

DECEMBER

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
###						10:30~11:45 POLE LEVEL 2&3 AYUMI	
###	11:00~12:00 *11th, 25th only AERIAL STRETCH ACO	11:45~12:45 AERIAL HOOP LEVEL 1&2 SHIORI	10:30~11:30 SPINNING POLE for BEGINNER Hitomi			12:00~13:00 SPINNING POLE LEVEL 1 AYUMI	11:15~12:15 POLE LEVEL 1&2 AO
###	12:15~13:15 *11th, 25th only AERIAL SILK BASIO for BEGINNER ACO		11:45~12:45 POLE LEVEL 1&2 HITOMI		12:45~13:45 1st & 15th AERIAL HOOP BASIO for BEGINNER 8th & 22nd AERIAL HAMMOCK AYA	13:15~14:15 BODY CONTROL STRETCH AYUMI	12:45~13:45 POLE ART (POLE LEVEL 2 more) ao
###	14:00~15:15 POLE TRICK REQUEST ALL LEVEL NISHIO	14:30~15:30 mastics basedBody condition	14:30~15:30 YOGA based Body conditioning + stretch Antonia		14:00~15:00 AERIAL HOOP ALL LEVEL AYA	14:30~15:45 POLE LEVEL 3&4 AYUMI	14:00~15:15 POLE LEVEL 3&4 STATIC OR SPINNING NISHIO
###	15:30~16:30 POLE LEVEL 1&2 NISHIO		16:00~17:00 AERIAL HAMMOCK FOR BASIC BEGINNER MOMO		15:30~16:30 POLE LEVEL 1&2 AYA	16:00~17:00 *except 16th STRETCH & HAMMOCKED TICKET ONLY MOMO	17:00~18:15 STRETCH & HAMMOCKED NO HAMMOCK LEVEL 1 NISHIO
###	17:15~18:15 11th & 25th SPINNING POLE LEVEL 1 Pepo (KASUMI)					17:15~18:15 *except 16th Backbend Tricks (Cocoon, Eagle, Superpain) Momo	13:00~14:15 POLE LEVEL 2&3 NISHIO
###	18:30~19:30 11th & 25th POLE LEVEL 1&2 Pepo (KASUMI)	18:00~19:00 SPINNING POLE SUPER BEGINNER RE	19:00~20:00 POLE LEVEL 1&2 Momo	18:00~19:00 SPINNING POLE LEVEL 1 SALLY *2nd & 9th 18:15~19:15 POLE LEVEL 1&2 yayuna	18:30~19:30 POLE LEVEL 1&2 ELLES	18:30~19:30 POLE LEVEL 1&2 NISHIO	18:15~19:15 10th & 17th SPINNING POLE LEVEL 1 RE
###	19:45~20:45 HEELS CHOREO CLASS YUI	20:00~21:00 SPINNING POLE LEVEL 1 RE		19:15~20:15 STRETCH & HAMMOCK CLASS YUI	19:45~21:00 POLE LEVEL 2&3 ELLES	19:45~20:45 POLE TRICK REQUEST ALL LEVEL NISHIO	19:00~20:00 10th & 17th SPINNING POLE BEGINNER RE
###	21:00~22:15 POLE LEVEL 3&4 STATIC OR SPINNING YUI	20:15~21:15 POLE LEVEL 1&2 RE	20:15~21:15 SPINNING POLE LEVEL 1 Momo	20:15~21:15 2nd & 9th 20:30~21:30 SPINNING POLE LEVEL 1&2 Momo			
###		21:30~22:30 TICKET ONLY FREE POLE					
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