

FEBRUARY

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 POLE+Heels BASIC	11:15~12:45 AERIAL HOOP WS HARU, AYA, ZAN, ALK	11:15~12:15 FREE POLE	11:30~12:30 FREE POLE	11:30~12:30 AERIAL SILK LEVEL 1&2	11:30~12:30 FREE POLE
12:00	(ALL LEVEL) YOKO	12:30~13:45 POLE 3&4	12:30~13:30 POLE LEVEL 1	13:00~14:00 SPINNING POLE HEELS	13:00~14:00 AERIAL YOGA HAMMOCK	12:40~14:10 FREE POLE
13:00	MOMOYO	13:00~14:15 HARUKA	14:00~15:00 LEVEL 1	14:30~15:45 STATIC OR SPINNING	14:30~15:30 AERIAL HOOP LEVEL 1	14:30~15:30 FREE POLE
14:00	14:00~15:00 SPINNING POLE	14:45~15:45 AERIAL YOGA HAMMOCK	14:00~15:00 POLE LEVEL 2	14:30~15:45 POLE 3&4 STATIC OR SPINNING	14:30~15:30 AERIAL HOOP LEVEL 1	14:30~15:30 POLE LEVEL 1
15:00	Level 1 MOMOYO	AYA	SHIGEKO	KANAKO	AYUKA	16:00~17:00
16:00	15:30~16:45 POLE LEVEL 2&3	16:15~17:15 AERIAL SILK LEVEL 1&2	15:30~16:30 POLE LEVEL 1	16:00~17:15	16:30~17:30 POLE LEVEL 1	16:00~17:00 POLE LEVEL 1
17:00			16:40~17:40 FREE POLE	16:40~17:40 KANAKO	17:10~18:10 POLE LEVEL 3	17:10~18:10
18:00					17:10~18:10 BESKIN	17:10~18:10
19:00	19:30~20:45 POLE TROCK REQUEST	19:20~20:20 AERIAL SILK LEVEL 1	19:20~20:20 POLE LEVEL 2	19:15~20:15 EXOTIC FLOOR FLOW	19:15~20:30 POLE LEVEL 2&3	19:30~20:30 POLE
20:00	(ALL LEVEL) NESHO	MIKA	SHIGEKO	(ALL LEVEL) MOMOYO	RYOTA	LEVEL 1 ELLES
21:00	21:00~22:00 FLEXIBILITY BEGINNER	20:30~22:00 AERIAL SILK LEVEL 2	20:30~21:30 POLE LEVEL 1	20:45~22:00 SPINNING POLE	20:40~21:55 POLE LEVEL 3&4	20:45~21:45 POLE LEVEL 2
22:00			21:40~22:40 FREE POLE		22:00~23:30 TRAINING FOR POLE COMPETITION	22:10~24:00 RENTAL ¥4,000 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 ADVANCE STATIC OR SPINNING	13:00~12:30 POLE LEVEL 1&2	11:00~12:30 FREE POLE	11:00~12:30 FREE POLE	11:15~12:15 AERIAL SILK LEVEL 1
12:00	(ALL LEVEL) YOKO	PINKO	12:45~14:15	AYUKA	90min 2,500Yen	MIKA
13:00	13:00~14:15 POLE LEVEL 3	13:00~14:00 POLE HEELS	12:45~14:15	13:00~14:15 POLE 4 STATIC OR SPINNING	12:50~14:05 AERIAL SILK LEVEL 2	12:45~14:15
14:00	14:30~15:30 SPINNING POLE HEELS	LEVEL 1&2 AYUKA	14:30~15:30 FREE POLE	14:30~15:30 SHIGEKO	14:30~15:30 New 1 14:30~15:30	14:30~15:30 FREE POLE
15:00	Level 1&2 MOMOYO		16:00~17:00 FLEXIBILITY BEGINNER	14:30~15:30 NEW 1 14:30~15:30	14:30~15:30 NEW 1 14:30~15:30	14:30~15:30 POLE LEVEL 1
16:00	15:45~16:45 POLE HEELS	15:45~17:00 POLE LEVEL 3	16:00~17:00 POLE LEVEL 2	15:45~17:00 POLE 3&4 STATIC OR SPINNING	15:45~17:00 AERIAL HOOP LEVEL 1 & 2	15:45~16:45 POLE LEVEL 2
17:00			17:15~18:15	17:15~18:15	17:15~18:15	17:10~18:10
18:00						17:10~18:10 FLEXIBILITY Elizabeth
19:00	19:20~20:35 POLE LEVEL 2&3	19:20~20:20 FLEXIBILITY BEGINNER	19:20~20:20 POLE LEVEL 1	19:20~20:35 POLE LEVEL 3	19:20~20:20 AERIAL SILK LEVEL 1	19:20~20:20
20:00	20:45~22:00 POLE LEVEL 3&4	20:45~22:00 POLE ADVANCE STATIC OR SPINNING	20:45~21:45 POLE LEVEL 2	20:45~21:45 POLE LEVEL 2	20:30~22:00 AERIAL SILK LEVEL 2 & 3	20:45~21:45 LEVEL 1 & 2 MOMOYO
21:00		22:15~23:45 FREE POLE	22:00~23:00 FREE POLE	22:00~23:00 FREE POLE		22:00~23:00 FLEXIBILITY BEGINNER
22:00						22:00~23:00 NESHO

	Fri			Sat			(Sun)		
	STUDIO A	STUDIO B	STUDIO C	STUDIO A	STUDIO B	STUDIO C	STUDIO A	STUDIO B	STUDIO C
11:00	11:00~12:45 POLE LEVEL 3	11:30~12:30 AERIAL YOGA HAMMOCK	11:00~12:00 FREE POLE	11:00~12:00 FREE POLE	11:30~12:30 AERIAL HOOP LEVEL 1	11:30~12:00 POLE LEVEL 1	10:50~11:50 FREE POLE	11:00~12:00 FREE POLE	11:00~12:00 POLE LEVEL 1
12:00	SHIGEKO	AYA	12:10~13:10 FREE POLE	12:15~13:30 POLE LEVEL 2&3	12:45~14:00 AERIAL HOOP LEVEL 2	12:15~13:45 FREE POLE	12:00~13:00 POLE HEELS (SLOW MOVE)	12:15~13:30 SHIGEKO	12:30~13:30 FREE POLE
13:00	13:00~14:00 POLE LEVEL 3	13:00~14:30 AERIAL HOOP HAMMOCK	13:30~14:30 POLE LEVEL 1	13:00~14:30 POLE LEVEL 2	13:45~15:00 AYA	13:45~14:45 FREE POLE	13:15~14:30 POLE LEVEL 3	13:45~14:45 SHIGEKO	13:45~14:45 FREE POLE
14:00	(slow move) OJ	14:30~15:45 New 1 14:30~15:30	14:40~15:45 SHIGEKO	14:30~15:30 New 1 14:30~15:30	14:30~15:30 FLEXIBILITY BEGINNER	14:30~15:30 MOMOYO	14:30~15:30 POLE LEVEL 3	14:45~15:45 SHIGEKO	14:45~15:45 SPINNING POLE
15:00	POLE LEVEL 2&3 SHIGEKO	14:30~15:45 HAMMOCK DANCE LEVEL 2	15:10~16:10 POLE LEVEL 1	14:30~15:30 MOMOYO	15:10~16:10 AYA	15:10~16:10 LEVEL 1	14:45~16:00 SPINNING POLE	15:00~16:00 POLE HEELS	15:00~16:00 POLE LEVEL 1
16:00	16:00~17:15 POLE 3&4 STATIC OR SPINNING	16:00~17:00 AERIAL SILK LEVEL 1 & 2	16:20~17:35 POLE LEVEL 2	16:00~17:00 MOMOYO	16:00~17:00 POLE LEVEL 1	16:20~17:20 LEVEL 2&3 RYOTA	16:15~17:15 LEVEL 1	16:30~17:30 POLE LEVEL 1&2	16:15~17:15 LEVEL 1
17:00	17:15~18:15	17:15~18:15	17:15~18:15	17:15~18:15	17:15~18:15	17:15~18:15	17:15~18:15	17:15~18:15	17:15~18:15
18:00									
19:00	19:15~20:30 POLE 3&4 STATIC OR SPINNING	19:45~20:45 FLEXIBILITY	19:30~20:30 POLE LEVEL 1	19:30~20:30 POLE LEVEL 1	19:30~20:30 POLE LEVEL 1	19:30~20:30 FREE POLE	18:45~19:45 POLE LEVEL 1	18:45~19:45 POLE LEVEL 1	18:45~19:45 POLE LEVEL 1
20:00	20:45~22:00 POLE LEVEL 3&4	21:00~22:15 AERIAL HOOP LEVEL 1 & 2	20:45~21:45 POLE LEVEL 2	20:45~21:45 POLE LEVEL 2	20:45~21:45 POLE LEVEL 2	20:45~21:45 POLE LEVEL 2	18:45~19:45 POLE LEVEL 1	18:45~19:45 POLE LEVEL 1	18:45~19:45 POLE LEVEL 1
21:00									
22:00									