

# DECEMBER

	Mon			Tue		
	A studio	B studio	C studio	A studio	B studio	C studio
11:00					11:15~12:15 AERIAL SILK LEVEL 1&2 AYA	
12:00				12:40~13:40 AERIAL YOGA AYA		
13:00	12:45~13:45 POLE LEVEL 1&2 MOMOKI	12:30~13:30 AERIAL HOOP LEVEL 1 AYA				13:00~14:00 POLE LEVEL 1&2 ELLES
14:00		14:00~15:00 HAMMOCK DANCE LEVEL 1&2 AYA	13:57~14:57 NISHIO	14:00~15:00 AERIAL HOOP LEVEL 1&2 AYA		14:45~15:45 FLEXIBILITY BEGINNER ELLES
15:00						16:00~17:00 POLE LEVEL 1&2 akane☆platinum
16:00		15:30~16:30 AERIAL SILK LEVEL 1&2 AYA	15:30~16:30 NISHIO			
17:00						
18:00						
19:00		18:45~19:45 AERIAL SILK LEVEL 1 MIKA	19:15~20:15 POLE LEVEL 1&2 ELLES			
20:00						19:30~20:30 POLE LEVEL 1 ELLES
21:00						
22:00		21:30~22:30 6th & 20th AERIAL SILK LEVEL 1&2 13th AERIAL HOOP LEVEL 1 MIKA				

	Wed			Thu		
	A studio	B studio	C studio	A studio	B studio	C studio
11:00						
12:00	11:30~12:30 POLE LEVEL 1&2 AKI					
13:00						
14:00					14:00~15:00 POLE LEVEL 1&2 AYUMI	15:30~16:30 FLEXIBILITY BEGINNER AYUMI
15:00	15:45~16:45 Relaxing Stretching akane☆platinum					
16:00				16:00~17:00 AERIAL HOOP LEVEL 1&2 AYUKO		
17:00						
18:00			18:45~19:45 POLE LEVEL 1&2 KUMI			18:45~19:45 POLE LEVEL 1&2 AYUMI
19:00						
20:00					19:30~20:30 AERIAL SILK LEVEL 1 SAYO	
21:00			20:15~21:15 POE LEVEL 1 NISHIO	20:30~21:30 POLE LEVEL 1&2 SHIGEKO		
22:00			21:30~22:30 NISHIO			

	Fri			Sat			Sun		
	B studio	C studio		B studio	C studio		A studio	B studio	C studio
11:00				11:15~12:15 AERIAL SILK LEVEL 1 AYA			11:00~12:00 POLE LEVEL 1&2 KUMI	11:00~12:00 AERIAL HOOP LEVEL 1 AKI	
12:00				12:40~13:40 AERIAL HOOP LEVEL 1&2 AYA				12:15~13:15 AERIAL HOOP LEVEL 1&2 AKI	
13:00	13:00~14:00 HAMMOCK DANCE AYA			13:30~14:30 POLE LEVEL 1 SHIGEKO				13:40~14:40 FLEXIBLE Open Legs (ALL LEVEL) AKI	
14:00				14:30~15:30 AERIAL SILK LEVEL 1&2 AYA	14:00~15:00 HAMMOCK DANCE LEVEL 1&2 AYA	14:00~15:00 POLE LEVEL 1 NISHIO			13:45~14:45 POLE LEVEL 1 AYA
15:00					14:45~15:45 FLEXIBILITY BEGINNER ELLES				
16:00					15:20~16:20 AERIAL SILK LEVEL 1 MIKA				15:00~16:00 AERIAL SILK LEVEL 1 AYA
17:00						16:30~17:30 POLE LEVEL 1&2 ELLES	16:45~17:45 ACROBAT BASIC TOMONORI	16:15~17:15 AERIAL SILK LEVEL 1&2 AYA	16:45~17:45 NISHIO
18:00	17:30~18:30 AERIAL SILK LEVEL 1&2 SAYO								
19:00									
20:00									
21:00									
22:00									

※Our New Year's Holidays!  
We will be closed for the New Year's holiday from December 27th through January 3rd.  
We'll be back to open from the 6th of January.