

Jan			03～5412～2555 TEL 14:00～21:00			03～5412～2555 TEL 14:00～21:00														
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
11:00	STRETCHING& LOWER BODY TRAINING TOMO		10:30～11:30 HAMMOCK STRETCH Mikitty ☆		11:45～12:45 POLE LEVEL1 SHI-KO	11:00～12:00 AERIAL HOOP LEVEL 1 Mikitty ☆			11:15～12:15 POLE LEVEL2 YOKO	11:15～12:15 POLE LEVEL 1 YOKO		10:30～11:30 AERIAL HOOP LEVEL 1 Mikitty ☆			10:45～11:45 POLE LEVEL2 Mikitty	10:45～11:45 POLE LEVEL 1 Mikitty		10:45～11:45 AERIAL HOOP LEVEL 1 Mikitty		
12:00			12:00～13:00 AERIAL HOOP LEVEL 1 & 2 MIKA			12:30～13:30 POLE FLOOR FLOW TOMO			12:30～13:30 SPINING POLE HEELS Level 1 YOKO			12:00～13:00 POLE LEVEL 2 YOKO	12:00～13:00 POLE LEVEL 1 YOKO		12:00～13:15 POLE LEVEL2&3 YOKO			12:15～13:15 POLE LEVEL2 Mikitty	12:15～13:15 POLE LEVEL 1 Mikitty	
13:00		13:45～14:45 POLE LEVEL1 SHI-KO	13:30～14:30 SPINING POLE HEELS OK Level 1 Mikitty ☆			13:45～14:45 POLE LEVEL 2 Mikitty	13:45～14:45 POLE LEVEL 1 Mikitty		13:45～14:45 POLE・Heels BASIO (ALL LEVEL) PINOKO ☆			13:15～14:15 POLE・Heels BASIO (ALL LEVEL) YOKO			13:30～14:30 SPINNING POLE Level 1 Mikitty			13:30～14:45 POLE LEVEL3&4 10・24th KANAKO 17・31th AKI		
14:00	13:30～14:45 POLE LEVEL 2&3 PINOKO		14:45～15:45 FREE POLE			15:00～16:00 SPINING POLE Level 1&2 PINOKO			15:00～16:00 ASIAN EXOTIC POLE PINOKO			14:30～15:45 POLE LEVEL 2&3 Mikitty			14:45～16:15 PINOKO WS PINOKO's Heels Style PINOKO			15:00～16:00 10・24th EXOTIC FLOOR FLOW BASIO MOMOYO	15:00～16:00 10・24th POLE HEELS BASIO (ALL LEVEL) MOMOYO	15:00～16:00 17・31th BodyMaintenance TOMO
15:00	15:00～16:00 FREE POLE					16:15～17:30 POLE LEVEL 2&3 RYOTA			16:15～17:30 POLE LEVEL 2&3 YOKO			16:00～17:00 SPINNING POLE HEELS OK Level 1 Mikitty ☆			16:30～17:45 9・23th POLE LEVEL 2&3 MOMOYO	16:30～17:45 16・30th SPINNING POLE HEELS LEVEL 1 MOMOYO		16:15～17:15 POLE FLOOR FLOW 10・24th MOMO/MOMOE	17:30～18:45 POLE LEVEL 2&3 Mikitty	
16:00	16:15～17:15 11・25th POLE HEELS (HEELS) MOMOYO	16:15～17:15 18th POLE HEELS (SLOW MOVE) MOMOYO													18:00～19:00 9・23th POLE HEELS LEVEL 1&2 16・30th POLE HEELS (SLOWMOVE) YOKO			17:30～18:45 POLE LEVEL 2&3 Mikitty	19:00～20:00 POLE HEELS (SLOW MOVE) YOKO	20:15～21:30 SHIOGAKO's WS
17:00			16:00～17:00 EXOTIG FLOW (ALL LEVEL) MOMOYO												19:15～20:15 EXOTIC CHAIR BASIO YOKO			NEW!! 20:15～21:30 YOKO's WS CHAIR EXO OLDSCHOOL	20:15～21:30 YOKO's WS	
18:00			17:15～18:15 POLE FLOOR FLOW MOMO(MOMOE)												20:30～21:45 SPINNING POLE LEVEL 2 RYOTA				31th	
19:00	19:00～20:15 POLE LEVEL 2&3 YUYU	19:10～20:10 POLE LEVEL1 Pego(KASUMI)				19:15～20:15 POLE LEVEL 1 RYOTA	19:15～20:15 POLE LEVEL 2 RYOTA		19:00～20:00 FLEXIBILITY EMIJAY			19:20～20:35 POLE LEVEL 3 & 4 REQUEST OK! NISHIO		19:30～20:30 POLE LEVEL1 Pego(KASUMI)						
20:00	20:30～21:30 Sexy movement (ALL LEVEL) YUYU	20:45～21:45 POLE LEVEL 2 Pego(KASUMI)	19:00～20:15 POLE LEVEL2&3 RYOTA			20:30～21:45 POLE 4 STATIO OR SPINNING RYOTA			20:15～21:15 POLE HEELS LEVEL 1&2 EMIJAY			20:50～22:05 POLE LEVEL 2&3 NISHIO								
21:00					20:45～21:45 POLE LEVEL1 Pego(KASUMI)															
22:00								20:45～21:45 POLE LEVEL1 Pego(KASUMI)												

👉...If you are level1, this is a class you can take!
★...If you have an Unlimited plan, this is a class you can take!
※On January 11th, the night lesson time will be faster.