

Nov

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	11:20~12:40 FREE AERIAL 80min 2,500Yen	11:30~12:30 FREE POLE	11:45~12:45 FREE POLE	11:30~12:30 AERIAL SILK LEVEL 1&2 AYA akane@platinum	11:30~12:45 POLE LEVEL 2&3
12:30~13:45	MOMOYO	12:45~13:45 LEVEL 1 MOMOYO	13:00~14:00 SPINNING POLE Level 1 SHIGEKO	13:00~14:00 AERIAL YOGA (HAMMOCK) AYA	13:30~14:30 POLE LEVEL 1&2 ELLES	
13:00	POLE 3&4 MOMOYO	13:00~14:15 AERIAL SILK LEVEL 2 HARUKA	14:00~15:00 POLE LEVEL 2 SHIGEKO	14:15~15:45 POLE 3&4 STATIC OR SPINNING KANAKO	14:30~15:30 AERIAL HOOP LEVEL 1 AYA	14:45~15:45 FLEXIBILITY BEGINNER ELLES
14:00~15:00	SPINNING POLE Level 1 MOMOYO	14:45~15:45 AERIAL YOGA (HAMMOCK) AYA	15:30~16:30 FREE POLE	15:45~17:00 POLE LEVEL 2&3 KANAKO	16:00~17:00 POLE LEVEL 1&2 MOMOYO	
15:00	15:30~16:45 POLE LEVEL 2&3 SHIGEKO	16:15~17:15 AERIAL SILK LEVEL 1 & 2 AYA	16:45~17:45 FREE POLE	17:00~18:00 POLE LEVEL 3 SHIGEKO	17:00~18:00 ACROBAT-BASIC BERUN	17:00~18:00 ACROBAT-BASIC BERUN
16:00	17:40~18:40 23h AERIAL HOOP LEVEL 1 MKA	18:15~19:15 Basic Training				
17:00	19:00~20:15 POLE TRICK REQUEST (ALL LEVEL) NISHIO	19:00~20:00 AERIAL SILK LEVEL 1 MIKA	19:15~20:15 POLE LEVEL 2 SHIGEKO	19:15~20:30 EXOTIC FLOOR FLOW (ADVANCE) MOMOYO	19:20~20:35 POLE LEVEL 2&3 akane@platinum	19:30~20:30 POLE LEVEL 1 ELLES
18:00	20:30~21:45 POLE LEVEL 2&3 NISHIO	20:15~21:30 AERIAL SILK LEVEL 2 MIKA	20:30~21:30 LEVEL 1&2 MOMOYO	20:45~22:00 POLE LEVEL 2&3 MOMOYO	20:50~21:45 POLE LEVEL 3&4 akane@platinum	20:45~21:45 POLE LEVEL 2 SHIGEKO
19:00	22:00~23:15 POLE REQUEST (ALL LEVEL) NISHIO	21:45~22:45 AERIAL SILK LEVEL 1&2 MIKA	21:45~22:45 FREE POLE	22:00~23:15 SPINNING POLE LEVEL 2 ELLES	22:00~23:00 SPINNING POLE 1 FREE POLE	22:15~24:00 RENTAL ¥4,000 only!

***If you are level1, this is a class you can take!

	Wed			Thu		
	STUDIO A	STUDIO B	STUDIO C	STUDIO A	STUDIO B	STUDIO C
11:00	11:45~12:45 POLE+Heels BASIC (ALL LEVEL) YOKO	11:15~12:30 POLE ALL LEVEL PINOKO	11:30~12:30 POLE LEVEL 1&2 AKI	11:30~12:45 POLE LEVEL 2&3 AYUMI	11:00~12:30 FREE POLE 90min 2,500Yen	
12:00	12:00~14:15 POLE LEVEL 3 YOKO	12:45~13:45 POLE HEELS LEVEL 1&2 AKI	12:45~14:15 FREE POLE 90min 2,500Yen	13:00~14:15 POLE 4 STATIC OR SPINNING SHIGEKO	12:45~14:00 POLE ALL LEVEL MOMOYO/MOMOYO	12:50~13:50 AERIAL SILK LEVEL 1 XIO
13:00	14:40~15:40 SPINNING POLE HEELS OK Level 1&2 MOMOYO	14:00~15:15 POLE LEVEL 2&3 ELLES	14:30~15:30 POLE HEELS (Slow Move) YOKO	14:20~15:35 AERIAL SILK LEVEL 2 XIO	14:30~15:30 AERIAL SILK LEVEL 1 & 2 SHIGEKO	14:30~15:30 POLE LEVEL 1&2 AYUMI
14:00	16:00~17:00 POLE LEVEL 1&2 MOMOYO	16:30~17:45 POLE LEVEL 3&4 STATIC OR SPINNING MOMOYO	15:45~16:45 FLEXIBILITY akane@platinum	15:45~16:45 SPINNING POLE HEELS LEVEL 1 MOMOYO	16:00~17:00 AERIAL HOOP LEVEL 1&2 ALK	15:45~16:45 FLEXIBILITY BEGINNER AYUMI
15:00		17:00~18:15 POLE TRICK REQUEST (ALL LEVEL) ALK	17:00~18:00 ACROBAT-BASIC TOMONORI			
16:00	19:00~20:15 POLE LEVEL 3 MOMOYO	19:20~20:35 POLE LEVEL 2&3 akane@platinum	19:15~20:15 POLE LEVEL 3 SHIGEKO	19:00~20:15 POLE LEVEL 3 SHIGEKO	19:30~20:30 AERIAL SILK LEVEL 1 ALK	19:15~20:15 POLE+Heels BASIC (ALL LEVEL) MOMOYO
17:00	20:30~21:45 POLE LEVEL 3&4 SHIGEKO	20:50~22:05 POLE LEVEL 2&3 akane@platinum	20:40~21:40 LEVEL 1&2 SHIGEKO	20:30~21:30 POLE LEVEL 2 NISHIO	20:30~21:30 AERIAL SILK LEVEL 2&3 ALK	20:30~21:30 POLE LEVEL 1 SHIGEKO
18:00	22:00~23:00 4-18h SPINNING POLE 1 (11-23h) POLE HEELS (SLOW MOVE) SHIGEKO	22:20~23:20 FREE POLE	22:00~23:00 FREE POLE	21:45~23:00 POLE TRICK REQUEST (ALL LEVEL) NISHIO		

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	Fri			Sat			(Sun)		
	STUDIO A	STUDIO B	STUDIO C	STUDIO A	STUDIO B	STUDIO C	STUDIO A	STUDIO B	STUDIO C
11:00	11:00~12:00 FREE POLE	11:30~12:30 AERIAL HOOP Choreography (HEELS OK) AYA	11:15~12:15 FREE POLE	11:00~12:15 POLE LEVEL 2 & 3 SHIGEKO	11:30~12:30 AERIAL HOOP LEVEL 1&2 AYA	11:15~12:15 FREE POLE	10:45~12:00 POLE LEVEL 2 & 3 AYUMI	11:00~12:00 POLE LEVEL 1 & 2 SHIGEKO	11:15~12:15 FREE POLE
12:00	12:15~13:15 POLE HEELS (Slow Move) SHIGEKO	13:00~14:00 HAMMOCK DANCE AYA	12:30~13:30 SPINNING POLE HEELS OK Level 1&2 MOMOYO	13:00~14:00 SHIGEKO	13:45~15:00 SHIGEKO #WS Heels Movement SHIGEKO	13:30~14:30 POLE LEVEL 1 SHIGEKO	12:15~13:15 POLE HEELS (Slow Move) MOMOYO	12:15~13:30 POLE LEVEL 2 & 3 SHIGEKO	12:30~13:30 Floor Move BASIC AYUMI
13:00	14:45~16:00 POLE LEVEL 2 & 3 SHIGEKO	16:00~17:00 CHAIR DANCE AYA	16:00~17:00 POLE LEVEL 2 MOMOYO	16:15~17:30 POLE LEVEL 3&4 EMUJAY	16:30~17:30 AERIAL SILK LEVEL 1 AYUMI	16:45~17:45 POLE LEVEL 2 MKA	13:30~14:30 POLE LEVEL 2 RYOTA	13:45~15:00 POLE LEVEL 3&4 SHIGEKO	14:00~15:00 Open Legs (ALL LEVEL) EMUJAY
14:00	18:15~19:15 SPINNING POLE LEVEL 1 ELLES	18:45~19:45 POLE LEVEL 3 AYUMI	19:00~20:00 POLE LEVEL 2 AYUMI	19:00~20:00 POLE LEVEL 1 NISHIO	19:30~20:30 POLE LEVEL 1 NISHIO	19:45~20:45 POLE LEVEL 3&4 NISHIO	14:45~16:00 POLE LEVEL 2 RYOTA	15:15~16:15 POLE LEVEL 1 & 2 EMUJAY	15:15~16:15 POLE LEVEL 1 & 2 AYUMI
15:00	20:30~21:30 POLE LEVEL 2&3 AYUMI	21:45~22:45 AERIAL HOOP LEVEL 1 & 2 ALK	22:00~23:00 FREE POLE	20:15~21:15 FREE POLE	20:15~21:30 FREE POLE	20:45~22:00 Drop Paper(KASUMI)	16:00~17:00 POLE LEVEL 1 & 2 EMUJAY	16:15~17:15 POLE LEVEL 1 & 2 EMUJAY	16:30~17:30 FLEXIBILITY BEGINNER AYUMI
16:00	18:00~19:00 POLE LEVEL 3 AYUMI	18:15~19:15 SPINNING POLE LEVEL 1 ELLES	18:45~19:45 POLE LEVEL 3 AYUMI	19:00~20:00 POLE LEVEL 1 NISHIO	19:30~20:30 POLE LEVEL 1 NISHIO	19:45~20:45 POLE LEVEL 3 AYUMI	16:30~17:30 POLE LEVEL 1 & 2 EMUJAY	16:45~17:45 POLE LEVEL 1 & 2 EMUJAY	17:00~18:00 POLE LEVEL 1 & 2 KANAKO
17:00	19:00~20:15 SPINNING POLE 2 ELLES	19:00~20:00 FLEXIBILITY Open Legs (ALL LEVEL) EMUJAY	19:15~20:15 POLE LEVEL 1 NISHIO	19:30~20:30 POLE LEVEL 1 NISHIO	19:30~20:30 POLE LEVEL 1 NISHIO	19:45~20:45 POLE LEVEL 3 AYUMI	17:00~18:15 AERIAL SILK LEVEL 2 AYUMI	17:45~18:45 FREE POLE	18:00~19:00 POLE LEVEL 1 & 2 KANAKO
18:00	20:30~21:30 POLE LEVEL 3&4 SHIGEKO	20:15~21:15 AERIAL HOOP LEVEL 1 & 2 AYUMI	20:30~21:30 POLE LEVEL 2 AYUMI	20:15~21:15 FREE POLE	20:15~21:30 FREE POLE	20:45~22:00 Drop Paper(KASUMI)	18:15~19:15 SPINNING POLE LEVEL 1 NISHIO	18:00~19:00 POLE LEVEL 1 & 2 KANAKO	18:00~19:00 POLE LEVEL 1 & 2 KANAKO
19:00	21:45~23:00 POLE LEVEL 2&3 AYUMI	21:45~23:00 AERIAL HOOP LEVEL 1 & 2 AYUMI	22:00~23:00 FREE POLE	22:00~23:00 FREE POLE	22:00~23:00 FREE POLE	22:00~23:00 FREE POLE	18:45~19:45 POLE LEVEL 3&4 NISHIO	19:15~20:30 EXOTIC FLOOR FLOW MOMOYO	19:15~20:30 EXOTIC FLOOR FLOW MOMOYO

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