



Nov										03-5412-2555 TEL 14:00~21:00										03-5412-2555 TEL 14:00~21:00									
Mon			Tue			Wed			Thu			Fri			Sat			Sun											
Space A	Space B	MINI	Space A	Space B	MINI	Space A	Space B	MINI	Space A	Space B	MINI	Space A	Space B	MINI	Space A	Space B	MINI	Space A	Space B	MINI									
11:00 NEW! 11:00~12:00 STRETCHING& LOWER BODY TRAINING TOMO			10:30~11:30 HAMMOCK STRETCH Mikitty ☆			11:00~12:00 AERIAL HOOP LEVEL 1 Mikitty ☆			11:15~12:15 POLE LEVEL2 YOKO	11:15~12:15 POLE LEVEL 1 YOKO		10:30~11:30 AERIAL HOOP LEVEL 1 Mikitty ☆			10:45~11:45 POLE LEVEL2 Mikitty	10:45~11:45 POLE LEVEL 1 Mikitty		10:45~11:45 AERIAL HOOP LEVEL 1 Mikitty											
12:00 NEW! 12:30~13:30 Pole Dance Fun! PINOKO ☆			12:00~13:00 AERIAL HOOP LEVEL 1&2 MKA			12:25~13:25 POLE FLOOR FLOW TOMO			12:30~13:30 SPINNING POLE HEELS Level 1 YOKO			12:00~13:00 POLE LEVEL2 YOKO	12:00~13:00 POLE LEVEL 1 YOKO		12:00~13:15 POLE LEVEL2&3 YOKO			12:15~13:15 POLE LEVEL2 Mikitty	12:15~13:15 POLE LEVEL 1 Mikitty										
14:00~15:15 POLE LEVEL 2&3 PINOKO			13:30~14:30 SPINNING POLE HEELS OK Level 1 Mikitty ☆			13:45~14:45 POLE+Heels BASIC (ALL LEVEL) Mikitty ☆		NEW! 13:40~14:40 POLE LEVEL 1 de DANCE TOMO	13:45~14:45 POLE+Heels BASIC (ALL LEVEL) PINOKO ☆			13:15~14:15 POLE+Heels BASIC (ALL LEVEL) YOKO		13:30~14:30 SPINNING POLE Level 1 Mikitty		13:30~14:30 KIDS POLE PINOKO	13:30~14:45 POLE LEVEL&4 1~29th AKI 8~15th KANAKO 22th ELLES	13:30~14:45 POLE LEVEL 1 Mikitty											
NEW! 16:15~17:15 POLE LEVEL3 (HEELS) MOMOYO	NEW! 16:15~17:15 2~9 23th POLE HEELS (SLOW MOVE) MOMOYO		14:45~15:45 FREE POLE			15:00~16:00 SPINNING POLE Level 1&2 PINOKO			15:00~16:00 ASIAN EXOTIC POLE PINOKO			14:30~15:45 POLE LEVEL 2&3 Mikitty		14:45~16:15 PINOKO WS PINOKO			15:00~16:00 POLE HEELS LEVEL 1&2 KANAKO 22th ELLES	15:00~16:00 POLE HEELS (SLOWMOVE) ELLES	15:00~16:00 (ALL LEVEL) MOMOYO	15:00~16:00 1~15 29th BodyMaintenance TOMO									
			16:00~17:00 EXOTIC FLOW (ALL LEVEL) MOMOYO			16:15~17:30 POLE LEVEL 2&3 RYOTA		16:30~17:30 POLE LEVEL 1 Mikitty	16:15~17:30 POLE LEVEL 2&3 YOKO			16:00~17:00 SPINNING POLE HEELS OK Level 1 Mikitty ☆		16:30~17:45 7~21th POLE LEVEL 2&3 MOMOYO	16:30~17:45 14~26th POLE LEVEL 3&4 MOMOYO			16:15~17:15 8th POLE HEELS (SLOWMOVE) ELLES	16:15~17:15 1~15 29th POLE FLOOR FLOW TOMO										
19:15~20:30 POLE LEVEL 2&3 YUYU			17:15~18:15 POLE FLOOR FLOW MOMO(MOMOE)			19:15~20:15 POLE LEVEL 1 RYOTA	19:15~20:15 POLE LEVEL 2 RYOTA		19:00~20:00 FLEXIBILITY EMIJAY					18:00~19:00 POLE+Heels BASIC (ALL LEVEL) YOKO			18:00~19:00 POLE+Heels BASIC (ALL LEVEL) YOKO	19:00~20:00 POLE HEELS (SLOW MOVE) YOKO	19:00~20:00 20:15~21:30 YUYU's WS SEXY MOVEMENT ADVANCE 8th										
20:45~21:45 Sexy movement (ALL LEVEL) YUYU			19:00~20:15 POLE LEVEL2&3 RYOTA			20:30~21:45 POLE 4 STATIC OR SPINNING RYOTA		20:45~21:45 POLE LEVEL1 Pego(KASUMI)	20:15~21:15 POLE HEELS LEVEL 1&2 EMIJAY			19:20~20:35 POLE LEVEL 3 & 4 REQUEST OK! NISHIO		19:15~20:15 EXOTIC CHAIR BASIC YOKO			19:15~20:15 EXOTIC CHAIR BASIC YOKO	20:15~21:30 SHIGEKO's WS Heels movement	20:15~21:30 YOKO's WS CHAIR.ACRO										
			20:30~21:45 SPINNING POLE LEVEL 2 RYOTA					20:45~21:45 POLE LEVEL1 Pego(KASUMI)	21:30~22:45 POLE LEVEL 2&3 EMIJAY			20:50~22:05 POLE LEVEL 2&3 NISHIO		NEW 20:30~21:45 MOMO's WS SPINNING				20:15~21:30 22th	15~29th										
														21:40~22:40 12~26th POLE LEVEL 1 akane*platinum															

 ...If you are level1, this is a class you can take!
 ...If you have an Unlimited plan, this is a class you can take!