

Dec

	Mon			Tue		
	STUDIO A	STUDIO B	STUDIO C	STUDIO A	STUDIO B	STUDIO C
11:00	11:15~12:15 FREE POLE	11:20~12:40 FREE AERIAL 80min 2,500Yen	11:30~12:30 FREE POLE	11:45~12:45 FREE POLE	11:30~12:30 AERIAL SILK LEVEL 1&2 AYA	11:30~12:45 POLE LEVEL 2&3
12:00	12:30~12:45 MOMOYO	13:00~14:00 AERIAL HOOP LEVEL 1 AYA	12:45~13:45 LEVEL 1 MOMO.K	13:00~14:00 SPINNING POLE Level 1 SHIGEKO	13:00~14:00 AERIAL YOGA (HAMMOCK) AYA	13:30~14:30 POLE LEVEL 1&2 ELLES
13:00	14:00~15:00 SPINNING POLE	14:00~15:00 POLE LEVEL 2 SHIGEKO	14:00~15:00 POLE LEVEL 2 SHIGEKO	14:00~15:00 POLE LEVEL 2 SHIGEKO	14:00~15:00 POLE LEVEL 2 SHIGEKO	14:00~15:00 POLE LEVEL 2 SHIGEKO
14:00	15:00~16:45 POLE LEVEL 2&3 SHIGEKO	15:00~16:45 AERIAL YOGA (HAMMOCK) AYA	15:15~16:15 FREE POLE	15:45~17:00 POLE LEVEL 2&3 KANAKO	16:15~17:30 POLE LEVEL 3 SHIGEKO	16:15~17:30 POLE LEVEL 3 SHIGEKO
15:00	16:00~17:00 AERIAL SILK LEVEL 1&2 AYA	16:30~17:30 FREE POLE	16:30~17:30 FREE POLE	16:30~17:30 FREE POLE	16:30~17:30 FREE POLE	16:30~17:30 FREE POLE
16:00	17:00~18:00 POLE TRICK REQUEST (ALL LEVEL) NISHIO	17:00~18:00 AERIAL SILK LEVEL 1 MIKA	17:00~18:00 AERIAL SILK LEVEL 1 MIKA	17:00~18:00 AERIAL SILK LEVEL 1 MIKA	17:00~18:00 AERIAL SILK LEVEL 1 MIKA	17:00~18:00 AERIAL SILK LEVEL 1 MIKA
17:00	18:00~19:00 POLE TRICK REQUEST (ALL LEVEL) NISHIO	18:00~19:00 AERIAL SILK LEVEL 1 MIKA	18:00~19:00 AERIAL SILK LEVEL 1 MIKA	18:00~19:00 AERIAL SILK LEVEL 1 MIKA	18:00~19:00 AERIAL SILK LEVEL 1 MIKA	18:00~19:00 AERIAL SILK LEVEL 1 MIKA
18:00	19:00~20:15 POLE TRICK REQUEST (ALL LEVEL) NISHIO	19:00~20:15 AERIAL SILK LEVEL 1 MIKA	19:00~20:15 AERIAL SILK LEVEL 1 MIKA	19:00~20:15 AERIAL SILK LEVEL 1 MIKA	19:00~20:15 AERIAL SILK LEVEL 1 MIKA	19:00~20:15 AERIAL SILK LEVEL 1 MIKA
19:00	20:30~21:45 POLE LEVEL 2&3 NISHIO	20:15~21:30 AERIAL SILK LEVEL 2 MIKA	20:30~21:45 LEVEL 1&2 MOMO.K	20:45~22:00 POLE LEVEL 2&3 MOMOYO	20:30~21:45 POLE LEVEL 2&3 MIKA	20:30~21:45 POLE LEVEL 2 SHIGEKO
20:00	22:00~23:15 POLE REQUEST (ALL LEVEL) NISHIO	21:45~22:45 AERIAL SILK LEVEL 1&2 (14h) AERIAL HOOP LEVEL 1 (21h) MIKA	21:45~22:45 FREE POLE	22:00~23:15 SPINNING POLE HEELS ELLES	22:15~24:00 RENTAL ¥4,000 only!	22:15~24:00 RENTAL ¥4,000 only!

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

*Our studio closes at 18:30 on December 7th.

03-5412-2555 TEL 12:00~21:00

	Wed			Thu		
	STUDIO A	STUDIO B	STUDIO C	STUDIO A	STUDIO B	STUDIO C
11:00	11:45~12:45 POLE+Heels BASIC (ALL LEVEL) TORO	11:15~12:30 POLE ALL LEVEL PINKO	11:30~12:30 POLE LEVEL 1&2 AKI	11:30~12:45 POLE LEVEL 2&3 AYUMI	11:00~12:30 FREE POLE	11:15~12:15 FREE POLE
12:00	12:00~14:15 POLE LEVEL 3 YOKO	12:45~13:45 POLE HEELS LEVEL 1&2 AKI	12:45~14:15 FREE POLE 90min 2,500Yen	12:45~14:00 POLE 4 STATIC OR SPINNING SHIGEKO	14:20~15:40 FREE AERIAL 80min 2,500Yen	14:20~15:40 FREE AERIAL 80min 2,500Yen
13:00	14:00~15:40 SPINNING POLE HEELS OR LEVEL 1&2 MOMO.K	14:00~15:15 POLE LEVEL 2&3 ELLES	14:00~15:30 POLE HEELS (Slow Move) YOKO	14:30~15:30 FREE AERIAL 80min 2,500Yen	14:30~15:30 POLE LEVEL 1&2 AYUMI	14:30~15:30 POLE LEVEL 1&2 AYUMI
14:00	15:00~16:45 POLE LEVEL 2&3 MOMO.K	15:00~16:45 POLE LEVEL 2&3 MOMO.K	15:00~16:45 POLE LEVEL 2&3 MOMO.K	15:00~16:45 POLE LEVEL 2&3 MOMO.K	15:00~16:45 POLE LEVEL 2&3 MOMO.K	15:00~16:45 POLE LEVEL 2&3 MOMO.K
15:00	16:00~17:00 POLE LEVEL 1&2 MOMO.K	16:00~17:00 POLE LEVEL 1&2 MOMO.K	16:00~17:00 POLE LEVEL 1&2 MOMO.K	16:00~17:00 POLE LEVEL 1&2 MOMO.K	16:00~17:00 POLE LEVEL 1&2 MOMO.K	16:00~17:00 POLE LEVEL 1&2 MOMO.K
16:00	17:00~18:00 POLE TRICK REQUEST (ALL LEVEL) ALK	17:00~18:00 POLE TRICK REQUEST (ALL LEVEL) ALK	17:00~18:00 POLE TRICK REQUEST (ALL LEVEL) ALK	17:00~18:00 POLE TRICK REQUEST (ALL LEVEL) ALK	17:00~18:00 POLE TRICK REQUEST (ALL LEVEL) ALK	17:00~18:00 POLE TRICK REQUEST (ALL LEVEL) ALK
17:00	18:00~19:00 POLE TRICK REQUEST (ALL LEVEL) ALK	18:00~19:00 POLE TRICK REQUEST (ALL LEVEL) ALK	18:00~19:00 POLE TRICK REQUEST (ALL LEVEL) ALK	18:00~19:00 POLE TRICK REQUEST (ALL LEVEL) ALK	18:00~19:00 POLE TRICK REQUEST (ALL LEVEL) ALK	18:00~19:00 POLE TRICK REQUEST (ALL LEVEL) ALK
18:00	19:00~20:15 POLE LEVEL 3 MOMO.K	19:00~20:15 POLE LEVEL 3 MOMO.K	19:00~20:15 POLE LEVEL 3 MOMO.K	19:00~20:15 POLE LEVEL 3 MOMO.K	19:00~20:15 POLE LEVEL 3 MOMO.K	19:00~20:15 POLE LEVEL 3 MOMO.K
19:00	20:30~21:45 POLE LEVEL 2&3 SHIGEKO	20:30~21:45 POLE LEVEL 2&3 SHIGEKO	20:30~21:45 POLE LEVEL 2&3 SHIGEKO	20:30~21:45 POLE LEVEL 2&3 SHIGEKO	20:30~21:45 POLE LEVEL 2&3 SHIGEKO	20:30~21:45 POLE LEVEL 2&3 SHIGEKO
20:00	22:00~23:00 POLE TRICK REQUEST (ALL LEVEL) NISHIO	22:00~23:00 POLE TRICK REQUEST (ALL LEVEL) NISHIO	22:00~23:00 POLE TRICK REQUEST (ALL LEVEL) NISHIO	22:00~23:00 POLE TRICK REQUEST (ALL LEVEL) NISHIO	22:00~23:00 POLE TRICK REQUEST (ALL LEVEL) NISHIO	22:00~23:00 POLE TRICK REQUEST (ALL LEVEL) NISHIO

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	Fri			Sat			(Sun)		
	STUDIO A	STUDIO B	STUDIO C	STUDIO A	STUDIO B	STUDIO C	STUDIO A	STUDIO B	STUDIO C
11:00	11:00~12:00 FREE POLE	11:30~12:30 AERIAL HOOP Choreography (HEELS OK) AYA	11:15~12:15 FREE POLE	11:00~12:15 POLE LEVEL 2&3 SHIGEKO	11:30~12:30 AERIAL HOOP LEVEL 1&2 AYA	11:15~12:15 FREE POLE	10:45~12:00 POLE LEVEL 2&3 AYUMI	11:00~12:00 POLE LEVEL 1&2 SHIGEKO	11:15~12:15 FREE POLE
12:00	12:15~13:15 POLE HEELS (Slow Move) SHIGEKO	13:00~14:00 HAMMOCK DANCE AYA	12:30~13:30 FREE POLE	12:30~13:30 POLE LEVEL 1 SHIGEKO	13:00~14:00 Latin Mix AYA	12:30~13:30 FREE POLE	12:15~13:15 POLE HEELS (Slow Move) MOMOYO	12:15~13:30 POLE LEVEL 2&3 SHIGEKO	12:30~13:30 POLE LEVEL 1&2 AYUMI
13:00	13:30~14:30 SPINNING POLE HEELS OR LEVEL 1&2 MOMO.K	14:00~15:00 AERIAL SILK LEVEL 1&2 AYA	13:30~14:30 POLE LEVEL 1 SHIGEKO	14:00~15:00 POLE LEVEL 2 RYOTA	14:30~15:30 HAMMOCK DANCE AYA	13:30~14:30 FREE POLE	13:30~14:30 POLE LEVEL 2 RYOTA	13:45~15:00 POLE LEVEL 3 SHIGEKO	14:00~15:00 Open Legs (ALL LEVEL) EMJAY
14:00	14:45~16:00 POLE LEVEL 2&3 SHIGEKO	14:45~16:00 POLE LEVEL 2&3 SHIGEKO	14:45~16:00 POLE LEVEL 2&3 SHIGEKO	14:45~16:00 POLE LEVEL 2&3 SHIGEKO	14:45~16:00 POLE LEVEL 2&3 SHIGEKO	14:45~16:00 POLE LEVEL 2&3 SHIGEKO	14:45~16:00 POLE LEVEL 2&3 SHIGEKO	14:45~16:00 POLE LEVEL 2&3 SHIGEKO	14:45~16:00 POLE LEVEL 2&3 SHIGEKO
15:00	15:15~17:30 CHAIR DANCE EMJAY	15:15~17:30 CHAIR DANCE EMJAY	15:15~17:30 CHAIR DANCE EMJAY	15:15~17:30 CHAIR DANCE EMJAY	15:15~17:30 CHAIR DANCE EMJAY	15:15~17:30 CHAIR DANCE EMJAY	15:15~17:30 CHAIR DANCE EMJAY	15:15~17:30 CHAIR DANCE EMJAY	15:15~17:30 CHAIR DANCE EMJAY
16:00	16:15~17:30 POLE LEVEL 3&4 EMJAY	16:15~17:30 POLE LEVEL 3&4 EMJAY	16:15~17:30 POLE LEVEL 3&4 EMJAY	16:15~17:30 POLE LEVEL 3&4 EMJAY	16:15~17:30 POLE LEVEL 3&4 EMJAY	16:15~17:30 POLE LEVEL 3&4 EMJAY	16:15~17:30 POLE LEVEL 3&4 EMJAY	16:15~17:30 POLE LEVEL 3&4 EMJAY	16:15~17:30 POLE LEVEL 3&4 EMJAY
17:00	17:00~18:15 AERIAL SILK LEVEL 1&2 ALK	17:00~18:15 AERIAL SILK LEVEL 1&2 ALK	17:00~18:15 AERIAL SILK LEVEL 1&2 ALK	17:00~18:15 AERIAL SILK LEVEL 1&2 ALK	17:00~18:15 AERIAL SILK LEVEL 1&2 ALK	17:00~18:15 AERIAL SILK LEVEL 1&2 ALK	17:00~18:15 AERIAL SILK LEVEL 1&2 ALK	17:00~18:15 AERIAL SILK LEVEL 1&2 ALK	17:00~18:15 AERIAL SILK LEVEL 1&2 ALK
18:00	18:00~19:00 POLE TRICK REQUEST (ALL LEVEL) ALK	18:00~19:00 POLE TRICK REQUEST (ALL LEVEL) ALK	18:00~19:00 POLE TRICK REQUEST (ALL LEVEL) ALK	18:00~19:00 POLE TRICK REQUEST (ALL LEVEL) ALK	18:00~19:00 POLE TRICK REQUEST (ALL LEVEL) ALK	18:00~19:00 POLE TRICK REQUEST (ALL LEVEL) ALK	18:00~19:00 POLE TRICK REQUEST (ALL LEVEL) ALK	18:00~19:00 POLE TRICK REQUEST (ALL LEVEL) ALK	18:00~19:00 POLE TRICK REQUEST (ALL LEVEL) ALK
19:00	19:00~20:15 SPINNING POLE 2 ELLES	19:00~20:15 FLEXIBILITY ALK	19:15~20:15 Open Legs (ALL LEVEL) EMJAY	19:00~20:15 POLE 3&4 STATIC OR SPINNING MOMO.K	19:00~20:15 POLE 3&4 STATIC OR SPINNING MOMO.K	19:00~20:15 POLE 3&4 STATIC OR SPINNING MOMO.K	19:00~20:15 POLE 3&4 STATIC OR SPINNING MOMO.K	19:00~20:15 POLE 3&4 STATIC OR SPINNING MOMO.K	19:00~20:15 POLE 3&4 STATIC OR SPINNING MOMO.K
20:00	20:30~21:30 POLE LEVEL 3&4 AYUMI	20:30~21:30 POLE LEVEL 3&4 AYUMI	20:30~21:30 POLE LEVEL 3&4 AYUMI	20:30~21:30 POLE LEVEL 3&4 AYUMI	20:30~21:30 POLE LEVEL 3&4 AYUMI	20:30~21:30 POLE LEVEL 3&4 AYUMI	20:30~21:30 POLE LEVEL 3&4 AYUMI	20:30~21:30 POLE LEVEL 3&4 AYUMI	20:30~21:30 POLE LEVEL 3&4 AYUMI
21:00	21:15~22:15 POLE HEELS (Slow Move) EMJAY	21:15~22:15 POLE HEELS (Slow Move) EMJAY	21:15~22:15 POLE HEELS (Slow Move) EMJAY	21:15~22:15 POLE HEELS (Slow Move) EMJAY	21:15~22:15 POLE HEELS (Slow Move) EMJAY	21:15~22:15 POLE HEELS (Slow Move) EMJAY	21:15~22:15 POLE HEELS (Slow Move) EMJAY	21:15~22:15 POLE HEELS (Slow Move) EMJAY	21:15~22:15 POLE HEELS (Slow Move) EMJAY
22:00	22:15~24:00 POLE TRICK REQUEST (ALL LEVEL) NISHIO	22:15~24:00 POLE TRICK REQUEST (ALL LEVEL) NISHIO	22:15~24:00 POLE TRICK REQUEST (ALL LEVEL) NISHIO	22:15~24:00 POLE TRICK REQUEST (ALL LEVEL) NISHIO	22:15~24:00 POLE TRICK REQUEST (ALL LEVEL) NISHIO	22:15~24:00 POLE TRICK REQUEST (ALL LEVEL) NISHIO	22:15~24:00 POLE TRICK REQUEST (ALL LEVEL) NISHIO	22:15~24:00 POLE TRICK REQUEST (ALL LEVEL) NISHIO	22:15~24:00 POLE TRICK REQUEST (ALL LEVEL) NISHIO

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