

# DECEMBER

03-5412-2555 TEL 1200-2100

	Mon			Tue		
	STUDIO A	STUDIO B	STUDIO C	STUDIO A	STUDIO B	STUDIO C
8:00 ~ 10:30	8:00~10:30 Morning free pole	8:00~11:00 Morning Free class		8:00~10:30 Morning free pole		
11:00				11:45~12:45	11:15~12:15 AERIAL SILK LEVEL 1&2	
12:00	11:30~12:30 TICKET ONLY FREE CLASS		11:30~12:30 TICKET ONLY FREE CLASS	FREE POLE	11:30~12:30	
12:45~13:45	POLE LEVEL 1&2 MOMOK	13:30~13:30 AERIAL HOOP LEVEL 1	12:45~13:45	13:30~14:30 SPINNING POLE LEVEL 1	12:40~13:40 FREE POLE	13:30~14:00 POLE LEVEL 1&2 ELLES
14:00	14:00~15:15 POLE LEVEL 3&4 NISHIO	14:00~15:00 HAMMOCK DANCE LEVEL 1&2	14:15~15:15 POLE LEVEL 2	14:15~15:30 POLE LEVEL 2&3	14:00~15:00 AERIAL HOOP LEVEL 1&2	14:45~15:45 FLEXIBILITY BEGINNER
15:00	15:30~18:45	15:30~18:30	15:30~18:30	15:30~18:30		
16:00	POLE LEVEL 3 SHIGEKO	AERIAL SILK LEVEL 1&2 AYA	SPINNING POLE LEVEL 1 SHIGEKO	POLE LEVEL 3 SHIGEKO	POLE HEELS SUPER BEGINNER (BEGINNER) AYA	16:00~17:00 POLE LEVEL 1&2 akane & platinum
17:00			16:45~17:45 FREE POLE			17:15~18:15 FREE POLE
18:00		18:45~19:45				
19:00	19:00~20:00 POLE LEVEL 2 SHIGEKO	AERIAL SILK LEVEL 1 MIKA	19:15~20:15 POLE LEVEL 1&2 ELLES	19:15~20:30 SPINNING POLE LEVEL 2 and more AKI	19:00~20:15 POLE LEVEL 2&3 akane & platinum	19:30~20:30 POLE LEVEL 1 ELLES
20:00	20:30~21:30 SPINNING POLE LEVEL 1 ELLES	AERIAL SILK LEVEL 2 MIKA	20:30~21:30 POLE HEELS SUPER BEGINNER (BEGINNER) MOMOK	20:45~21:45 POLE HEELS LEVEL 1&2 AKI	20:30~21:45 POLE LEVEL 3&4 akane & platinum	20:30~21:30 SHIGEKO
21:00		21:30~22:30 AERIAL SILK LEVEL 1&2 MIKA	21:45~22:45	22:15~23:15		
22:00		13th AERIAL HOOP LEVEL 1 MIKA				22:15~24:00 RENTAL ¥4,000 only!

	Wed			Thu		
	STUDIO A	STUDIO B	STUDIO C	STUDIO A	STUDIO B	STUDIO C
8:00 ~ 10:30	8:00~10:30 Morning free pole			8:00~10:30 Morning free pole		
11:00		11:15~12:15		11:15~12:45	11:30~12:30	11:45~12:45
12:00	11:30~12:30 POLE LEVEL 1&2 AKI	FREE POLE	11:30~12:30 FREE POLE	FREE POLE 90min 2,500yen	FREE POLE	FREE POLE
13:00	12:45~13:45 EXOTIC FLOW (ALL LEVEL) AKI	FREE POLE	12:45~13:45	13:00~14:15 POLE 4 STATIC OR SPINNING	12:45~13:45 SPINNING POLE LEVEL 1 AYUMI	13:00~14:00 FREE POLE
14:00	14:00~15:15 STATIC OR SPINNING AKI	14:00~15:15 POLE LEVEL 2&3 ELLES	14:15~15:15 FREE POLE	14:00~15:00 POLE LEVEL 1&2 AYUMI	14:15~15:15 FREE POLE	
15:00	15:45~18:45	15:30~18:45	15:30~18:30	15:45~18:45	16:00~17:00	15:45~18:45
16:00	Relaxing Stretching akane & platinum	Exotic Spinning Heels LEVEL 2 ELLES	FREE POLE	SEXY HEELS MOVEMENT (ALL LEVEL) MOMOK	AERIAL HOOP LEVEL 1&2 AYUKO	FLEXIBILITY BEGINNER AYUMI
17:00			17:15~18:15	17:30~18:30 SPINNING POLE SUPER BEGINNER KUMI		16:45~17:45
18:00						
19:00	19:00~20:15 POLE LEVEL 2&3 akane & platinum	19:15~20:30 DORTORTION WS BEGINNER MOMI	18:45~19:45 POLE LEVEL 1&2 KUMI	19:00~20:15 POLE LEVEL 3 SHIGEKO	19:30~20:30 AERIAL SILK LEVEL 1 SAYO	18:45~19:45 POLE LEVEL 1&2 AYUMI
20:00	20:30~21:45	20:30~22:00 POLE LEVEL 3&4 STATIC OR SPINNING ELLES	20:15~21:15 LEVEL 1 NISHIO	20:30~21:30 POLE LEVEL 1&2 SHIGEKO	20:45~22:00 FREE POLE	20:00~21:00
21:00		21:30~22:30	21:45~22:45	21:45~22:45	AERIAL SILK LEVEL 2 SAYO	21:15~22:15
22:00		TICKET ONLY FREE CLASS				FREE POLE

	Fri			Sat			(Sun)		
	STUDIO A	STUDIO B	STUDIO C	STUDIO A	STUDIO B	STUDIO C	STUDIO A	STUDIO B	STUDIO C
8:00 ~ 10:30	8:00~11:40 Morning free pole	8:00~12:00 Morning Free class							
11:00				NEW! 11:00~12:00 SHIGEKO	11:15~12:15 AERIAL SILK LEVEL 1 AYA	11:15~12:15 FREE POLE	11:00~12:00 POLE LEVEL 1&2 KUMI	11:00~12:00 AERIAL HOOP LEVEL 1 AKI	11:00~12:00 FREE POLE
12:00	12:00~13:15 POLE LEVEL 2&3 SHIGEKO	12:30~13:00 HAMMOCK DANCE AYA	12:00~13:00 TICKET ONLY FREE CLASS	NEW! 12:15~13:20 SHIGEKO POLE WS (ALL LEVEL) SHIGEKO	12:40~13:40 AERIAL HOOP LEVEL 1&2 AYA	12:30~13:30 FREE POLE	12:15~13:30 POLE LEVEL 2&3 KUMI	12:15~13:15 AERIAL HOOP LEVEL 1&2 AKI	12:15~13:15 FREE POLE
13:00	13:30~14:30 SPINNING POLE HEELS LEVEL 1 ELLES	14:30~15:30 AERIAL SILK LEVEL 1&2 AYA	14:45~15:45 FLEXIBILITY BEGINNER	14:00~15:15 POLE LEVEL 3&4 NISHIO	14:00~15:00 POLE LEVEL 1 NISHIO		14:00~15:15 POLE LEVEL 3&4 NISHIO	13:40~14:40 FLEXIBLE Open Level (ALL LEVEL) AKI	13:45~14:45 POLE LEVEL 1 AYA
14:00	14:45~18:00	15:50~17:10	15:15~18:15	15:20~18:20	16:30~17:30	16:30~17:30	15:30~18:30	15:00~16:00	15:30~18:30
15:00	POLE LEVEL 3 SHIGEKO	FREE AERIAL	SPINNING POLE LEVEL 1 AYUMI	AERIAL SILK LEVEL 1 MIKA	16:00~17:00 POLE LEVEL 1&2 ELLES	16:30~17:30 POLE LEVEL 1&2 ELLES	POLE HEELS SUPER BEGINNER (BEGINNER) KUMI	AERIAL SILK LEVEL 1 AYA	POLE LEVEL 2 NISHIO
16:00									
17:00	17:30~18:30 AERIAL SILK LEVEL 1&2 SAYO	17:15~18:15 FREE POLE	16:30~17:45 POLE LEVEL 2&3 AYUMI	16:35~17:50 AERIAL SILK LEVEL 2 MIKA	17:45~18:45 FREE POLE		16:45~17:45 AEROBAT BASIC TOMONORI	16:15~17:15 AERIAL SILK LEVEL 1&2 AYA	16:30~17:30 RENTAL
18:00									
19:00	19:00~20:15 POLE 4 STATIC OR SPINNING ELLES	19:00~20:00 AERIAL HOOP LEVEL 1&2 MIKA	19:15~20:15 FREE POLE	18:15~19:15 SPINNING POLE LEVEL 1 ELLES	18:15~19:15 FREE AERIAL	19:00~20:00 FREE POLE			
20:00	19:00~20:00 Pole floor flow AYUMI	20:15~21:15	19:30~20:45	19:30~20:30	20:15~21:15				
21:00	20:30~21:45 POLE LEVEL 2&3 AYUMI	21:30~22:30							
22:00		TICKET ONLY FREE POLE							

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

**Our New Year's Holiday:**  
We will be closed for the New Year's holiday from December 27th through January 3rd.  
We'll be back to open from 10th of January.

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