

DECEMBER		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	Space A	Space B	Space A	Space B	Space A	Space B	Space A	Space B	Space A	Space B	Space A	Space B
11:00 MAMA POLE With BABY TOMO		10:00~11:00 AERIAL SILK LEVEL 1 Lily		10:45~11:45 AERIAL HOOP Mikitty		11:45~12:45 POLE LEVEL2 YOKO	11:45~12:45 POLE LEVEL 1 YOKO	10:30~11:30 AERIAL HOOP LEVEL 1 Mikitty		11:00~12:00 POLE LEVEL 2 Mikitty	11:00~12:00 POLE LEVEL 1 Mikitty	10:45~11:45 AERIAL HOOP LEVEL 1 Mikitty	
12:30~13:30 POLE LEVEL2 PINOKO	12:30~13:30 POLE LEVEL 1 Pinoko	11:30~12:30 AERIAL HOOP LEVEL 1 MIKA		12:20~13:20 POLE LEVEL2 Mikitty	12:20~13:20 POLE LEVEL 1 Mikitty	13:00~14:00 SPINING POLE HEELS Level 1 YOKO		11:45~12:45 EXOTIC BASIC YOKO		12:15~13:30 POLE LEVEL3 YOKO		12:20~13:20 POLE LEVEL2 Mikitty	12:20~13:20 POLE LEVEL 1 Mikitty
14:00~15:15 POLE LEVEL 2&3 Pinoko		13:00~14:15 POLE LEVEL 2&3 MOMOYO		13:30~14:30 POLE Heels BASIC (All Level) momoMc		14:15~15:15 POLE HEELS LEVEL1 & 2 PINOKO		13:00~14:00 POLE HEELS LEVEL1 YOKO		13:45~14:45 SPINING POLE HEELS Level 1 Mikitty		13:30~14:45 POLE LEVEL 3&4 Aki	
15:30~17:00 FREE POLE & AERIAL 90分 2,500円		14:30~15:30 EXOTIC FLOW (ALL LEVEL) MOMOYO		14:45~15:45 SPINING POLE HEELS Level 1 PINOKO		15:30~16:45 POLE LEVEL 2&3 YOKO		14:15~15:30 POLE LEVEL 2&3 Mikitty		15:00~16:00 KIDS ACROBAT TOMONORI		15:00~16:00 POLE FLOOR FLOW TOMO	
		16:00~17:00 POLE LEVEL 1 EMIJAY	16:00~17:00 POLE LEVEL2 EMIJAY	16:00~17:15 POLE LEVEL 2&3 RYOTA				15:45~16:45 POLE LEVEL2 Mikitty	15:45~16:45 POLE LEVEL 1 Mikitty	16:00~17:00 KIDS POLE Elizabthi		16:15~17:15 POLE LEVEL 2 TOMO	16:15~17:15 POLE LEVEL 1 TOMO
										17:15~18:15 POLE HEELS LEVEL1 & 2 Pinoko		17:30~18:45 POLE LEVEL 2&3 Mikitty	17:30~19:00 22th MOMOYO's WS EXOTIC FLOOR TRICK & FLOW
19:20~20:20 POLE Heels (slow move) OJ		19:20~20:35 POLE LEVEL 2&3 KANAKO		19:20~20:20 POLE LEVEL 1 RYOTA	19:20~20:20 POLE LEVEL 2 RYOTA	19:20~20:35 POLE LEVEL 2&3 EMIJAY		19:20~20:35 POLE LEVEL 3 & 4 NISHIO		18:30~19:45 POLE ADVANCE Heels Pinoko		19:00~20:00 ポールヒール基礎 (オールレベル) YOKO	
20:45~21:45 POLE LEVEL 1 OJ	20:45~21:45 POLE LEVEL 2 OJ	20:50~22:05 POLE LEVEL 3&4 KANAKO	20:50~21:50 8th only ヒールクラス LEVEL1 & 2 OJ	20:30~21:45 POLE 4 STATIC OR RYOTA		20:50~21:50 POLE HEELS LEVEL1 & 2 EMIJAY		20:50~22:05 POLE LEVEL 2&3 NISHIO					
				22:00~23:00 FREE POLE									