

September BEGINNER's SCHEDULE						
	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
11:00	11:15~12:15 FREE POLE		11:15~12:15 FREE POLE	11:30~12:30 FREE POLE		11:30~12:30 FREE POLE
12:00			12:30~13:30 POLE LEVEL 1 LILLY		13:00~14:00 AERIAL YOGA (HAMMOCK) AYA	12:40~14:10 FREE POLE 90min 2,500Yen
13:00						
14:00		14:45~15:45 AERIAL YOGA (HAMMOCK) AYA			14:30~15:30 AERIAL HOOP LEVEL 1 AYA	
15:00						
16:00		16:15~17:15 AERIAL SILK LEVEL 1&2 AYA	15:30~16:30 POLE LEVEL 1 AKI			16:00~17:00 POLE LEVEL 1 ELLES
17:00			16:45~17:45 FREE POLE			17:10~18:10 KIDS ACROBAT Bekku
18:00						18:15~19:15 ACROBAT-BASIC TOMONORI
19:00						19:30~20:30 POLE LEVEL 1 Ellea
20:00						
21:00	21:00~22:00 FLEXIBILITY BEGINNER NISHIO	20:45~21:45 HAMMOCK DANCE AYA	20:30~21:30 POLE LEVEL 1 Aki			
22:00			21:40~22:40 FREE POLE			

September BEGINNER's SCHEDULE						
	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
11:00			11:30~12:30 AERIAL SILK LEVEL 1 LILLY	11:00~12:30 FREE POLE		11:30~12:30 AERIAL SILK LEVEL 1 MIKA
12:00				90min 2,500Yen		
13:00			13:00~14:00 POLE LEVEL 1 MOMOK			12:30~14:00 FREE POLE 90min 2,500Yen
14:00			14:30~15:30 FLEXIBILITY BEGINNER ELLES			14:30~15:30 POLE LEVEL 1 OJAYAMI
15:00						
16:00					15:45~17:00 AERIAL HOOP LEVEL 1 & 2 ALK	17:10~18:10 FLEXIBILITY Elizabeth
17:00			17:15~18:15 FREE POLE			
18:00						
19:00					19:20~20:20 AERIAL SILK LEVEL 1 ALK	
20:00		19:20~20:20 FLEXIBILITY BEGINNER ELLES	19:20~20:20 POLE LEVEL 1 SHIGEKO			20:45~21:45 POLE LEVEL 1 SHIGEKO
21:00						
22:00		22:15~23:45 FREE POLE 90min 2,500Yen	22:00~23:00 FREE POLE	22:15~23:45 FREE POLE		22:00~23:00 FLEXIBILITY BEGINNER NISHIO

September BEGINNER's SCHEDULE									
	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
11:00	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	11:00~12:00 FREE POLE
12:00	12:05~13:05 FREE POLE					12:15~13:15 FREE POLE 90min 2,500Yen			12:30~13:30 FREE POLE
13:00									13:45~14:45 FREE POLE
14:00					14:30~15:30 HAMMOCK DANCE AYA	14:00~15:00 POLE LEVEL 1 AKI			
15:00					15:45~16:45 AERIAL SILK LEVEL 1 AYA	15:10~16:10 FLEXIBILITY BEGINNER MOMOK	15:00~16:00 POLE LEVEL 1 AYAMI		15:00~16:00 POLE LEVEL 1 AYAMI
16:00	16:00~17:00 AERIAL SILK LEVEL 1 AYA						16:15~17:15 ACROBAT-BASIC TOMONORI		16:15~17:15 FLEXIBILITY BEGINNER NISHIO
17:00			17:15~18:15 FREE POLE						17:30~18:30 FREE POLE
18:00									
19:00					18:50~19:50 FREE POLE	18:45~19:45 POLE LEVEL 1 NISHIO			
20:00		19:45~20:45 FLEXIBILITY BEGINNER ALK	20:30~21:30 POLE LEVEL 1 EMJAY						
21:00									
22:00									