

| JANUARY BEGINNER's SCHEDULE                     |                                                  |                                          |       |                                                |                                              |
|-------------------------------------------------|--------------------------------------------------|------------------------------------------|-------|------------------------------------------------|----------------------------------------------|
| Mon                                             |                                                  |                                          | Tue   |                                                |                                              |
| Aスタジオ                                           | Bスタジオ                                            | Cスタジオ                                    | Aスタジオ | Bスタジオ                                          | Cスタジオ                                        |
|                                                 |                                                  |                                          |       |                                                |                                              |
|                                                 |                                                  |                                          |       |                                                |                                              |
|                                                 |                                                  | 12:30~13:30<br>POLE<br>LEVEL 1<br>AKI    |       | 13:00~14:00<br>AERIAL YOGA<br>(HAMMOCK)<br>AYA |                                              |
|                                                 | 14:45~15:45<br>AERIAL YOGA<br>(HAMMOCK)<br>AYA   |                                          |       | 14:30~15:30<br>AERIAL HOOP<br>LEVEL 1<br>AYA   |                                              |
|                                                 | 16:15~17:15<br>AERIAL SILK<br>LEVEL 1 & 2<br>AYA | 15:30~<br>16:30<br>LEVEL 1<br>MOMO.K     |       |                                                | 16:00~17:00<br>POLE<br>LEVEL 1<br>ELLES      |
|                                                 |                                                  |                                          |       |                                                | 17:10~18:10<br>KIDS<br>ACROBAT<br>Bekkun     |
|                                                 | 19:20~20:20<br>AERIAL SILK<br>LEVEL 1<br>MIKA    |                                          |       |                                                | 18:15~19:15<br>ACROBAT-<br>BASIC<br>TOMONORI |
|                                                 |                                                  |                                          |       |                                                | 19:30~20:30<br>POLE<br>LEVEL 1<br>Elles      |
| 21:00~22:00<br>FLEXIBILITY<br>BEGINNER<br>MISHO |                                                  | 20:30~21:30<br>POLE<br>LEVEL 1<br>MOMO.K |       |                                                |                                              |
|                                                 |                                                  |                                          |       |                                                |                                              |
|                                                 |                                                  |                                          |       |                                                |                                              |

|       | Wed   |                                                 |                                                 | Thu   |                                                  |                                                  |
|-------|-------|-------------------------------------------------|-------------------------------------------------|-------|--------------------------------------------------|--------------------------------------------------|
|       | Aスタジオ | Bスタジオ                                           | Cスタジオ                                           | Aスタジオ | Bスタジオ                                            | Cスタジオ                                            |
| 11:00 |       |                                                 |                                                 |       |                                                  | 11:15~12:15<br>AERIAL SILK<br>LEVEL 1<br>MIKA    |
| 12:00 |       |                                                 |                                                 |       |                                                  |                                                  |
| 13:00 |       |                                                 |                                                 |       |                                                  |                                                  |
| 14:00 |       |                                                 | 14:30~15:30<br>FLEXIBILITY<br>BEGINNER<br>ELLES |       |                                                  | 14:30~15:30<br>POLE<br>LEVEL 1<br>AYUMI          |
| 15:00 |       |                                                 |                                                 |       |                                                  |                                                  |
| 16:00 |       |                                                 |                                                 |       | 15:45~17:00<br>AERIAL HOOP<br>LEVEL 1 & 2<br>ALK | 17:10~18:10<br>FLEXIBILITY<br>Elizabeth          |
| 17:00 |       |                                                 |                                                 |       |                                                  |                                                  |
| 18:00 |       |                                                 |                                                 |       |                                                  |                                                  |
| 19:00 |       |                                                 |                                                 |       | 19:20~20:20<br>AERIAL SILK<br>LEVEL 1<br>ALK     |                                                  |
| 20:00 |       | 19:20~20:20<br>FLEXIBILITY<br>BEGINNER<br>ELLES | 19:20~20:20<br>POLE<br>LEVEL 1<br>SHIGEKO       |       |                                                  | 20:45~21:45<br>POLE<br>LEVEL 1<br>SHIGEKO        |
| 21:00 |       |                                                 |                                                 |       |                                                  | 22:00~23:00<br>FLEXIBILITY<br>BEGINNER<br>NISHIO |
| 22:00 |       |                                                 |                                                 |       |                                                  |                                                  |

|       | Fri                                          |                                                |                                                 | Sat   |                                              |                                                 | Sun                                          |       |                                                     |
|-------|----------------------------------------------|------------------------------------------------|-------------------------------------------------|-------|----------------------------------------------|-------------------------------------------------|----------------------------------------------|-------|-----------------------------------------------------|
|       | Aスタジオ                                        | Bスタジオ                                          | Cスタジオ                                           | Aスタジオ | Bスタジオ                                        | Cスタジオ                                           | Aスタジオ                                        | Bスタジオ | Cスタジオ                                               |
| 11:00 |                                              | 11:30～12:30<br>AERIAL YOGA<br>(HAMMOCK)<br>AYA |                                                 |       | 11:30～12:30<br>AERIAL HOOP<br>LEVEL 1<br>AYA | 11:00～12:00<br>POLE<br>LEVEL 1<br>SHIGEKO       |                                              |       | 11:00～12:00<br>POLE<br>LEVEL 1<br>SHIGEKO           |
| 12:00 |                                              |                                                |                                                 |       |                                              |                                                 |                                              |       |                                                     |
| 13:00 |                                              |                                                |                                                 |       |                                              |                                                 |                                              |       |                                                     |
| 14:00 |                                              |                                                | 13:30～14:30<br>POLE<br>LEVEL 1<br>MOMOK         |       | 14:30～15:30<br>HAMMOCK<br>DANCE<br>AYA       | 14:00～15:00<br>FLEXIBILITY<br>BEGINNER<br>MOMOK |                                              |       |                                                     |
| 15:00 |                                              |                                                |                                                 |       |                                              |                                                 |                                              |       |                                                     |
|       |                                              |                                                | 15:45～16:45<br>FLEXIBILITY<br>BEGINNER<br>MOMOK |       | 15:45～16:45<br>AERIAL SILK<br>LEVEL 1<br>AYA | 15:10～16:10<br>POLE<br>LEVEL 1<br>AKI           |                                              |       | 15:00～<br>16:00<br>LEVEL<br>AYUMI                   |
| 16:00 | 16:00～17:00<br>AERIAL SILK<br>LEVEL 1<br>AYA |                                                |                                                 |       |                                              |                                                 | 16:15～17:15<br>ACROBAT-<br>BASIC<br>TOMONORE |       | 16:15～17:15<br>FLEXIBILITY<br>BEGINNER<br>NISHIO    |
| 17:00 |                                              |                                                |                                                 |       |                                              |                                                 |                                              |       |                                                     |
| 18:00 |                                              |                                                |                                                 |       |                                              |                                                 |                                              |       | 17:45～18:45<br>CORE & BODY<br>CONDITION<br>KANAO    |
| 19:00 |                                              |                                                |                                                 |       |                                              | 18:45～<br>POLE<br>LEVEL 1<br>NISHIO             |                                              |       | 19:00～20:00<br>母・生徒<br>関係者中講座<br>(オールレベル)<br>EMIJAY |
|       | 19:45～20:45<br>FLEXIBILITY<br>ALK            | 19:30～<br>20:30<br>LEVEL 1<br>EMIJAY           |                                                 |       |                                              |                                                 |                                              |       |                                                     |
| 20:00 |                                              |                                                |                                                 |       |                                              |                                                 |                                              |       |                                                     |
| 21:00 |                                              |                                                |                                                 |       |                                              |                                                 |                                              |       |                                                     |
| 22:00 |                                              |                                                |                                                 |       |                                              |                                                 |                                              |       |                                                     |