







# Lesson Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00	7:00~12:40	7:00~10:20	7:00~10:20	7:00~9:10	7:00~10:20	7:00~9:10	7:00~9:10
	Rental Studio	Rental Studio	Rental Studio	Rental Studio	Rental Studio	Rental Studio	Rental Studio
10:00						9:45~10:45	
					10:30~11:30	TICKET ONLY FREE POLE	10:30~11:30
11:00		 11:00~12:00 POLE LEVEL 1 MIYABI		 11:00~12:00 POLE LEVEL 1 MIYABI	TICKET ONLY FREE POLE		TICKET ONLY FREE POLE
			 11:30~12:30 AERIAL HOOP LEVEL 1 Rumy (3/20 Close)				11:45~12:45
12:00							TICKET ONLY FREE POLE
		12:30~13:30 SEXY MOVEMENT without heels(All level) MIYABI		12:30~13:30 SEXY MOVEMENT NO HEELS MIYABI			
13:00	 13:00~14:00 AERIAL HOOP LEVEL 1 Rumy		 13:00~14:00 POLE LEVEL 1 Rumy (3/20 Close)		13:00~14:00		
					TICKET ONLY FREE POLE		
14:00				 14:00~15:00 AERIAL HAMMOCK LEVEL 1 Rumy	14:15~15:15		
	 14:30~15:30 POLE LEVEL 1 Rumy	14:15~15:15	14:15~15:15		TICKET ONLY FREE POLE		
15:00		TICKET ONLY FREE POLE	TICKET ONLY FREE POLE			15:00~16:00	15:00~16:00
			15:30~16:30	15:30~16:30		TICKET ONLY FREE POLE	TICKET ONLY FREE POLE
16:00	16:00~17:00 SEXY HEELS MOVEMENT (ALL LEVEL) SHOW (3/11 Close) (3/18 SHOW~Jhay) (3/25 SHOW~Jhay)	16:15~17:15	TICKET ONLY FREE POLE	TICKET ONLY FREE POLE		16:15~17:15	16:15~17:15
		TICKET ONLY FREE POLE	16:45~17:45	16:45~17:45	16:30~17:30	TICKET ONLY FREE POLE	TICKET ONLY FREE POLE
17:00			TICKET ONLY FREE POLE	TICKET ONLY FREE POLE	SEXY HEELS MOVEMENT (ALL LEVEL) MIKA		
	17:00~18:00 SPINNING POLE SUPER BEGINNER SAYURI (3/11 Close) (3/18 SHOW~Jhay) (3/25 SHOW~Jhay)	17:30~18:30				17:30~18:30	17:30~18:30
18:00		TICKET ONLY FREE POLE	 18:00~19:00 POLE LEVEL 1 Jhay (3/20 Close)	18:00~19:15 Pole level 2&3 Jhay (3/7,3/28 only)	17:45~18:45	TICKET ONLY FREE POLE	TICKET ONLY FREE POLE
		18:45~19:45			TICKET ONLY FREE POLE		
19:00		TICKET ONLY FREE POLE	 19:15~20:15 POLE HEELS Jhay (3/20 Close)		 19:00~20:00 POLE LEVEL 1 YUKI	19:00~20:00 SPINNING LEVEL 1 YUKI	 19:00~20:00 POLE LEVEL 1 YUKI (1st&3rd week only)
	19:40~20:40 SEXY HEELSムーブメント (ALL LEVEL) MIKA			 19:30~20:30 POLE LEVEL 1 Jhay (3/7 only)		YUKI	
20:00		20:00~21:00	20:30~21:30		20:15~21:15	20:00~21:00	
		TICKET ONLY FREE POLE	TICKET ONLY FREE POLE		TICKET ONLY FREE POLE	TICKET ONLY FREE POLE	
21:00							
22:00							

 ...If you are level1, this is a class you can take!