

DECEMBER

09-0410-2000 TEL 10:00-21:00

	Mon			Tue		
	STUDIO A	STUDIO B	STUDIO C	STUDIO A	STUDIO B	STUDIO C
9:00-10:00	8:00-10:00 Morning Free pole	8:00-10:00 Morning Free pole		8:00-10:00 Morning Free pole		
11:00				10:00-10:45 POLE LEVEL 162 SHIGENO	11:00-12:15 AERIAL SILK LEVEL 162 AYA	11:00-12:15 FREE POLE
12:00	11:00-12:30 TICKET ONLY FREE POLE		11:00-12:30 TICKET ONLY FREE POLE			11:00-12:15 TICKET ONLY FREE POLE
13:00	12:45-13:45 POLE LEVEL 162 Mika	12:00-13:00 AERIAL HOOP LEVEL 162 AYA	12:45-13:45 FREE POLE	12:00-13:00 SPINNING POLE LEVEL 1 SHIGENO	12:00-13:00 AERIAL YOGA SHIGENO	12:00-13:00 FREE POLE
14:00	14:00-15:00 POLE LEVEL 2 SHIGENO	14:00-15:00 8th & 20th AERIAL SILK BASIC for BEGINNER	14:00-15:00 FREE POLE	14:00-15:00 POLE HELLS SLIPPER BEGINNER	14:00-15:00 FREE AERIAL	14:00-15:00 FLEXIBILITY BEGINNER
15:00	15:00-16:00 POLE LEVEL 2 SHIGENO	15:00-16:00 FREE POLE	15:00-16:00 FREE POLE	15:00-16:00 FREE POLE	15:00-16:00 FREE POLE	15:00-16:00 FREE POLE
16:00		16:00-17:00 FREE POLE	16:00-17:00 FREE POLE	16:00-17:00 FREE POLE	16:00-17:00 FREE POLE	16:00-17:00 FREE POLE
17:00		17:00-18:00 FREE POLE	17:00-18:00 FREE POLE	17:00-18:00 FREE POLE	17:00-18:00 FREE POLE	17:00-18:00 FREE POLE
18:00		18:00-19:00 FREE POLE	18:00-19:00 FREE POLE	18:00-19:00 FREE POLE	18:00-19:00 FREE POLE	18:00-19:00 FREE POLE
19:00	18:15-19:15 POLE LEVEL 162 in HELLS	18:15-19:15 AERIAL SILK LEVEL 2 MIKA	18:15-19:15 POLE LEVEL 162 in HELLS	18:15-19:15 AERIAL SILK LEVEL 2 MIKA	18:15-19:15 AERIAL SILK LEVEL 2 MIKA	18:15-19:15 POLE LEVEL 162 in HELLS
20:00	19:00-21:15 SHIGENO	19:00-21:15 SHIGENO	19:00-21:15 SHIGENO	19:00-21:15 SHIGENO	19:00-21:15 SHIGENO	19:00-21:15 SHIGENO
21:00	20:00-21:00 SPINNING POLE LEVEL 162 ELLES	20:00-21:00 FREE POLE	20:00-21:00 FREE POLE	20:00-21:00 FREE POLE	20:00-21:00 FREE POLE	20:00-21:00 FREE POLE
22:00		21:00-22:00 AERIAL SILK LEVEL 162 MIKA	21:00-22:00 FREE POLE	21:00-22:00 FREE POLE	21:00-22:00 FREE POLE	21:00-22:00 FREE POLE

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	Wed			Thu		
	STUDIO A	STUDIO B	STUDIO C	STUDIO A	STUDIO B	STUDIO C
9:00-10:00	8:00-10:00 Morning Free pole	8:00-10:00 Morning Free pole		8:00-10:00 Morning Free pole		
11:00	11:00-12:30 POLE LEVEL 162 SHIGENO	11:00-12:30 FREE AERIAL	11:00-12:30 FREE POLE	11:00-12:30 TICKET ONLY FREE POLE	11:00-12:30 TICKET ONLY FREE POLE	11:00-12:30 TICKET ONLY FREE POLE
12:00	12:00-13:00 POLE LEVEL 162 SHIGENO	12:00-13:00 FREE AERIAL	12:00-13:00 FREE POLE	12:00-13:00 TICKET ONLY FREE POLE	12:00-13:00 TICKET ONLY FREE POLE	12:00-13:00 TICKET ONLY FREE POLE
13:00	12:45-13:45 POLE LEVEL 162 SHIGENO	12:45-13:45 FREE AERIAL	12:45-13:45 FREE POLE	12:45-13:45 TICKET ONLY FREE POLE	12:45-13:45 TICKET ONLY FREE POLE	12:45-13:45 TICKET ONLY FREE POLE
14:00	14:00-15:00 POLE LEVEL 2 SHIGENO	14:00-15:00 FREE AERIAL	14:00-15:00 FREE POLE	14:00-15:00 TICKET ONLY FREE POLE	14:00-15:00 TICKET ONLY FREE POLE	14:00-15:00 TICKET ONLY FREE POLE
15:00	15:00-16:00 POLE LEVEL 2 SHIGENO	15:00-16:00 FREE AERIAL	15:00-16:00 FREE POLE	15:00-16:00 TICKET ONLY FREE POLE	15:00-16:00 TICKET ONLY FREE POLE	15:00-16:00 TICKET ONLY FREE POLE
16:00	16:00-17:00 FREE POLE	16:00-17:00 FREE POLE	16:00-17:00 FREE POLE	16:00-17:00 FREE POLE	16:00-17:00 FREE POLE	16:00-17:00 FREE POLE
17:00	17:00-18:00 FREE POLE	17:00-18:00 FREE POLE	17:00-18:00 FREE POLE	17:00-18:00 FREE POLE	17:00-18:00 FREE POLE	17:00-18:00 FREE POLE
18:00	18:00-19:00 FREE POLE	18:00-19:00 FREE POLE	18:00-19:00 FREE POLE	18:00-19:00 FREE POLE	18:00-19:00 FREE POLE	18:00-19:00 FREE POLE
19:00	18:15-19:15 POLE LEVEL 162 in HELLS	18:15-19:15 AERIAL SILK LEVEL 2 MIKA	18:15-19:15 POLE LEVEL 162 in HELLS	18:15-19:15 AERIAL SILK LEVEL 2 MIKA	18:15-19:15 AERIAL SILK LEVEL 2 MIKA	18:15-19:15 POLE LEVEL 162 in HELLS
20:00	19:00-21:15 SHIGENO	19:00-21:15 SHIGENO	19:00-21:15 SHIGENO	19:00-21:15 SHIGENO	19:00-21:15 SHIGENO	19:00-21:15 SHIGENO
21:00	20:00-21:00 SPINNING POLE LEVEL 162 ELLES	20:00-21:00 FREE POLE	20:00-21:00 FREE POLE	20:00-21:00 FREE POLE	20:00-21:00 FREE POLE	20:00-21:00 FREE POLE
22:00		21:00-22:00 AERIAL SILK LEVEL 162 MIKA	21:00-22:00 FREE POLE	21:00-22:00 FREE POLE	21:00-22:00 FREE POLE	21:00-22:00 FREE POLE

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9:00-10:00	8:00-10:00 Morning Free pole	8:00-10:00 Morning Free pole		8:00-10:00 Morning Free pole		
11:00	10:00-11:00 AERIAL SILK BASIC for BEGINNER 300-400 POLE	10:00-11:00 AERIAL SILK BASIC for BEGINNER 300-400 POLE	10:00-11:00 TICKET ONLY FREE POLE	10:00-11:00 TICKET ONLY FREE POLE	10:00-11:00 TICKET ONLY FREE POLE	10:00-11:00 TICKET ONLY FREE POLE
12:00	11:00-12:30 TICKET ONLY FREE POLE	11:00-12:30 TICKET ONLY FREE POLE	11:00-12:30 TICKET ONLY FREE POLE	11:00-12:30 TICKET ONLY FREE POLE	11:00-12:30 TICKET ONLY FREE POLE	11:00-12:30 TICKET ONLY FREE POLE
13:00	12:45-13:45 POLE LEVEL 162 SHIGENO	12:45-13:45 FREE AERIAL	12:45-13:45 FREE POLE	12:45-13:45 TICKET ONLY FREE POLE	12:45-13:45 TICKET ONLY FREE POLE	12:45-13:45 TICKET ONLY FREE POLE
14:00	14:00-15:00 POLE LEVEL 2 SHIGENO	14:00-15:00 FREE AERIAL	14:00-15:00 FREE POLE	14:00-15:00 TICKET ONLY FREE POLE	14:00-15:00 TICKET ONLY FREE POLE	14:00-15:00 TICKET ONLY FREE POLE
15:00	15:00-16:00 POLE LEVEL 2 SHIGENO	15:00-16:00 FREE AERIAL	15:00-16:00 FREE POLE	15:00-16:00 TICKET ONLY FREE POLE	15:00-16:00 TICKET ONLY FREE POLE	15:00-16:00 TICKET ONLY FREE POLE
16:00	16:00-17:00 FREE POLE	16:00-17:00 FREE POLE	16:00-17:00 FREE POLE	16:00-17:00 FREE POLE	16:00-17:00 FREE POLE	16:00-17:00 FREE POLE
17:00	17:00-18:00 FREE POLE	17:00-18:00 FREE POLE	17:00-18:00 FREE POLE	17:00-18:00 FREE POLE	17:00-18:00 FREE POLE	17:00-18:00 FREE POLE
18:00	18:00-19:00 FREE POLE	18:00-19:00 FREE POLE	18:00-19:00 FREE POLE	18:00-19:00 FREE POLE	18:00-19:00 FREE POLE	18:00-19:00 FREE POLE
19:00	18:15-19:15 POLE LEVEL 162 in HELLS	18:15-19:15 AERIAL SILK LEVEL 2 MIKA	18:15-19:15 POLE LEVEL 162 in HELLS	18:15-19:15 AERIAL SILK LEVEL 2 MIKA	18:15-19:15 AERIAL SILK LEVEL 2 MIKA	18:15-19:15 POLE LEVEL 162 in HELLS
20:00	19:00-21:15 SHIGENO	19:00-21:15 SHIGENO	19:00-21:15 SHIGENO	19:00-21:15 SHIGENO	19:00-21:15 SHIGENO	19:00-21:15 SHIGENO
21:00	20:00-21:00 SPINNING POLE LEVEL 162 ELLES	20:00-21:00 FREE POLE	20:00-21:00 FREE POLE	20:00-21:00 FREE POLE	20:00-21:00 FREE POLE	20:00-21:00 FREE POLE
22:00		21:00-22:00 AERIAL SILK LEVEL 162 MIKA	21:00-22:00 FREE POLE	21:00-22:00 FREE POLE	21:00-22:00 FREE POLE	21:00-22:00 FREE POLE

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