

September

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

MON	
A studio	B studio
11:30~12:30 POLE LEVEL 1&2 Non-P	
	13:00~14:00 POLE HEELS SUPER BEGINNER (BEGINNER) NON-P
13:00~14:00 EXOTIC POLE	
	14:15~15:15 HIP TRAINING
15:30~16:30 Non-P	
16:45~17:45 FREE POLE	15:45~16:45
17:00~18:00 FREE POLE	17:00~18:00
	FREE POLE
18:00~20:15 (20th 18:00~20:15) POLE TRICK REQUEST (ALL LEVEL) NISHIO	18:00~20:00 (20th 18:00~19:00) POLE LEVEL 1&2 Pego (Kasumi)
20:30~21:45 (20th 19:30~20:45) POLE LEVEL 2&3 NISHIO	20:45~21:45 (20th 19:45~20:45) POLE LEVEL 1 Pego (Kasumi)
22:00~23:15 (20th 21:00~22:15) POLE REQUEST (ALL LEVEL) NISHIO	

TUE	
A studio	B studio
11:00~12:15 POLE LEVEL 2&3 SHI-KO	11:15~12:15 TICKET ONLY FREE POLE
12:45~13:45 EXOTIC BASE WORK SHI-KO	12:30~13:30 TICKET ONLY FREE POLE
14:00~15:00 SPINNING POLE LEVEL 1 KUMI	15:00~16:00 FREE POLE
15:15~16:15 POLE LEVEL 1&2 KUMI	
16:45~17:45 POLE HEELS BASIC (ALL LEVEL) KUMI	16:45~17:45 AERIAL HOOP LEVEL 1 AYA
	18:00~19:00 ACROBAT BASIC BEKKUN
19:15~20:15 SPINNING POLE LEVEL 1 RIE	19:15~20:15 FREE POLE
20:30~21:30 POLE LEVEL 1&2 RIE	20:30~21:45 POLE LEVEL 3&4 NISHIO
22:00~23:00 TICKET ONLY FREE POLE	22:00~23:00 FLEXIBILITY BEGINNER NISHIO

WED	
A studio	B studio
11:45~13:00 POLE LEVEL 2&3 PINOKO	11:45~12:45 POLE LEVEL 1&2 KUMI
13:15~14:15 HEELS BEGINNER ~momoMc Style~ momoMc	13:15~14:15 FREE POLE
14:30~15:30 SPINNING POLE LEVEL 1&2 MOMOK	14:30~15:30 POLE HEELS SUPER BEGINNER (BEGINNER) KUMI
15:45~16:45 POLE HEELS (SLOW MOVE) MOMOK	16:00~17:00 POLE LEVEL 1&2 KUMI
17:15~18:15 FREE POLE	16:00~19:00 AERIAL HOOP LEVEL 1&2 KOZUE
	19:30~20:30 HAMMOCK DANCE LEVEL 1&2 KOZUE
19:00~20:15 FLYING POLE WS SHIGEKO	20:50~21:50 FLOORACRO TOMONORI
20:30~21:45 POLE LEVEL 4 STATIC OR SPINNING SHIGEKO	

THU	
A studio	B studio
	10:30~11:30 POLE LEVEL 1 Non-P
11:15~12:30 POLE TRICK REQUEST (ALL LEVEL) PINOKO	11:45~12:45 POLE HEELS SUPER BEGINNER (BEGINNER) NON-P
12:45~13:45 FREE POLE	13:00~14:00 POLE LEVEL 1&2 akane☆platinum
14:00~15:00 FREE POLE	14:15~15:15 POLE FLOOR FLOW + FLOOR ACRO akane☆platinum
15:30~16:30 ACROBAT BASIC BEKKUN	15:30~16:30 FREE POLE
	16:45~17:45 FREE POLE
18:15~19:15 2nd, 16th & 30th SPINNING POLE HEELS LEVEL 1 9th EXOTIC FLOW MOMOYO	18:00~19:15 SPINNING POLE LEVEL 2 and more AI
19:30~20:30 EXOTIC FLOOR FLOW BASIC MOMOYO	19:30~20:30 (23th 18:30~19:30) POLE LEVEL 1&2 MOMOK
20:45~21:45 9th SPINNING POLE HEELS LEVEL 1 2nd, 16th & 30th EXOTIC FLOW MOMOYO	21:00~22:00 (23th 20:50~21:50) AERIAL HOOP LEVEL 1 MOMOK

FRI	
A studio	B studio
	FRI 11:00~12:00 POLE LEVEL 2 Non-P
12:30~13:45 EXOTIC POLE LEVEL 2 SHI-KO	12:15~13:15 POLE HEELS SUPER BEGINNER (BEGINNER) NON-P
14:00~15:00 FLEXIBILITY BEGINNER AYUMI	13:30~14:30 SPINNING POLE HEELS LEVEL 1 MOMOK
15:15~16:15 SPINNING POLE LEVEL 1 AYUMI	14:45~15:45 POLE LEVEL 1&2 Non-P
	16:00~17:00 FREE POLE
	17:15~18:15 FREE POLE
18:00~19:15 FLYING POLE WS SHIGEKO	18:45~19:45 POLE LEVEL 1 Pego (Kasumi)
19:30~20:30 SPINNING POLE LEVEL 1 SHIGEKO	20:00~21:15 POLE LEVEL 2&3 Pego (KASUMI)
21:00~22:00 POLE HEELS BASIC (ALL LEVEL) MOMOK	21:30~22:30 TICKET ONLY FREE POLE

SAT	
A studio	B studio
10:30~11:30 POLE LEVEL 1&2 AI	10:30~11:30 TICKET ONLY FREE POLE
11:45~13:00 SPINNING POLE LEVEL 2 and more AI	11:45~13:00 POLE LEVEL 2&3 AYUMI
13:15~14:30 POLE LEVEL 3&4 AI	13:15~14:15 POLE FLOOR FLOW AYUMI
14:45~15:45 SPINNING POLE LEVEL 1 (BARE FOOT or PUT ONHEELS OK) MOMOK	14:30~15:30 POLE LEVEL 1&2 4th & 18th akane☆platinum 11th & 25th Pego (KASUMI)
16:00~17:15 POLE LEVEL 2&3 4th & 18th akane☆platinum 11th & 25th Pego (KASUMI)	15:50~17:05 CONTORTION WS BEGINNER NON
17:30~18:30 POLE LEVEL 1&2 4th & 18th akane☆platinum 11th & 25th Pego (KASUMI)	17:15~18:30 POLE LEVEL 3&4 STATIC OR SPINNING MOMOK
18:45~19:45 SPINNING LEVEL 1 (BARE FOOT or PUT ONHEELS OK) Mikitty	18:45~19:45 POLE HEELS BASIC (ALL LEVEL) MOMOK
20:00~21:00 FREE POLE	

SUN	
A studio	B studio
10:30~11:45 POLE LEVEL 3 AYUMI	11:00~12:00 TICKET ONLY FREE POLE
12:00~13:00 SPINNING POLE LEVEL 1 AYUMI	12:15~13:15 TICKET ONLY FREE POLE
13:15~14:30 POLE LEVEL 3&4 STATIC OR SPINNING AYUMI	13:30~14:30 POLE LEVEL 1 5th & 19th Pego (KASUMI) 12th & 26th akane☆platinum
15:00~16:00 POLE LEVEL 2 Pego (KASUMI)	14:45~15:45 POLE LEVEL 2
16:30~17:30 FREE POLE	15:00~16:00 AERIAL HOOP LEVEL 1 AYUKO
18:00~19:00 POLE HEELS (SLOW MOVE) MOMOYO	16:15~17:30 AERIAL HOOP LEVEL 2&3 AYUKO
19:30~20:45 EXOTIC FLOOR FLOW (ADVANCE) MOMOYO	18:00~19:00 FREE POLE
	19:15~20:15 FREE POLE
16:15~17:15 19th Former Olympic athlete KEI's special flexibility training WS!	

***If you are level 1, this is a class you can take!