

DECEMBER

TEL 03-5412-2555 14:00~21:00

	MON	
	A studio	B studio
10:00		
11:00		11:00~12:00 SPINNING POLE 3 HEELS SUPER BEGINNER
12:00	11:30~12:30 POLE LEVEL 1&2 SALLY	NON-P
13:00	13:00~14:00 POLE HEELS BASIC (ALL LEVEL) NON-P	12:45~13:45 TICKET ONLY FREE POLE
14:00	14:00~15:00 STRETCH	TICKET ONLY FREE POLE
15:00	15:00~16:00 SPINNING POLE SUPER BEGINNER SALLY	15:45~16:45 FREE POLE
16:00	16:45~17:45 FREE POLE	17:00~18:00 FREE POLE
18:00	19:00~20:15 POLE TRICK REQUEST (ALL LEVEL) NISHIO	19:00~20:00 POLE LEVEL 2 Pego (Kasumi)
20:00	20:30~21:45 POLE LEVEL 2&3 NISHIO	20:40~21:40 POLE LEVEL 1&2 Pego (Kasumi)
21:00	22:00~23:15 POLE REQUEST (ALL LEVEL) NISHIO	

	TUE	
	A studio	B studio
11:00	11:00~12:00 SPINNING POLE SUPER BEGINNER SALLY	11:30~12:30 TICKET ONLY FREE POLE
13:00	13:00~14:00 POLE HEELS BASIC SUPER BEGINNER YUI	13:00~14:00 POLE LEVEL 1&2 SALLY
14:00	14:00~15:00 STRETCH SALLY	14:15~15:15 TICKET ONLY FREE POLE
15:00	15:30~16:30 FREE POLE	15:30~16:30 POLE LEVEL 1 YUI
18:00	18:00~19:00 ACROBAT BASIC BEKKUN	18:00~19:00 AERIAL HOOP LEVEL 1&2 KOZUE
19:00	19:15~20:15 SPINNING POLE LEVEL 1 RIE	19:15~20:15 POLE LEVEL 1&2 YUI
20:00	20:30~21:30 POLE LEVEL 1&2 RIE	20:30~21:45 POLE LEVEL 3&4 STATIC OR SPINNING YUI
21:00	21:45~22:45 TICKET ONLY FREE POLE	

	WED	
	A studio	B studio
11:45	11:45~13:00 POLE LEVEL 2&3 PINOKO	11:45~12:45 POLE LEVEL 1&2 SALLY
13:15	13:15~14:15 HEELS BEGINNER PINOKO	13:15~14:15 FREE POLE
14:30	14:30~15:30 SPINNING POLE LEVEL 1 MOMO.K	14:30~15:30 STRETCH SALLY
15:45	15:45~16:45 POLE HEELS BASIC (ALL LEVEL) MOMO.K	16:00~17:00 POLE LEVEL 1&2 SALLY
17:15	17:15~18:15 FREE POLE	18:00~19:00 AERIAL HOOP LEVEL 1&2 KOZUE
19:00	19:00~20:00 SPINNING POLE LEVEL 1 SHIGEKO	19:30~20:30 HAMMOCK DANCE LEVEL 1&2 KOZUE
20:15	20:15~21:30 POLE LEVEL 3&4 STATIC OR SPINNING SHIGEKO	20:50~21:50 FLOORACRO TOMONORI

	THU	
	A studio	B studio
11:30	11:30~12:45 POLE ALL LEVEL PINOKO	10:30~11:30 POLE LEVEL 1 NON-P 11:45~12:45 POLE HEELS BASIC (ALL LEVEL) NON-P
13:00	13:00~14:00 SPINNING POLE & FLOOR PINOKO	13:00~14:00 POLE LEVEL 1&2 akane☆platinum
14:15	14:15~15:15 TICKET ONLY FREE POLE	14:15~15:30 POLE LEVEL 2&3 akane☆platinum
15:30	15:30~18:30 ACROBAT BASIC BEKKUN	15:40~16:40 FREE POLE 16:45~17:45 FREE POLE
18:15	18:15~19:15 SPINNING POLE LEVEL 1 (BARE FOOT or PUT ON HEELS OK) MOMOYO	18:00~19:15 SPINNING POLE LEVEL 2 and more AI
19:30	19:30~20:30 EXOTIC FLOOR FLOW BASIC MOMOYO	19:30~20:30 FREE POLE
20:45	20:45~21:45 EXOTIC FLOW MOMOYO	20:45~21:45 ACROBAT BASIC BEKKUN

	FRI	
	A studio	B studio
12:00	12:00~13:15 EXOTIC POLE SHI-KO	12:15~13:15 POLE HEELS BASIC (ALL LEVEL) NON-P
14:00	14:00~15:00 3-17st FLEXIBILITY BEGINNER 10-24th POLE & FLOOR AYUMI	13:30~14:30 SPINNING POLE HEELS LEVEL 1 MOMO.K
14:45	NEW! 14:45~15:45 POLE 1&2 DANCE AYUMI	14:45~15:45 Hio trainee NON-P
16:00	16:00~17:00 SPINNING POLE BEGINNER AYUMI	16:00~17:00 FREE POLE 17:15~18:15 FREE POLE
18:45	18:45~19:45 POLE LEVEL 1&2 Pego (Kasumi)	18:45~19:45 POLE LEVEL 1 NISHIO
19:30	19:30~20:30 SPINNING POLE LEVEL 1 SHIGEKO	20:00~21:15 POLE LEVEL 2&3 Pego (KASUMI)
21:00	21:00~22:00 AERIAL HOOP LEVEL 1 MOMO.K	21:30~22:30 TICKET ONLY FREE POLE

	SAT	
	A studio	B studio
10:30	10:30~11:30 POLE LEVEL 1&2 AI	10:30~11:30 TICKET ONLY FREE POLE
11:45	11:45~13:00 SPINNING POLE LEVEL 2 and more AI	11:45~13:00 POLE LEVEL 2&3 AYUMI
13:15	13:15~14:30 POLE LEVEL 3&4 AI	13:15~14:15 POLE & FLOOR AYUMI
14:45	14:45~15:45 SPINNING POLE LEVEL 1 MOMO.K	14:30~15:30 POLE LEVEL 1&2 11-25th akane☆platinum 4-18th Pego (KASUMI)
16:00	16:00~17:15 POLE LEVEL 2&3 11-25th akane☆platinum 4-18th Pego (KASUMI)	15:30~17:05 CONTORTION WS BEGGINER NON
17:30	17:30~18:30 11-25th POLE LEVEL 1&2 akane☆platinum	17:30~18:30 POLE HEELS BASIC SUPER BEGINNER
18:45	4-18th POLE LEVEL 2 Pego (KASUMI)	18:45~19:45 POLE LEVEL 1 NISHIO
20:00	20:00~21:15 4-11-18th POLE TRICK REQUEST (ALL LEVEL) NISHIO	20:00~21:00 4-11-18th POLE HEELS BASIC (ALL LEVEL) MOMO.K
20:00	20:00~21:15 25th SEXY MOVEMENT ADVANCE MOMOYO	20:00~21:15 25th POLE TRICK REQUEST (ALL LEVEL) NISHIO

	SUN	
	A studio	B studio
10:30	10:30~11:45 POLE LEVEL 3 AYUMI	10:45~11:45 KPOP×POLEDANCE Pego (KASUMI)
12:00	12:00~13:00 SPINNING POLE LEVEL 1 AYUMI	12:00~13:15 POLE LEVEL 2&3 Pego (KASUMI)
13:15	13:15~14:15 Pole Floor Flow AYUMI	13:30~14:30 POLE LEVEL 1 5-19th akane☆platinum 12-26th Pego (KASUMI)
15:00	15:00~16:00 AERIAL HOOP LEVEL 1 AYUKO	14:45~15:45 POLE LEVEL 2 5-19th akane☆platinum 12-26th Pego (KASUMI)
16:15	16:15~17:30 AERIAL HOOP LEVEL 2&3 AYUKO	16:00~17:15 POLE LEVEL 3&4 STATIC OR SPINNING AYUMI
18:00	18:00~19:00 POLE HEELS (SLOW MOVE) MOMOYO	17:30~18:30 FREE POLE 18:45~19:45 チケット専用フリボ
19:30	19:30~20:45 EXOTIC FLOOR FLOW (ADVANCE) MOMOYO	20:00~21:15 12日 ドロップ集中 Pego(KASUMI)

***If you are level 1, 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.
Will be back to open from the 4th of January.