

MARTH

03-5412-2555 TEL 14:00~21:00

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|       | Mon  |  | Tue   |   | Wed   |   | Thu   |  | Fri   |   | Sat     |         | Su   |
|-------|--|--|---|---|---|---|---|--|---|---|---------|---------|--|
|       | Space A  | Space B                                  | Space A   | Space B                                   | Space A   | Space B                                   | Space A   | Space B                                | Space A   | Space B                                   | Space A | Space B | Space A  |
| 11:00 | 11:00~12:00<br>MAMA POLE<br>With BABY<br>TOMO      |  | 10:00~11:00<br>AERIAL SILK<br>LEVEL 1<br>Lily       |   | 10:45~11:45<br>AERIAL HOOP<br>LEVEL 1<br>Mikitty            |   |   |  | 10:30~11:30<br>AERIAL HOOP<br>LEVEL 1<br>Mikitty                |   |         |         | 10:45~11:45<br>AERIAL HOOP<br>LEVEL 1<br>Mikitty                 |
| 12:00 |  |  |   |   |   |   | 11:45~12:45<br>POLE<br>LEVEL.2<br>YOKO                    | 11:45~12:45<br>POLE<br>LEVEL 1<br>YOKO |   |   |         |         |  |
| 13:00 | 12:30~13:30<br>POLE<br>LEVEL.2<br>PINOKO           | 12:30~13:30<br>POLE<br>LEVEL 1<br>Pinoko | 11:30~12:30<br>AERIAL HOOP<br>LEVEL 1.5<br>MIKA     |   | 12:20~13:20<br>POLE<br>LEVEL.2<br>Mikitty                   | 12:20~13:20<br>POLE<br>LEVEL 1<br>Mikitty | 13:00~14:00<br>SPINING POLE<br>HEELS<br>Level 1<br>YOKO   |  | 11:45~12:45<br>POLE<br>LEVEL.2<br>YOKO                          | 11:45~12:45<br>POLE<br>LEVEL 1<br>YOKO    |         |         | 12:20~13:20<br>POLE<br>LEVEL.2<br>Mikitty                        |
| 14:00 | 14:00~15:15<br>POLE<br>LEVEL 2&3<br>Pinoko         |  | 13:00~14:00<br>SPINING POLE<br>Level 1<br>Mikitty   |   | 13:30~14:30<br>POLE Heels<br>BASIC<br>(All Level)<br>momoMc |   | 14:15~15:15<br>POLE HEELS                                 |  | 13:00~14:00<br>POLE•Heels BASIC<br>(ALL LEVEL)<br>YOKO          |   |         |         | 13:30~14:45<br>POLE<br>LEVEL.3&4<br>Mikitty                      |
| 15:00 |  |  |   |   |   |   | 14:45~15:45<br>SPINING POLE<br>HEELS<br>Level 1<br>PINOKO |  | 14:15~15:30<br>POLE<br>LEVEL 2&3<br>Mikitty                     |   |         |         | 15:00~16:00<br>POLE FLOOR<br>FLOW<br>TOMO                        |
| 16:00 | 15:30~17:00<br>FREE POLE &<br>AERIAL<br>90分 2,500円 |  | 14:30~15:30<br>EXOTIC FLOW<br>(ALL LEVEL)<br>MOMOYO |   | 14:45~15:45<br>SPINING POLE<br>HEELS<br>Level 1<br>PINOKO   |   | 15:30~16:45<br>POLE<br>LEVEL 2&3<br>YOKO                  |  | 15:45~16:45<br>POLE<br>LEVEL.2<br>Mikitty                       | 15:45~16:45<br>POLE<br>LEVEL 1<br>Mikitty |         |         | 16:15~17:15<br>POLE<br>LEVEL.2<br>TOMO                           |
| 17:00 |  |  | 16:00~17:00<br>POLE<br>LEVEL 1<br>Mikitty           | 16:00~17:00<br>POLE<br>LEVEL.2<br>Mikitty | 16:00~17:15<br>POLE<br>LEVEL 2&3<br>RYOTA                   |   |   |  | 17:30~18:30<br>13th, 27th<br>YUYU's WS SEXY<br>MOVEMENT<br>YUYU |   |         |         | 17:30~18:45<br>POLE<br>LEVEL 2&3<br>Mikitty                      |
| 18:00 |  |  |   |   |   |   |   |  |   |   |         |         |  |
| 19:00 |  |  |   |   |   |   |   |  |   |   |         |         |  |
| 20:00 | 19:20~20:20<br>POLE<br>Heels<br>(slow move)<br>OJ  |  | 19:20~20:35<br>POLE<br>LEVEL 2&3<br>OJ              |   | 19:20~20:20<br>POLE<br>LEVEL 1<br>RYOTA                     | 19:20~20:20<br>POLE<br>LEVEL 2<br>RYOTA   | 19:20~20:35<br>POLE<br>LEVEL 2&3<br>EMIJAY                |  | 19:20~20:35<br>POLE<br>LEVEL 3 & 4<br>リクエストOK!<br>NISHIO        |   |         |         | 19:00~20:00<br>ポール・ヒール基礎<br>(オールレベル)<br>YOKO                     |
| 21:00 | 20:45~21:45<br>POLE<br>LEVEL 1<br>OJ               | 20:45~21:45<br>POLE<br>LEVEL 2<br>OJ     | 20:50~21:50<br>LOW<br>SPINING POLE<br>OJ            |   | 20:30~21:45<br>POLE 4<br>STATIC OR<br>RYOTA                 |   | 20:50~21:50<br>POLE HEELS<br>LEVEL1&2<br>EMIJAY           |  | 20:50~22:05<br>POLE<br>LEVEL 2&3<br>NISHIO                      |   |         |         | 20:15~21:45<br>8th, 22th<br>MOMOYO's WS<br>EXOTIC<br>FLOOR TRICK |
| 22:00 |  |  |   |   |   |   |   |  |   |   |         |         |  |

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Space B

12:20~13:20  
POLE  
LEVEL 1  
Mikitty

13:30~14:30

POLE HEELS

LEVEL1 & 2  
Mikitty

16:15~17:15  
POLE  
LEVEL 1  
TOMO

20:00~21:00  
29th

YUYU's WS SEXY  
MOVEMENT

YUYU

20:15~21:30  
1st,15th

チェア・アクロ WS

YOKO



cv