 OJAYAMI
		14:30~15:30 FLEXIBILITY BEGINNER ELLES			
				15:45~17:00 AERIAL HOOP LEVEL 1 & 2 ALK	17:10~18:10 FLEXIBILITY Elizabeth
		17:15~18:15 FREE POLE			
				19:20~20:20 AERIAL SILK LEVEL 1 ALK	
	19:20~20:20 FLEXIBILITY BEGINNER ELLES	19:20~20:20 POLE LEVEL 1 SHIGEKO			20:45~21:45 POLE LEVEL 1 SHIGEKO
		22:00~23:00 FREE POLE	22:15~23:45 FREE POLE 90min 2,500Yen		22:00~23:00 FLEXIBILITY BEGINNER NISHIO

JULY BEGINNER's SCHEDULE					
03-5412-2555 TEL 14:00~21:00					
Fri		Sat			
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
11:00~12:00 FREE POLE	11:30~12:30 AERIAL YOGA (HAMMOCK) AYA	11:30~12:30 POLE LEVEL 1 OJAYAMI	11:00~12:00 FREE POLE	11:30~12:30 AERIAL HOOP LEVEL 1 AYA	11:00~12:00 POLE LEVEL 1 SHIGEKO
					10:50~11:50 FREE POLE
					11:00~12:00 FREE POLE
					12:30~13:30 FREE POLE
					12:15~13:15 FREE POLE 90min 2,500Yen
					13:45~14:45 FREE POLE
				14:30~15:30 HAMMOCK DANCE AYA	
				15:45~16:45 AERIAL SILK LEVEL 1 AYA	15:10~16:10 FLEXIBILITY BEGINNER MOMOK
	16:00~17:00 AERIAL SILK LEVEL 1 AYA				16:15~17:15 ACROBAT-BASIC TOMONORI
			17:15~18:15 FREE POLE		
					18:45~19:45 POLE LEVEL 1 NISHIO
				18:50~19:50 FREE POLE	
	19:45~20:45 FLEXIBILITY ALK	19:30~20:30 POLE LEVEL 1 EMJAY			
					17:30~18:30 FREE POLE
22:15~23:45 FREE POLE					
90min 2,500Yen					