

DECEMBER

TEL 03-5412-2555 14:00~21:00

	MON		TUE		WED		THU		FRI		SAT		SUN	
	A studio	B studio	A studio	B studio	A studio	B studio	A studio	B studio	A studio	B studio	A studio	B studio	A studio	B studio
1000							10:00~10:30 Momo's Trick AYUMI				10:30~11:45 POLE LEVEL 263 AI		10:30~11:45 POLE LEVEL 263 AYUMI	
1100	10:30~11:30 POLE LEVEL 162 Hiromi		11:00~11:30 SPINNING POLE LEVEL 1 Saki								10:30~11:30 TICKET ONLY FREE POLE ONLY BAREFOOD		11:00~12:00 TICKET ONLY FREE POLE ONLY BAREFOOD	
1200	11:30~12:45 SPINNING POLE LEVEL 1 Saki	11:45~12:45 AERIAL HOOP BASIC for BEGINNER	SPINNING POLE LEVEL 1 AYUMI	11:30~12:30 TICKET ONLY FREE POLE ONLY BAREFOOD	11:45~13:00 POLE LEVEL 263 PINOKO	11:45~12:45 TICKET ONLY FREE POLE ONLY BAREFOOD	11:30~12:45 POLE ALL LEVEL PINOKO	11:45~12:45 SPINNING POLE BEGINNER	12:00~12:30 SPINNING POLE SUPER BEGINNER	TICKET ONLY FREE POLE ONLY BAREFOOD	12:30~13:30 POLE LEVEL 162 Momo	12:30~13:30 POLE LEVEL 162 Momo	12:00~13:15 3rd & 17th Trick & combination Advance 10th & 24th POLE LEVEL 364 STATIC or SPINNING AYUMI	12:15~13:15 TICKET ONLY FREE POLE ONLY BAREFOOD
1300	13:00~14:00 10:10h, 20h only Handstand&Backstand Enhancement	Hiromi	12:45~14:00 POLE LEVEL 364 STATIC or SPINNING YUI	12:45~13:45 POLE LEVEL 162 L+K& 162 Hiromi	14:00~14:45 SPINNING POLE SUPER BEGINNER	14:30~15:30 TICKET ONLY FREE POLE ONLY BAREFOOD	13:00~14:00 POLE LEVEL 162 Pepo (KASUMI)	13:00~14:00 POLE LEVEL 162 Pepo (KASUMI)	12:45~14:00 POLE LEVEL 263 AYUMI	14:15~15:30 POLE HEELS BASIC SUPER BEGINNER	14:15~15:30 POLE HEELS BASIC SUPER BEGINNER	14:15~15:30 POLE HEELS BASIC SUPER BEGINNER	14:15~15:30 POLE HEELS BASIC SUPER BEGINNER	14:15~15:30 POLE HEELS BASIC SUPER BEGINNER
1400	14:00~15:00 10:10h, 20h only Handstand&Backstand Enhancement	Hiromi	14:15~15:15 POLE LEVEL 162 YUI	14:15~15:15 POLE LEVEL 162 YUI	14:15~15:15 POLE LEVEL 162 YUI	14:15~15:15 POLE LEVEL 162 YUI	14:15~15:15 POLE LEVEL 162 YUI	14:15~15:15 POLE LEVEL 162 YUI	14:15~15:15 POLE LEVEL 162 YUI	14:15~15:15 POLE LEVEL 162 YUI	14:15~15:15 POLE LEVEL 162 YUI	14:15~15:15 POLE LEVEL 162 YUI	14:15~15:15 POLE LEVEL 162 YUI	14:15~15:15 POLE LEVEL 162 YUI
1500	15:00~16:00 10:10h, 20h only Handstand&Backstand Enhancement	Hiromi	15:30~16:30 POLE LEVEL 162 YUI	15:30~16:30 POLE LEVEL 162 YUI	15:30~16:30 POLE LEVEL 162 YUI	15:30~16:30 POLE LEVEL 162 YUI	15:30~16:30 POLE LEVEL 162 YUI	15:30~16:30 POLE LEVEL 162 YUI	15:30~16:30 POLE LEVEL 162 YUI	15:30~16:30 POLE LEVEL 162 YUI	15:30~16:30 POLE LEVEL 162 YUI	15:30~16:30 POLE LEVEL 162 YUI	15:30~16:30 POLE LEVEL 162 YUI	15:30~16:30 POLE LEVEL 162 YUI
1600	16:00~17:00 10:10h, 20h only Handstand&Backstand Enhancement	Hiromi	16:45~17:45 TICKET ONLY FREE POLE ONLY BAREFOOD	16:45~17:45 TICKET ONLY FREE POLE ONLY BAREFOOD	16:45~17:45 TICKET ONLY FREE POLE ONLY BAREFOOD	16:45~17:45 TICKET ONLY FREE POLE ONLY BAREFOOD	16:45~17:45 TICKET ONLY FREE POLE ONLY BAREFOOD	16:45~17:45 TICKET ONLY FREE POLE ONLY BAREFOOD	16:45~17:45 TICKET ONLY FREE POLE ONLY BAREFOOD	16:45~17:45 TICKET ONLY FREE POLE ONLY BAREFOOD	16:45~17:45 TICKET ONLY FREE POLE ONLY BAREFOOD	16:45~17:45 TICKET ONLY FREE POLE ONLY BAREFOOD	16:45~17:45 TICKET ONLY FREE POLE ONLY BAREFOOD	16:45~17:45 TICKET ONLY FREE POLE ONLY BAREFOOD
1700	17:00~18:00 10:10h, 20h only Handstand&Backstand Enhancement	Hiromi	17:15~18:15 FREE POLE ONLY BAREFOOD	17:15~18:15 FREE POLE ONLY BAREFOOD	17:15~18:15 FREE POLE ONLY BAREFOOD	17:15~18:15 FREE POLE ONLY BAREFOOD	17:15~18:15 FREE POLE ONLY BAREFOOD	17:15~18:15 FREE POLE ONLY BAREFOOD	17:15~18:15 FREE POLE ONLY BAREFOOD	17:15~18:15 FREE POLE ONLY BAREFOOD	17:15~18:15 FREE POLE ONLY BAREFOOD	17:15~18:15 FREE POLE ONLY BAREFOOD	17:15~18:15 FREE POLE ONLY BAREFOOD	17:15~18:15 FREE POLE ONLY BAREFOOD
1800	18:00~19:00 10:10h, 20h only Handstand&Backstand Enhancement	Hiromi	18:00~19:00 FREE POLE ONLY BAREFOOD	18:00~19:00 FREE POLE ONLY BAREFOOD	18:00~19:00 FREE POLE ONLY BAREFOOD	18:00~19:00 FREE POLE ONLY BAREFOOD	18:00~19:00 FREE POLE ONLY BAREFOOD	18:00~19:00 FREE POLE ONLY BAREFOOD	18:00~19:00 FREE POLE ONLY BAREFOOD	18:00~19:00 FREE POLE ONLY BAREFOOD	18:00~19:00 FREE POLE ONLY BAREFOOD	18:00~19:00 FREE POLE ONLY BAREFOOD	18:00~19:00 FREE POLE ONLY BAREFOOD	18:00~19:00 FREE POLE ONLY BAREFOOD
1900	19:00~20:15 POLE TRICK REQUEST ALL LEVEL NISHIO	19:00~20:00 AERIAL HOOP BASIC for BEGINNER Momo	19:00~20:15 POLE LEVEL 263 Saki	19:00~20:15 POLE LEVEL 364 STATIC or SPINNING SALLY	19:00~20:00 POLE SPORTS ALL level AI	19:00~20:00 POLE LEVEL 162 AYUMI	19:00~20:00 POLE LEVEL 162 AYUMI	19:00~20:00 POLE LEVEL 162 AYUMI	19:00~20:00 POLE LEVEL 162 AYUMI	19:00~20:00 POLE LEVEL 162 AYUMI	19:00~20:00 POLE LEVEL 162 AYUMI	19:00~20:00 POLE LEVEL 162 AYUMI	19:00~20:00 POLE LEVEL 162 AYUMI	19:00~20:00 POLE LEVEL 162 AYUMI
2000	20:30~21:45 POLE LEVEL 263 NISHIO	20:30~21:30 AERIAL HOOP LEVEL 1 Momo	20:30~21:30 BODY CONTROL STRETCH Saki	20:30~21:45 Flexible Spinning Pole Advance SALLY	20:15~21:30 POLE LEVEL 263 NISHIO	20:30~21:30 FLOORACROB TOMONORI	20:30~21:30 FLOORACROB TOMONORI	20:30~21:30 FLOORACROB TOMONORI	20:30~21:30 FLOORACROB TOMONORI	20:30~21:30 FLOORACROB TOMONORI	20:30~21:30 FLOORACROB TOMONORI	20:30~21:30 FLOORACROB TOMONORI	20:30~21:30 FLOORACROB TOMONORI	20:30~21:30 FLOORACROB TOMONORI
2100	21:00~22:15 POLE TRICK REQUEST ALL LEVEL NISHIO	21:00~22:15 POLE TRICK REQUEST ALL LEVEL NISHIO	21:00~22:15 POLE TRICK REQUEST ALL LEVEL NISHIO	21:00~22:15 POLE TRICK REQUEST ALL LEVEL NISHIO	21:00~22:15 POLE TRICK REQUEST ALL LEVEL NISHIO	21:00~22:15 POLE TRICK REQUEST ALL LEVEL NISHIO	21:00~22:15 POLE TRICK REQUEST ALL LEVEL NISHIO	21:00~22:15 POLE TRICK REQUEST ALL LEVEL NISHIO	21:00~22:15 POLE TRICK REQUEST ALL LEVEL NISHIO	21:00~22:15 POLE TRICK REQUEST ALL LEVEL NISHIO	21:00~22:15 POLE TRICK REQUEST ALL LEVEL NISHIO	21:00~22:15 POLE TRICK REQUEST ALL LEVEL NISHIO	21:00~22:15 POLE TRICK REQUEST ALL LEVEL NISHIO	21:00~22:15 POLE TRICK REQUEST ALL LEVEL NISHIO
2200	22:00~23:15 POLE TRICK REQUEST ALL LEVEL NISHIO	22:00~23:15 POLE TRICK REQUEST ALL LEVEL NISHIO	22:00~23:15 POLE TRICK REQUEST ALL LEVEL NISHIO	22:00~23:15 POLE TRICK REQUEST ALL LEVEL NISHIO	22:00~23:15 POLE TRICK REQUEST ALL LEVEL NISHIO	22:00~23:15 POLE TRICK REQUEST ALL LEVEL NISHIO	22:00~23:15 POLE TRICK REQUEST ALL LEVEL NISHIO	22:00~23:15 POLE TRICK REQUEST ALL LEVEL NISHIO	22:00~23:15 POLE TRICK REQUEST ALL LEVEL NISHIO	22:00~23:15 POLE TRICK REQUEST ALL LEVEL NISHIO	22:00~23:15 POLE TRICK REQUEST ALL LEVEL NISHIO	22:00~23:15 POLE TRICK REQUEST ALL LEVEL NISHIO	22:00~23:15 POLE TRICK REQUEST ALL LEVEL NISHIO	22:00~23:15 POLE TRICK REQUEST ALL LEVEL NISHIO

***If you are level 1, this is a class you can take!