

	Mon			Tue		
	Aスタジオ	Bスタジオ	Cスタジオ	Aスタジオ	Bスタジオ	Cスタジオ
11:00					11:30~12:30 AERIAL SILK LEVEL 1&2	
12:00			12:45~13:45 POLE LEVEL 1 MOMOK	13:00~14:00 AERIAL YOGA (HAMMOCK) AYA	13:30~14:30 POLE LEVEL 1&2 ELLES	
13:00	13:00~14:00 AERIAL HOOP LEVEL 1 AYA				14:45~15:45 FLEXIBILITY BEGINNER ELLES	
14:00	14:30~15:30 AERIAL YOGA (HAMMOCK) AYA				16:10~17:10 POLE LEVEL 1 ALK	
15:00	16:00~17:00 AERIAL SILK LEVEL 1&2 AYA				18:00~19:00 ACROBAT-BASIC TOMONORI	
16:00					19:30~20:30 POLE LEVEL 1 ELLES	
17:00					20:30~21:30 POLE LEVEL 1&2 MOMOK	
18:00						
19:00	19:00~20:00 AERIAL SILK LEVEL 1 MIKA					
20:00						
21:00						
22:00						

	Wed			Thu		
	Aスタジオ	Bスタジオ	Cスタジオ	Aスタジオ	Bスタジオ	Cスタジオ
11:00			11:30~12:30 POLE LEVEL 1&2 AKI			
12:00						
13:00						
14:00					14:30~15:30 POLE LEVEL 1&2 AYUMI	
15:00			15:45~16:45 FLEXIBILITY akane★platinum	16:00~17:00 AERIAL HOOP LEVEL 1&2 ALK	15:45~16:45 FLEXIBILITY BEGINNER AYUMI	
16:00	16:00~17:00 POLE LEVEL 1&2 MOMOK					
17:00			17:00~18:00 ACROBAT- BASIC TOMONORI			
18:00						
19:00				19:30~20:30 AERIAL SILK LEVEL 1 ALK		
20:00			19:15~20:15 POLE LEVEL 1&2 SHIGEKO		20:40~21:40 POLE LEVEL 1 SHIGEKO	
21:00						
22:00						

	Fri			Sat			Sun		
	Aスタジオ	Bスタジオ	Cスタジオ	Aスタジオ	Bスタジオ	Cスタジオ	Aスタジオ	Bスタジオ	Cスタジオ
11:00					11:30~12:30 AERIAL HOOP LEVEL 1&2 AYA			11:00~12:00 POLE LEVEL 1&2 SHIGEKO	
12:00					13:00~14:00 Latin Mix AYA				
13:00	13:00~14:00 HAMMOCK DANCE AYA		13:30~14:30 POLE LEVEL 1 SHIGEKO		14:00~15:00 POLE LEVEL 1 MOMOK			14:00~15:00 Open Legs EMJAY	
14:00	14:30~15:30 AERIAL SILK LEVEL 1&2 AYA				14:30~15:30 HAMMOCK DANCE AYA			15:15~16:15 POLE LEVEL 1 AYUMI	
15:00					15:45~16:45 AERIAL SILK LEVEL 1 MIKA				
16:00					16:30~17:30 POLE LEVEL 1&2 EMJAY	16:15~17:15 ACROBAT BASIC TOMONORI	16:45~17:45 AERIAL SILK LEVEL 1 & 2 AYA	16:30~17:30 FLEXIBILITY BEGINNER NISHIO	
17:00								18:00~19:00 POLE LEVEL 1 & 2 KANAKO	
18:00	17:30~18:30 AERIAL SILK LEVEL 1&2 ALK								
19:00	19:00~20:00 FLEXIBILITY ALK		19:15~20:15 Open Legs (ALL LEVEL) EMJAY						
20:00	20:15~21:15 AERIAL HOOP LEVEL 1 & 2 ALK								
21:00									
22:00									

※On January 11th, the night lesson time will be faster.