

DECEMBER

03-5412-2555 TEL 12:00~21:00

	Mon		Tue			
	STUDIO A	STUDIO B	STUDIO C	STUDIO A	STUDIO B	STUDIO C
11:00	11:15~12:15 FREE POLE	11:30~12:45 AERIAL SILK 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 3&4 MOMOYO	13:00~14:15 AERIAL SILK LEVEL 2 ALK	12:30~13:30 POLE LEVEL 1 AKI	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 SPINNING POLE Level 1 MOMOYO	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 ALK	14:30~15:30 POLE LEVEL 2 OJ
15:00	15:30~16:45 POLE LEVEL 2&3 SHIGEKO	16:15~17:15 AERIAL SILK LEVEL 1 & 2 AYA	15:30~16:30 POLE LEVEL 1 MOMOK	16:00~17:15 POLE COMBINATION KANAKO	16:00~17:15 POLE LEVEL 3 SHIGEKO	16:00~17:00 LEVEL 1 ELLES
17:00			16:40~17:45 FREE POLE		17:10~18:10 NEEDS ACROBAT BEKANIN	17:10~18:10 LEVEL 1 ELLES
18:00					18:15~19:15 ACROBAT-BASIC BEKANIN	
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&3 RYOTA	19:30~20:30 POLE 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 POLE LEVEL 1 MOMOK	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	22:15~23:15 YUYU'S WS SEXY MOVEMENT YUYU	22:00~23:00 TRAINING FOR POLE COMPETITION akane Ralulululul	22:10~23:00 RENTAL ¥4,000 only!

	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 FREE POLE	11:30~12:45 POLE LEVEL 3 AKA	11:00~12:30 FREE POLE	11:15~12:15 AERIAL SILK LEVEL 1 MKA
12:00	13:00~14:15 POLE 3&4 STATIC OR SPINNING SHIGEKO	13:00~14:00 POLE HEELS LEVEL 1&2 AKA	12:45~14:15 FREE POLE 90min 2,500Yen	13:00~14:15 POLE 4 STATIC OR SPINNING SHIGEKO	12:50~14:05 AERIAL SILK LEVEL 1 MKA	12:45~14:15 FREE POLE 90min 2,500Yen
13:00	14:30~15:30 SPINNING POLE HEELS Level 1&2 MOMOK	14:15~15:30 FLEXIBILITY+ TROCK EMJAY	14:30~15:30 FLEXIBILITY BEGINNER ELLES	14:30~15:30 New 1 14:30~15:30 CONTOURTON Beginner ALX	14:30~15:30 POLE LEVEL 1 YUMI	14:30~15:30 POLE LEVEL 1 YUMI
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 MOMOK	15:45~17:00 POLE 3&4 STATIC OR SPINNING MOMOYO	15:45~17:00 AERIAL HOOP LEVEL 1 & 2 ALX	15:45~16:45 POLE LEVEL 2 AYUMI
17:00			17:15~18:15 FREE POLE			17:10~18:10 FLEXIBILITY Elizabeth
18:00						
19:00	19:20~20:35 POLE LEVEL 2&3 akane Ralulululul	19:20~20:20 FLEXIBILITY BEGINNER ELLES	19:20~20:20 POLE LEVEL 1 SHIGEKO	19:20~20:35 POLE LEVEL 3 SHIGEKO	19:20~20:20 AERIAL SILK LEVEL 1 ALX	19:20~20:20 POLE LEVEL 2 MOMOK
20:00	20:45~22:00 POLE LEVEL 3&4 SHIGEKO	20:45~22:00 POLE ADVANCE STATIC OR SPINNING MOMOK	20:45~21:45 POLE LEVEL 2 MOMOK	20:45~21:45 POLE LEVEL 2 NESHO	20:30~22:00 AERIAL SILK LEVEL 2&3 ALX	20:45~21:45 POLE LEVEL 1 & 2 MOMOK
21:00		22:15~23:45 FREE POLE	22:00~23:00 FREE POLE	22:00~23:30 FREE POLE		22:00~23:00 FLEXIBILITY BEGINNER NESHO

	Fri			Sat			(Sun)		
	STUDIO A	STUDIO B	STUDIO C	STUDIO A	STUDIO B	STUDIO C	STUDIO A	STUDIO B	STUDIO C
11:00	11:30~12:45 POLE LEVEL 3 SAYAMA	11:30~12:30 AERIAL YOGA HAMMOCK AYA	11:00~12:00 FREE POLE	11:00~12:00 FREE POLE	11:30~12:30 AERIAL HOOP LEVEL 1 AYA	11:00~12:00 POLE LEVEL 1 SHIGEKO	10:50~11:30 FREE POLE	11:00~12:00 FREE POLE	11:00~12:00 LEVEL 1 SHIGEKO
12:00	13:00~14:00 POLE LEVEL 1 MOMOK	13:00~14:30 AERIAL HOOP LEVEL 2 AYA	12:10~13:10 FREE POLE	12:15~13:30 POLE LEVEL 2&3 SHIGEKO	12:45~14:00 AERIAL HOOP LEVEL 2 AYA	12:15~13:40 FREE POLE 90min 2,500Yen	12:00~13:00 POLE HEELS (SLOW MOVE) SHIGEKO	12:15~13:30 POLE LEVEL 2&3 SHIGEKO	12:30~13:30 FREE POLE
13:00	13:00~14:00 POLE LEVEL 1 MOMOK (slow move) OJ	13:00~14:30 AERIAL HOOP LEVEL 2 AYA	13:00~14:30 POLE LEVEL 1 MOMOK	13:45~15:00 POLE LEVEL 3&4 MOMOK	14:00~15:00 FLEXIBILITY BEGINNER MOMOK	14:00~15:00 HAMMOCK DANCE MOMOYO	13:15~14:30 POLE LEVEL 3 OJ	13:45~14:45 SPINNING POLE Level 1 SHIGEKO	13:45~14:45 FREE POLE
14:00	14:30~15:30 POLE LEVEL 3 SHIGEKO	New 1 14:30~15:30 HAMMOCK DANCE LEVEL 2 AYA	14:30~15:45 FLEXIBILITY BEGINNER MOMOK	15:10~16:10 POLE LEVEL 1 & 2 YOKO	15:10~16:10 AYA	15:10~16:10 LEVEL 1 AKI	14:45~16:00 SPINNING POLE LEVEL 1 RYOTA	15:00~16:00 POLE HEELS EMJAY	15:00~16:00 POLE LEVEL 1 AYUMI
15:00	16:00~17:15 POLE LEVEL 1 MOMOK	16:00~17:00 AERIAL SILK LEVEL 1 ALX	16:00~17:00 POLE LEVEL 2 MOMOK	16:20~17:35 POLE LEVEL 1 ALX	16:20~17:20 POLE HEELS BASIC ACROBAT-BASIC TOMOMORI	16:20~17:20 POLE LEVEL 1 YOKO	16:15~17:15 ACROBAT-BASIC KANAKO	16:30~17:30 AERIAL SILK LEVEL 1 & 2 AYA	16:15~17:15 FLEXIBILITY BEGINNER KANAKO
16:00	17:20~18:35 FLEXIBILITY & BODY CONDITION Elizabeth	17:20~18:35 POLE LEVEL 2 AKA	17:15~18:15 FREE POLE	17:45~18:45 SPINNING POLE LEVEL 1 ELLES	17:30~18:30 AERIAL SILK LEVEL 2 ALX	17:30~18:30 FREE POLE	17:30~18:45 AERIAL GYM HOOP 半コース TOMOYO	18:00~19:00 POLE LEVEL 3&4 MOMOYO	17:45~18:45 CORE ABBODY CONDITION
17:00							18:45~19:45 POLE LEVEL 1 NESHO	19:00~20:15 POLE ADVANCE STATIC OR SPINNING KANAKO	19:00~20:00 Level 1 RYOTA
18:00									
19:00	19:15~20:30 POLE 3&4 STATIC OR SPINNING AKA	19:45~20:45 FLEXIBILITY AKA	19:30~20:30 POLE LEVEL 1 MOMOK	19:30~20:30 POLE LEVEL 1 MOMOK	19:30~20:30 POLE LEVEL 1 MOMOK	18:50~19:50 FREE POLE	18:45~19:45 POLE LEVEL 1 NESHO	19:00~20:15 POLE ADVANCE STATIC OR SPINNING KANAKO	19:00~20:00 Level 1 RYOTA
20:00	20:45~22:00 POLE LEVEL 3&4 SHIGEKO	21:00~22:15 AERIAL HOOP LEVEL 1 & 2 ALX	20:45~21:45 POLE LEVEL 2 AKI	20:00~21:00 POLE HEELS LEVEL 2 ELLES	20:00~21:00 POLE TROCK REQUEST NESHO	New 20:00~21:15			
21:00									
22:00									