

NOVEMBER

03-5412-2555 TEL 1200-2100

	Mon			Tue		
	STUDIO A	STUDIO B	STUDIO C	STUDIO A	STUDIO B	STUDIO C
6:00 ~ 10:30	6:00~10:30 Morning free pole	6:00~11:40 Morning free pole		6:00~10:30 Morning free pole		
11:00				11:45~12:45	11:15~12:15	
12:00	TICKET ONLY FREE CLASS		TICKET ONLY FREE CLASS	FREE POLE	AERIAL SILK LEVEL 1&2 AYA	11:30~12:30
12:45~13:45	12:45~13:45 POLE LEVEL 1 MOMOK AYA	12:30~13:30 AERIAL HDOP LEVEL 1 AYA	FREE POLE	13:00~14:00 SPINNING POLE LEVEL 1 SHGKGO	12:30~13:40 AERIAL YOGA AYA	13:00~14:00 POLE LEVEL 1&2 ELLES
14:00	14:00~15:15 POLE LEVEL 3&4 NISHO	14:00~15:00 HAMMOCK DANCE AYA	14:15~15:15 POLE LEVEL 2	14:15~15:30 POLE LEVEL 2&3 akane@platinum	14:00~15:00 AERIAL HDOP LEVEL 1&2 AYA	14:45~15:45 FLEXIBILITY BEGINNER
15:00	15:30~16:45 POLE LEVEL 3 SHGKGO	15:30~16:30 AERIAL SILK LEVEL 1&2 AYA		15:30~16:30 POLE LEVEL 3 SHGKGO	15:30~16:30 POLE HEELS SUPER BEGINNER (BEGINNER) AYA	16:00~17:00 POLE LEVEL 1&2 akane@platinum
16:00				16:15~17:30 POLE LEVEL 3 SHGKGO		17:15~18:15 3000 2000 ELLES
17:00			16:45~17:45 FREE POLE			FREE POLE
18:00						
19:00	19:00~20:00 POLE LEVEL 2 SHGKGO	18:45~19:45 AERIAL SILK LEVEL 1 MIKA	19:15~20:15 POLE LEVEL 1&2 ELLES	18:15~20:30 8:23h 17:45~19:00 SPINNING POLE LEVEL 2 and more AKI	19:00~20:15 POLE LEVEL 2&3 akane@platinum	19:30~20:30 8:23h 18:00~19:00 POLE LEVEL 1 ELLES
20:00		20:00~21:15 AERIAL SILK LEVEL 2 MIKA	20:30~21:30 POLE LEVEL 1&2 MOMOK AYA	20:45~21:45 8:23h 18:00~20:15 POLE HEELS LEVEL 1&2 AKI	20:30~21:45 8:23h 18:00~20:15 POLE LEVEL 3&4 akane@platinum	20:50~21:50 POLE LEVEL 2 SHGKGO
21:00	21:30~22:30 SPINNING POLE LEVEL 1 ELLES	21:30~22:30 8h & 20h AERIAL SILK LEVEL 1&2 MIKA	21:45~22:45 FREE POLE	22:15~23:15 TICKET ONLY FREE CLASS		22:15~24:00 RENTAL 14,000 only!

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

	Wed			Thu		
	STUDIO A	STUDIO B	STUDIO C	STUDIO A	STUDIO B	STUDIO C
6:00 ~ 10:30	6:00~10:30 Morning free pole			6:00~10:30 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
12:45~13:45	12:45~13:45 FREE POLE		12:45~13:45 FREE POLE		12:45~13:45	
13:00	12:45~13:45 EXOTIC FLOW (ALL LEVEL) AKI			13:00~14:15 POLE 4 STATIC OR SPINNING SHGKGO	13:00~14:00 SPINNING POLE LEVEL 1 AYUMI	13:00~14:00 FREE POLE
14:00	14:00~15:15 JC-JJ 3&4 STATIC OR SPINNING AKI	14:00~15:15 POLE LEVEL 2&3 ELLES	14:15~15:15 FREE POLE	14:30~15:30 SEXY HEELS MOVEMENT (ALL LEVEL) MOMOK AYA	14:00~15:00 POLE LEVEL 1&2 AYUMI	14:15~15:15 FREE POLE
15:00	15:45~16:45 Relaxing Stretching akane@platinum	15:30~16:45 Exotic Spinning Heels LEVEL 2 ELLES	15:30~16:45 SPINNING POLE (BEGINNER) MIKA	16:45~18:45 SPINNING POLE HEELS LEVEL 1 SHGKGO	16:00~17:00 AERIAL HDOP LEVEL 1&2 AYUMI	15:45~16:45 FLEXIBILITY BEGINNER
16:00						
17:00				16:45~17:45 MOMOK AYA	16:45~17:45 AERIAL SILK LEVEL 1&2 MIKA	16:45~17:45 FREE POLE
18:00						
19:00	19:00~20:15 8:30h 17:00~18:15 POLE LEVEL 2&3 akane@platinum	18:15~20:30 8:30h 17:15~18:30 CONTRASTION HD BEGINNER MOMI	18:45~19:45 8:30h 16:45~17:45 POLE LEVEL 1&2 MOMI	19:00~20:15 POLE LEVEL 3 SHGKGO	18:30~20:30 AERIAL SILK LEVEL 1	18:45~19:45 POLE LEVEL 1&2 AYUMI
20:00						
21:00	20:30~21:45 8:30h 18:30~19:45 POLE ALL LEVEL akane@platinum	20:45~21:45 8:30h 18:45~19:45 POLE LEVEL 2 ELLES	20:15~21:15 8:30h 18:15~19:15 LEVEL 1 NISHO	20:30~21:30 POLE LEVEL 1&2 SHGKGO	20:45~22:00 SAYO	20:00~21:00 FREE POLE
22:00		22:00~23:00 TICKET ONLY FREE CLASS	21:45~22:45 FREE POLE	21:45~22:45 FREE POLE	AERIAL SILK LEVEL 2 SAYO	21:15~22:15 FREE POLE

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

	Fri			Sat			Sun		
	STUDIO A	STUDIO B	STUDIO C	STUDIO A	STUDIO B	STUDIO C	STUDIO A	STUDIO B	STUDIO C
6:00 ~ 10:30	6:00~11:40 Morning free pole	6:00~11:40 Morning free pole							
11:00				NEW! 11:00~12:00 SHGKGO	11:15~12:15 AERIAL SILK LEVEL 1 AYA	11:15~12:15 FREE POLE	11:00~12:00 POLE LEVEL 1&2 AKI	NEW! 11:00~12:00 POLE HEELS BEGINNER YUI	11:00~12:00 FREE POLE
12:00	12:00~13:15 POLE LEVEL 2&3 SHGKGO	12:00~13:00 TICKET ONLY FREE CLASS	12:00~13:00 FREE POLE	12:00~13:00 SHGKGO	12:30~13:30 AERIAL HDOP LEVEL 1&2 AYA	12:30~13:30 FREE POLE	12:15~13:30 POLE LEVEL 2&3 AKI	12:20~13:20 FREE POLE	12:15~13:15 FREE POLE
13:00	13:00~14:00 SPINNING POLE HEELS LEVEL 1 ELLES	13:00~14:00 HAMMOCK DANCE AYA	13:00~14:00 POLE LEVEL 1 SHGKGO	13:00~14:00 SHGKGO	13:30~14:30 AERIAL HDOP LEVEL 1&2 AYA	13:30~14:30 FREE POLE	13:45~14:45 FLEXIBLE Open Level (ALL LEVEL) NISHO	14:00~15:15 POLE LEVEL 3&4 NISHO	14:00~15:15 FREE POLE
14:00	14:45~15:45 SPINNING POLE HEELS LEVEL 1 ELLES	14:30~15:30 AERIAL SILK LEVEL 1&2 AYA	14:45~15:45 FLEXIBILITY BEGINNER	14:30~15:30 AERIAL SILK LEVEL 1&2 AYA	14:45~15:45 POLE LEVEL 3&4 ELLES	15:00~15:00 HAMMOCK DANCE LEVEL 1&2 AYA	15:00~16:00 8:15~9:15 POLE LEVEL 1 NISHO	15:45~16:45 POLE LEVEL 3&4 AYA	15:30~16:30 FREE POLE
15:00	14:45~15:45 POLE LEVEL 3 SHGKGO	15:30~17:10 FREE AERIAL		15:15~16:15 ELLES	15:20~16:20 SPINNING POLE LEVEL 1 MIKA	16:30~17:30 POLE LEVEL 1&2 ELLES	16:30~17:30 AERIAL SILK LEVEL 1 MIKA	17:00~18:00 8:15~9:15 POLE LEVEL 1 NISHO	16:30~17:30 POLE LEVEL 1&2 ELLES
16:00				16:00~17:00 POLE LEVEL 1 ELLES	16:45~18:00 SPINNING POLE LEVEL 1 ELLES	16:35~17:50 AERIAL SILK LEVEL 2 MIKA	17:45~18:45 POLE LEVEL 2 TOMONORI	17:45~18:45 POLE LEVEL 2 NISHO	17:00~18:00 AERIAL SILK LEVEL 1&2 NISHO
17:00									
18:00				18:00~20:15 9:15h POLE 4 STATIC OR SPINNING ELLES	18:00~20:00 AERIAL HDOP LEVEL 1&2 MIKA	18:15~20:30 Open Leap (ALL LEVEL) akane@platinum	19:30~20:45 20:15~21:30	19:00~20:00 8h F LEVEL 1 NISHO	19:00~20:00 POLE LEVEL 3&4 NISHO
19:00				18:00~20:00 9:20h Pole Floor Flow AYUMI	20:15~21:15 AERIAL SILK LEVEL 1 MIKA	21:00~22:00 SPINNING POLE LEVEL 2 and more ELLES	20:15~21:30 FREE POLE		
20:00									
21:00				20:30~21:45 POLE LEVEL 2&3 AYUMI	21:00~22:00 FREE POLE	22:00~23:00 RENTAL 14,000 only!			
22:00				22:00~23:00 TICKET ONLY FREE CLASS					

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