

MARCH						
	Mon		Tue			
	Aスタジオ	Bスタジオ	Cスタジオ	Aスタジオ	Bスタジオ	Cスタジオ
11:00						
12:00						
13:00						
14:00		14:45~15:45 AERIAL YOGA (HAMMOCK) AYA		13:00~14:00 AERIAL YOGA (HAMMOCK) AYA		13:30~14:30 POLE LEVEL 122 ELLES
15:00		16:15~17:15 AERIAL SILK LEVEL 1 & 2 AYA		14:30~15:30 AERIAL HOOP LEVEL 1 AYA		14:30~15:30 FLEXIBILITY BEGINNER ELLES
16:00						14:45~15:45 FLEXIBILITY BEGINNER ELLES
17:00						17:10~18:10 ACROBAT-BASIC BERKUN
18:00						18:15~19:15 Backfl Training BERKUN
19:00		19:20~20:20 AERIAL SILK LEVEL 1 MIKA				19:30~20:30 POLE LEVEL 1 Ellea
20:00						
21:00	21:00~22:00 FLEXIBILITY BEGINNER NISHIO		20:30~21:30 POLE LEVEL 1 MOMOK			
22:00						

Wed					Thu		
Aスタジオ	Bスタジオ	Cスタジオ	Aスタジオ	Bスタジオ	Cスタジオ		
11:00		11:30~12:30 POLE LEVEL 122 AKI			11:15~12:15 AERIAL SILK LEVEL 1 MIKA		
12:00							
13:00							
14:00						14:30~15:30 POLE LEVEL 1 AYUMI	
15:00		14:30~15:30 FLEXIBILITY BEGINNER ELLES					
16:00				15:45~17:00 AERIAL HOOP LEVEL 1 & 2 ALK	17:10~18:10 FLEXIBILITY Elizabeth		
17:00							
18:00							
19:00				19:20~20:20 AERIAL SILK LEVEL 1 ALK			
20:00	19:20~20:20 FLEXIBILITY BEGINNER ELLES	19:20~20:20 POLE LEVEL 1 SHIGEKO			20:45~21:45 POLE LEVEL 1 SHIGEKO		
21:00						22:00~23:00 FLEXIBILITY BEGINNER NISHIO	
22:00							

Fri			Sat			Sun		
Aスタジオ	Bスタジオ	Cスタジオ	Aスタジオ	Bスタジオ	Cスタジオ	Aスタジオ	Bスタジオ	Cスタジオ
11:00	11:30~12:30 AERIAL YOGA (HAMMOCK) AYA			11:30~12:30 AERIAL HOOP LEVEL 1 AYA	11:00~12:00 POLE LEVEL 1 SHIGEKO			11:00~12:00 POLE LEVEL 1 SHIGEKO
12:00								
13:00				13:30~14:30 POLE LEVEL 1 MOMOK				
14:00					14:30~15:30 HAMMOCK DANCE AYA	14:00~15:00 FLEXIBILITY BEGINNER MOMOK		
15:00					15:45~16:45 AERIAL SILK LEVEL 1 SENA			15:00~16:00 POLE LEVEL 1 AYUMI
16:00	16:00~17:00 AERIAL SILK LEVEL 1 AYA	15:45~16:45 FLEXIBILITY BEGINNER MOMOK						16:15~17:15 FLEXIBILITY BEGINNER NISHIO
17:00							16:15~17:15 ACROBAT-BASIC TOMONORI	
18:00	17:20~18:35 FLEXIBILITY & BODY CONDITIONING Elizabeth							17:45~18:45 CORE & BODY CONDITIONING KANAKO
19:00	19:45~20:45 FLEXIBILITY ALK	20:30~21:30 POLE LEVEL 1 EMJAY			18:45~19:45 POLE LEVEL 1 NISHIO			19:00~20:00 Open Legs EMJAY
20:00								
21:00								
22:00								