

AUGUST						
	Mon		Tue			
	STUDIO A	STUDIO B	STUDIO C	STUDIO A	STUDIO B	STUDIO C
11:00	11:30-12:30 FREE POLE	11:30-12:45 AERIAL HOOP LEVEL 2 ALK	11:15-12:15 FREE POLE	11:30-12:30 FREE POLE	11:30-12:30 AERIAL SILK LEVEL 1&2 AYA	11:30-12:30 FREE POLE
12:00	12:30-13:45 POLE LEVEL 3&4 5th MOMOYO 12th AYUMI 19th YOKO	13:00-14:15 AERIAL SILK LEVEL 2 ALK	12:30-13:30 LEVEL 1 LRY	13:00-14:00 SPINNING POLE HEELS SHIGEKO	13:00-14:00 AERIAL YOGA HAMMOCK AYA	12:40-14:10 FREE POLE 90min 2,500Yen
14:00	14:00-15:00 5th MOMOYO (Event) 19th YOKO (Slow move) 26th YUYU WS	14:45-15:45 AERIAL YOGA HAMMOCK AYA	14:00-15:00 POLE LEVEL 2 SHIGEKO	14:30-15:45 POLE 3&4 STATIC OR SPINNING EMJAY	14:30-15:30 AERIAL HOOP LEVEL 1 AYA	14:30-15:30 POLE LEVEL 2 OJ
16:00	15:30-16:45 POLE LEVEL 2&3 SHIGEKO	16:15-17:15 AERIAL SILK LEVEL 1 & 2 LEVEL 1 AKI	15:30-16:30 POLE LEVEL 1 AKI	16:00-17:00 POLE-HAND BASSO LEVEL 1 OJ	16:00-17:00 POLE LEVEL 3 SHIGEKO	16:00-17:00 POLE LEVEL 1 ELLES 17:10-18:10 NEEDS AGRIBAT MELANIN
17:00		16:40-17:40 FREE POLE		17:45-19:00 POLE ADVANCE STATIC OR SPINNING RYOTA	17:45-19:00 POLE LEVEL 2 RYOTA	18:00-19:00 POLE 3&4 AGRIBAT 基礎 入門-基礎 MELANIN
18:00						18:15-19:15 AGRIBAT 基礎 入門-基礎 MELANIN
19:00	19:30-20:45 POLE TROCK REQUEST (ALL LEVEL) NESHO	19:20-20:20 AERIAL SILK LEVEL 1&2 AYA	19:20-20:20 POLE LEVEL 2 SHIGEKO	19:15-20:15 EXOTIC FLOOR FLOW (ALL LEVEL) MOMOYO	19:15-20:30 POLE LEVEL 3 RYOTA	19:30-20:30 POLE LEVEL 1 LEVEL 1 ELLES
20:00	21:00-22:00 FLEXIBILITY BEGINNER NESHO	New 1 20:45-21:45 HAMMOCK DANCE AYA	20:30-21:30 LEVEL 1 AH	20:45-22:00 SPINNING POLE LEVEL 2 RYOTA	20:40-21:55 POLE LEVEL 3&4 SHIGEKO	20:45-21:45 POLE LEVEL 2 SHIGEKO
21:00			21:40-22:40 FREE POLE	22:15-23:45 FREE POLE	22:00-23:30 TRAINING FOR POLE RENTAL 4,000 only!	22:10-24:00 RENTAL 4,000 only!

AUGUST						
	Wed		Thu			
	STUDIO A	STUDIO B	STUDIO C	STUDIO A	STUDIO B	STUDIO C
11:00	11:30-12:45 POLE LEVEL 2&3 SHIGEKO	11:30-12:45 POLE ADVANCE STATIC OR SPINNING PINKO	11:30-12:30 AERIAL SILK LEVEL 1 LILLY	11:00-12:30 FREE POLE	11:30-12:45 POLE LEVEL 3 OJAYAMA	11:20-12:20 FREE POLE
12:00				90min 2,500Yen		
13:00	13:00-14:15 POLE 3&4 STATIC OR SPINNING SHIGEKO	13:00-14:00 POLE HEELS LEVEL 1&2 AKI	13:00-14:00 LEVEL 1 MOMOKI	13:00-14:15 POLE 4 (STATIC OR SPINNING) SHIGEKO	13:00-14:00 AERIAL SILK LEVEL 1 ALK	12:30-14:00 FREE POLE 90min 2,500Yen
14:00	14:30-15:30 SPRING POLE HEELS LEVEL 1&2 MOMOKI	14:15-15:30 FLEXIBILITY+ TROCK EMJAY	14:30-15:30 FLEXIBILITY BEGINNER ELLES	14:30-15:30 POLE 4 (STATIC OR SPINNING) SHIGEKO	New 1 14:30-15:30 CONTORTION Beginner ALK	14:30-15:30 POLE LEVEL 1 OJAYAMA
15:00	15:45-16:45 POLE HEELS LEVEL 1&2 ELLES	15:45-17:00 POLE LEVEL 3 EMJAY	16:00-17:00 POLE LEVEL 2 MOMOKI	15:45-17:00 POLE 3&4 STATIC OR SPINNING MOMOYO	15:45-17:00 AERIAL HOOP LEVEL 1 & 2 OJAYAMA	15:45-16:45 FREE POLE
17:00			17:15-18:15 MELANIN			17:10-18:10 FLEXIBILITY Elizabeth
18:00						
19:00	19:20-20:35 POLE LEVEL 2&3 ShigeKo	19:20-20:30 FLEXIBILITY BEGINNER ELLES	19:20-20:30 POLE LEVEL 1 SHIGEKO	19:20-20:35 POLE LEVEL 3 SHIGEKO	19:20-20:20 AERIAL SILK LEVEL 1 ALK	19:20-20:20 POLE HEELS EMJAY
20:00	20:45-22:00 POLE LEVEL 3&4 SHIGEKO	20:45-22:00 POLE ADVANCE STATIC OR SPINNING EMJAY	20:45-21:45 POLE LEVEL 2 NESHO	20:45-21:45 POLE LEVEL 2 NESHO	20:30-22:00 AERIAL SILK LEVEL 2 & 3 ALK	20:45-21:45 LEVEL 1 & 2 EMJAY
21:00			22:00-23:00 FREE POLE	22:00-23:30 FREE POLE		22:00-23:00 FLEXIBILITY BEGINNER NESHO
22:00						

AUGUST						
	Fri			Sat		
	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 YOGA (HAMMOCK) AYA	11:30-12:30 POLE LEVEL 1 OJAYAMA	11:00-12:00 FREE POLE	11:30-12:30 AERIAL HOOP LEVEL 1 AYA	11:00-12:00 POLE LEVEL 1 SHIGEKO
12:00	12:05-13:05 FREE POLE			12:10-13:25 POLE LEVEL 2&3 SHIGEKO	12:45-14:00 AERIAL HOOP LEVEL 2 AYA	12:15-13:40 FREE POLE
13:00	13:15-14:15 POLE 3&4 (SPINNING) ONLY MOMOKI	13:30-14:30 AERIAL HOOP (HAMMOCK) HEELS AYA	13:00-14:00 POLE LEVEL 3&4 MOMOYO	13:40-14:55 POLE LEVEL 3&4 MOMOYO	14:00-15:00 AERIAL HOOP LEVEL 2 AKI	12:00-13:00 POLE HEELS (SLOW MOVE) SHIGEKO
14:00	14:30-15:30 POLE LEVEL 3 SHIGEKO	New 1 14:30-15:30 HAMMOCK DANCE LEVEL 2 AYA	14:30-15:30 POLE HEELS LEVEL 1 & 2 MOMOYO	14:30-15:30 POLE HEELS LEVEL 1 & 2 YOKO	New 1 14:30-15:30 HAMMOCK DANCE LEVEL 2 AKI	13:45-14:45 POLE LEVEL 3 SHIGEKO
15:00	16:00-17:15 POLE LEVEL 4 ELLES	16:00-17:00 AERIAL SILK LEVEL 1 AYA	16:00-17:00 POLE LEVEL 2 SHIGEKO	15:10-16:10 POLE HEELS LEVEL 1 & 2 YOKO	15:45-16:45 AERIAL SILK LEVEL 1 MOMOYO	14:45-16:00 SPINNING POLE POLE HEELS LEVEL 1 & 2 EMJAY
16:00				16:20-17:35 POLE LEVEL 3 AKI	16:20-17:20 FLEXIBILITY BEGINNER MOMOYO	15:00-16:00 POLE LEVEL 1 YOKO
17:00				16:50-18:05 POLE LEVEL 3 AKI	16:50-18:05 POLE HEELS (ALL LEVEL) YOKO	16:15-17:15 AGRIBAT BASSO TONOMORI
18:00				17:20-18:35 FLEXIBILITY & BODY CONDITION Elizabeth	17:45-18:45 AERIAL SILK LEVEL 2 ALK	17:30-18:45 POLE LEVEL 3&4 MOMOYO
19:00	19:15-20:30 POLE 3&4 (STATIC OR SPINNING) LEVEL 1 ELLES	19:45-20:45 FLEXIBILITY (BEGINNER) ALK	19:30-20:30 POLE LEVEL 1 EMJAY	19:20-20:30 SPINNING POLE LEVEL 1 ELLES	19:30-19:45 POLE 3&4 (STATIC OR SPINNING) MOMOYO	18:45-19:45 POLE LEVEL 1 NESHO
20:00	20:45-22:00 POLE LEVEL 3&4 SHIGEKO	21:00-22:15 AERIAL HOOP LEVEL 1 & 2 ALK	20:45-21:45 POLE LEVEL 2 AKI	20:00-21:00 POLE HEELS LEVEL 2 ELLES	18:50-19:50 POLE TROCK REQUEST NESHO	19:00-20:30 RAMAKO WS TROCK COMBINATION ALL LEVEL RAMAKO
21:00						
22:00						