

Dec		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	
11:00~12:00 STRETCHING & LOWER BODY TRAINING TOMO			10:30~11:30 HAMMOCK STRETCH Mikitty ☆		11:45~12:45 POLE LEVEL1 MYUKI	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			
12:15~13:15 Pole Dance Fun! PINOKO ☆		13:45~14:45 POLE LEVEL1 MYUKI	12:00~13:00 AERIAL HOOP LEVEL 1&2 MIKA		12:25~13:25 POLE FLOOR FLOW TOMO	12:30~13:30 SPINNING POLE HEELS Level 1 YOKO			12:30~13:30 SPINNING POLE HEELS Level 1 YOKO			12:00~13:00 POLE LEVEL2 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	12:15~13:15 POLE LEVEL 1 Mikitty	
13:30~14:30 POLE LEVEL 2&3 PINOKO			13:30~14:30 SPINNING POLE HEELS OK Level 1 Mikitty ☆		13:45~14:45 POLE+Heels BASIC (ALL LEVEL) Mikitty ☆	13:45~14:45 POLE+Heels BASIC (ALL LEVEL) PINOKO ☆			13:45~14:45 POLE+Heels BASIC (ALL LEVEL) PINOKO ☆			13:15~14:15 POLE+Heels BASIC (ALL LEVEL) YOKO		13:30~14:30 SPINNING POLE Level 1 Mikitty	13:30~14:30 KIDS POLE PINOKO			13:30~14:45 POLE LEVEL3&4 20:27th KANAKO 5+13th MOMO(MOMOE)	13:30~14:45 POLE LEVEL3&4 MOMO(MOMOE)	15:00~16:00 POLE HEELS BASIC (ALL LEVEL) MOMOYO	15:00~16:00 BodyMaintenance TOMO
15:00~16:00 FREE POLE			14:45~15:45 FREE POLE		15:00~16:00 SPINNING POLE Level 1&2 PINOKO	15:00~16:00 SPINNING POLE Level 1&2 PINOKO			15:00~16:00 ASIAN EXOTIC POLE			14:30~15:45 POLE LEVEL 2&3 Mikitty		14:45~16:15 PINOKO WS PINOKO's Heels Style				14:45~16:15 PINOKO WS PINOKO's Heels Style	15:00~16:00 POLE HEELS BASIC (ALL LEVEL) MOMOYO	15:00~16:00 BodyMaintenance TOMO	
16:15~17:15 14th POLE LEVEL3 (HEELS) MOMOYO	NEW! 16:15~17:15 12-21th POLE HEELS (SLOW MOVE) MOMOYO		16:00~17:00 EXOTIC FLOW (ALL LEVEL) MOMOYO		16:15~17:30 POLE LEVEL 2&3 RYOTA	16:15~17:30 POLE LEVEL 2&3 RYOTA			16:15~17:30 PINOKO			16:00~17:00 SPINNING POLE HEELS OK Level 1 Mikitty ☆		16:30~17:45 5-19th POLE LEVEL 2&3 MOMOYO	16:30~17:45 12-26th POLE LEVEL 3&4 MOMOYO			16:15~17:15 POLE HEELS LEVEL 1&2 Mikitty	16:15~17:15 POLE LEVEL 1&2 Mikitty	16:15~17:15 POLE LEVEL 1&2 Mikitty	
17:00			17:15~18:15 POLE FLOOR FLOW MOMO(MOMOE)		19:15~20:15 POLE LEVEL 1 RYOTA	19:15~20:15 POLE LEVEL 1 RYOTA			16:30~17:30 POLE LEVEL 1 Mikitty	19:15~20:15 POLE LEVEL 2 RYOTA		16:30~17:00 SPINNING POLE HEELS OK Level 1 Mikitty ☆		18:00~19:00 5-19th POLE HEELS LEVEL 1&2	18:00~19:00 12-26th POLE HEELS (SLOWMOVE) YOKO			16:30~17:45 5-19th POLE LEVEL 2&3 MOMOYO	16:30~17:45 12-26th POLE LEVEL 3&4 MOMOYO	16:15~17:15 POLE HEELS LEVEL 1&2 Mikitty	16:15~17:15 POLE LEVEL 1&2 Mikitty
19:00~20:15 POLE LEVEL 2&3 YUYU		19:10~20:10 POLE LEVEL1 Pego(KASUMI)	19:00~20:15 POLE LEVEL 2&3 RYOTA		20:30~21:45 POLE 4 STATIC OR SPINNING RYOTA	20:30~21:45 POLE 4 STATIC OR SPINNING RYOTA			19:00~20:00 FLEXIBILITY	20:30~21:45 POLE LEVEL 2 RYOTA		19:20~20:35 POLE LEVEL 3 & 4 REQUEST OK! NISHIO		18:00~19:00 5-19th POLE HEELS LEVEL 1&2	18:00~19:00 12-26th POLE HEELS (SLOWMOVE) YOKO			17:30~18:45 POLE LEVEL 2&3 Mikitty	17:30~18:45 POLE LEVEL 2&3 Mikitty	17:30~18:45 POLE LEVEL 2&3 Mikitty	
20:30~21:30 Sexy movement (ALL LEVEL) YUYU			20:30~21:45 SPINNING POLE LEVEL 2 RYOTA		20:45~21:45 POLE LEVEL1 Pego(KASUMI)	20:45~21:45 POLE LEVEL1 Pego(KASUMI)			20:15~21:15 POLE HEELS LEVEL 1&2	20:45~21:45 POLE LEVEL 2 RYOTA		20:50~22:05 POLE LEVEL 2&3 NISHIO		19:15~20:15 EXOTIC CHAIR BASIC YOKO	19:15~20:15 EXOTIC CHAIR BASIC YOKO			19:00~20:00 POLE HEELS (SLOW MOVE) YOKO	19:00~20:00 POLE HEELS (SLOW MOVE) YOKO	20:15~21:30 SHIGEKO's WS	20:15~21:30 Heels movement 6-13th
22:00									21:30~22:45 POLE LEVEL 2&3 EMIJAY	21:30~22:45 POLE LEVEL 2&3 EMIJAY		21:40~22:40 POLE LEVEL 1 akane*platinum		20:30~21:45 SPINNING POLE LEVEL 2 MOMO(MOMOE)	20:30~21:45 SPINNING POLE LEVEL 2 MOMO(MOMOE)			20:15~21:45 MOMOYO's WS EXOTIC FLOOR TRICK & FLOW 27th	20:15~21:45 MOMOYO's WS EXOTIC FLOOR TRICK & FLOW 27th	20:15~21:30 YOKO's WS CHAIR ACRO	20:15~21:30 YOKO's WS CHAIR ACRO

📌 ...If you are level1, this is a class you can take!
 ☆ ...If you have an Unlimited plan, this is a class you can take!
 ✖️ Our studio closes at 17:15 on December 7th.