

DECEMBER

03-5412-2555 TEL 1400-2100

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	Mon			Tue			Wed			Thu			Fri			Sat			Sun			
	Space A	Space B	MINI	Space A	Space B	MINI	Space A	Space B	MINI	Space A	Space B	MINI	Space A	Space B	MINI	Space A	Space B	MINI	Space A	Space B	MINI	
9:00				9:00~10:00 Morning free pole						9:00~10:00 Morning free pole												
10:00				10:30~11:30 AERIAL HOOP LEVEL 1 Mikitty			10:30~11:30 STRETCH TOMO															
11:00	11:00~12:00 POLE LEVEL 1 TOMO	11:00~12:00 POLE LEVEL 2		12:00~13:00 AERIAL HOOP LEVEL 1&2 NBKA			11:40~12:40 POLE 1&2 DANCE TOMO			11:15~12:15 POLE LEVEL 2	11:15~12:15 POLE LEVEL 1 YOKO		10:30~11:30 POLE LEVEL 2 YOKO	10:30~11:30 POLE LEVEL 1 YOKO		10:30~11:30 POLE LEVEL 2 PINOKO	10:30~11:30 POLE LEVEL 1 PINOKO		10:30~11:45 POLE LEVEL 2&3 YUI			
12:00	NEW!! 12:30~13:15 Bungee Fitness TOMO			13:15~14:30 CONTORTION WS BEGGINER NON	12:15~13:15 POLE LEVEL 1 NO TRICK MIYUKI		NEW!! 13:00~13:45 Bungee Fitness TOMO			NEW!! 12:30~13:30 SPINING HEELS STRIP STYLE YOKO			11:45~12:45 EXOTIC CHAIR BASIO YOKO		11:45~12:45 EXOTIC CHAIR YOKO	11:45~12:45 4-18th SPINNING POLE HEELS LEVEL 1 YOKO	12:00~13:00 POLE LEVEL 1 KUMI		12:10~13:10 POLE LEVEL 2 YUI		12:00~13:00 POLE LEVEL 1 YUI	
13:00				14:45~15:45 FREE POLE						13:45~14:45 STRETCH SPLIT FLEXIBILITY Sally			13:00~14:00 STRIP HEELS BASIO (ALL LEVEL) YOKO		13:00~14:00 KIDS POLE PINOKO				13:30~14:45 POLE LEVEL 3&4 MOMOYO			
14:00	NEW!! 13:45~14:45 EXOTIC TRICK PINOKO									15:00~16:00 ASIAN EXOTIC POLE PINOKO			14:15~15:30 POLE LEVEL 2&3 Pego(KASUMI)	14:15~15:30 Only Drop		14:30~16:00 PINOKO WS!! PINOKO's Heels Style PINOKO			14:45~15:45 POLE LEVEL 2 KUMI		15:00~16:00 EXOTIC FLOOR FLOW BASIO MOMOYO	15:00~16:00 5-19th Open Legs TOMO
15:00	15:00~16:00 SPINNING POLE LEVEL 1 MOMOYO			16:00~17:00 EXOTIC FLOW (ALL LEVEL) MOMOYO			16:15~17:30 POLE LEVEL 2&3 YOKO			16:15~17:30 POLE LEVEL 2&3 YOKO			15:45~17:00 POLE TRICK REQUEST (ALL LEVEL) NISHIO		16:15~17:30 POLE LEVEL 2&3 MOMOYO	16:15~17:15 11-25th SPINNING POLE HEELS LEVEL 1 MOMOYO	16:15~17:15 KIDS POLE KUMI		16:30~17:30 AERIAL HOOP LEVEL 1 Mikitty	16:15~17:15 5-19th POLE FLOOR FLOW TOMO		
16:00	16:15~17:30 POLE LEVEL 3&4 MOMOYO						18:15~19:15 SPINING POLE LEVEL 1 RIE			18:15~19:15 SPINING POLE HEELS LEVEL 1 SALLY			19:00~20:15 POLE LEVEL 3&4 NISHIO		17:45~18:45 STRIP (SLOW MOVE) YOKO			18:00~19:15 12-26th POLE LEVEL 2&3 Mikitty	17:30~18:45 5-19th POLE LEVEL 2&3 Mikitty			
17:00	18:15~19:15 POLE LEVEL 2&3 YUI		18:10~20:10 POLE LEVEL 1&2 AYA				19:20~20:20 POLE LEVEL 2 Pego(KASUMI)			19:30~20:30 SPINNING POLE HEELS LEVEL 1 SALLY			20:30~21:45 POLE LEVEL 2&3 NISHIO		19:10~20:10 POLE LEVEL 1 AYA			20:40~21:40 POLE LEVEL 1&2 AYA				
18:00				19:15~20:30 EXOTIC FLOOR FLOW (ADVANCE) MOMOYO			19:30~20:30 Sexy movement (ALL LEVEL) RIE			19:30~20:30 KPOP x POLEDANCE Pego(KASUMI)			20:30~21:45 POLE LEVEL 2&3 NISHIO			NEW!! 19:00~20:00 STRIP on POLE YOKO						
19:00	19:00~20:15 POLE LEVEL 2&3 YUI			20:45~21:45 POLE LEVEL 2 AYA			20:45~21:45 POLE LEVEL 2 Pego(KASUMI)			20:45~21:45 1-15th KPOP x POLEDANCE Pego(KASUMI)			22:00~23:00 STRETCH NISHIO			20:15~21:45 25th YOKO WS!! Chair Acro YOKO	20:15~21:45 11th MOMOYO's WS!! Exotic floor trick & flow MOMOYO					
20:00	20:30~21:30 SPINNING POLE LEVEL 1 YUI						21:00~22:00 POLE LEVEL 1 Pego(KASUMI)			21:30~22:30 POLE LEVEL 1&2 Pego(KASUMI)												
21:00																						
22:00																						

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

🌟 ** If you have an Unlimited plan, this is a class you can take!

🌟 **Our New Year's Holidays!**

We will be closed for the New Year's holiday from December 27th through January 3rd. Will be back to open from the 4th of January.