

DECEMBER

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00		10:00~ 11:00 LEVEL 1&2					
			10:30~11:30 AERIAL HOOP BASIC Hitomi				
11:00	11:00~12:00 AERIAL SILK BASIC						11:15~ 12:15 LEVEL 1&2
	ACO		12:00~13:00 POLE LEVEL 1&2 HITOMI				
12:00	12:15~13:15				12:45~ 13:45 6th & 20h AERIAL HOOP BASIC for BEGINNER 12th & 27th AYA		
	AERIAL SILK LEVEL 1						
	ACO						
13:00							
14:00			15:45~16:45 STRETCH BACKBENDS FOR MOMO K				
15:00							
	15:30~16:30 POLE LEVEL 1&2 NISHIO				15:30~ 16:30 LEVEL 1&2 AYA	15:45~16:45 STRETCH BACKBENDS FOR MOMO K	
16:00							
17:00							
18:00	※Only 11st & 25th			※Only 2nd & 9th			
	18:30~19:30 POLE LEVEL 1&2 Pego			18:15~ 19:15 POLE LEVEL 1&2	18:45~ 19:45 POLE LEVEL 1&2 ELLES	18:30~19:30 POLE LEVEL 1&2 NISHIO	
19:00							
20:00		20:30~ 21:30 POLE LEVEL 1&2					
21:00							
22:00							