

MARCH

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+Hoop BASIC	11:20~12:40 FREE POLE	11:15~12:15 FREE POLE	11:30~12:30 FREE POLE	11:30~12:30 AERIAL SILK LEVEL 1&2	11:30~13:00 FREE POLE
12:00	(ALL LEVEL) VOKO	8:59 2,500Yen	0	0	AYA	90min 2,500Yen
13:00	12:30~13:45 POLE 3&4	13:00~14:15 AERIAL SILK LEVEL 2	12:30~13:30 POLE LEVEL 1	13:00~14:00 SPINNING POLE HEELS	13:00~14:00 AERIAL YOGA HAMMOCK	13:30~14:30 POLE LEVEL 1&2
14:00	14:00~15:00 SPINNING POLE MOMOYO	14:45~15:45 AERIAL YOGA HAMMOCK	14:00~15:00 POLE LEVEL 2	14:20~15:35 STATIC OR SPINNING	14:30~15:30 AERIAL HOOP LEVEL 1	14:45~15:45 FLEXIBILITY BEGINNER
15:00	15:30~16:45 POLE LEVEL 2&3	16:15~17:15 AERIAL SILK LEVEL 1 & 2	15:30~16:30 POLE LEVEL 1 MOMOK	16:00~17:15 POLE COMBINATION LEVEL 3	16:00~17:15 POLE LEVEL 3	16:00~17:00 FREE POLE
16:00			16:40~17:45 FREE POLE	16:40~17:45 KANAKO	17:10~18:10 SHIBUKO	17:10~18:10 BASIC Training
17:00						
18:00						
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	MKA	SHGEXO	(ALL LEVEL) MOMOYO	RYOTA	LEVEL 1 ELLES
21:00	21:00~22:00 FLEXIBILITY BEGINNER NESHO	20:30~22:00 AERIAL SILK LEVEL 2 MKA	20:30~21:30 POLE LEVEL 1 MOMOK	20:45~22:00 SPINNING POLE LEVEL 2 RYOTA	20:40~21:55 POLE LEVEL 3&4	20:45~21:45 POLE LEVEL 2 SHGEXO
22:00			21:40~22:40 FREE POLE		22:00~23:00 TRAINING FOR POLE COMPETITION (all level) RYOTA	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+Hoop BASIC	11:30~12:45 POLE ADVANCE STATIC OR SPINNING	13:00~12:30 POLE LEVEL 1&2 AKI	11:30~12:45 POLE LEVEL 3	11:00~12:30 FREE POLE	11:15~12:15 AERIAL SILK LEVEL 1
12:00	(ALL LEVEL) VOKO	PINKO		AYA	90min 2,500Yen	MKA
13:00	13:00~14:15 POLE LEVEL 3	13:00~14:00 POLE HEELS	12:45~14:15 FREE POLE	13:00~14:15 POLE 4 (static OR SPINNING)	12:50~14:05 AERIAL SILK LEVEL 1-2	12:45~14:15 FREE POLE
14:00	14:30~15:30 SPINNING POLE HEELS	Level 1&2 MOMOK	14:30~15:30 FLEXIBILITY BEGINNER	14:30~15:30 New 1 14:30~15:30	14:30~15:30 CONTOURTON Beginner	14:30~15:30 POLE LEVEL 1 AYUMI
15:00	15:45~16:45 POLE LEVEL 3&4	15:45~16:50 POLE LEVEL 3	16:00~17:00 POLE LEVEL 2 MOMOK	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 AYUMI
16:00						
17:00			17:15~18:15 FREE POLE			17:10~18:10 FLEXIBILITY Elizabeth
18:00						
19:00	19:20~20:35 POLE LEVEL 2&3	19:20~20:30 FLEXIBILITY BEGINNER	19:20~20:30 POLE LEVEL 1 SHGEXO	19:20~20:35 POLE LEVEL 3	19:20~20:20 AERIAL SILK LEVEL 1	19:20~20:20 POLE HEELS
20:00	(all level) NESHO	ELLES				
21:00	20:45~22:00 POLE LEVEL 3&4	20:45~22:00 POLE ADVANCE STATIC OR SPINNING	20:45~21:45 POLE LEVEL 2 MOMOK	20:45~21:45 POLE LEVEL 2 NESHO	20:30~22:00 AERIAL SILK LEVEL 2&3	20:45~21:45 POLE LEVEL 1 SHGEXO
22:00		22:15~23:45 FREE POLE	22:00~23:00 FREE POLE	22:00~23:30 FREE POLE		23:00~23:30 FLEXIBILITY BEGINNER NESHO

	Fri			Sat			(Sun)		
	STUDIO A	STUDIO B	STUDIO C	STUDIO A	STUDIO B	STUDIO C	STUDIO A	STUDIO B	STUDIO C
11:00	11:30~12:45 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	11:00~12:00 POLE LEVEL 1 SHGEXO	10:50~11:30 FREE POLE	11:00~12:00 FREE POLE	11:00~12:00 POLE LEVEL 1 SHGEXO
12:00	SAYAMA	AYA	12:10~13:10 FREE POLE	12:15~13:30 POLE LEVEL 2&3	12:45~14:00 AERIAL HOOP LEVEL 2	12:15~13:40 FREE POLE	12:00~13:00 POLE HEELS (slow move)	12:15~13:30 POLE LEVEL 2&3 SHGEXO	12:30~13:30 FREE POLE
13:00	13:00~14:00 POLE LEVEL 3	13:00~14:30 AERIAL HOOP (HAMMOCK) HEELS AYA	13:00~14:30 POLE LEVEL 1 MOMOK	13:45~15:00 POLE LEVEL 3&4	14:00~15:00 AERIAL HOOP LEVEL 1	13:00~14:30 POLE LEVEL 1 MOMOK	14:00~15:00 FLEXIBILITY BEGINNER	13:15~14:30 POLE LEVEL 3	13:45~14:45 SPINNING POLE
14:00	14:30~15:45 POLE LEVEL 2&3	14:30~15:45 HAMMOCK DANCE LEVEL 2	14:40~15:45 MOMOYO	14:30~15:45 New 1 14:30~15:30	14:40~15:45 HAMMOCK DANCE	14:30~15:45 POLE LEVEL 1 AYUMI	14:45~16:00 SPINNING POLE	15:15~16:45 POLE HEELS	15:00~16:00 LEVEL 1 SHIBUKO
15:00	15:45~16:45 POLE LEVEL 2&3	16:00~17:15 AERIAL SILK LEVEL 1 & 2	16:00~17:00 POLE LEVEL 2 YOKO	16:00~17:00 AERIAL SILK LEVEL 1&2	16:00~17:00 POLE LEVEL 2	16:00~17:00 POLE LEVEL 1 AYUMI	16:20~17:20 SPINNING POLE	16:15~17:15 POLE LEVEL 1&2	16:15~17:15 LEVEL 1 AYUMI
16:00	16:20~17:35 FLEXIBILITY+TRICK	16:50~18:05 AERIAL SILK LEVEL 1&2	16:20~17:35 POLE LEVEL 2	16:20~17:35 POLE LEVEL 2	16:50~18:05 POLE LEVEL 3	16:20~17:20 SENA	16:20~17:20 POLE+Hoop BASIC	16:15~17:15 ACROBAT+BASE	16:30~17:30 AERIAL SILK LEVEL 1&2
17:00						17:15~18:15 AYUMI		17:30~18:30 AERIAL SILK LEVEL 1	17:45~18:45 FLEXIBILITY BEGINNER
18:00						17:45~18:45 FREE POLE		17:30~18:30 SENA	17:30~18:45 POLE LEVEL 3&4
19:00	19:15~20:30 POLE TROCK REQUEST	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	19:30~19:45 SPINNING POLE	19:30~19:45 POLE 3&4 (static OR SPINNING)	19:30~19:45 FREE POLE	19:00~20:15 POLE ADVANCE STATIC OR SPINNING
20:00	(all level) NESHO	AYUMI	18:50~19:50 POLE LEVEL 1	18:50~19:50 POLE LEVEL 1	18:50~19:50 POLE LEVEL 1	18:50~19:45 FREE POLE	18:45~19:45 POLE LEVEL 1 NESHO	18:45~19:45 FREE POLE	19:00~20:00 Open Legs
21:00	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	20:45~21:45 POLE LEVEL 2	20:45~21:45 POLE LEVEL 2	20:45~21:45 POLE LEVEL 2
22:00									