

JANUARY

03-5412-2555 TEL 12:00~21:00

	Mon		Tue			
	STUDIO A	STUDIO B	STUDIO C	STUDIO A	STUDIO B	STUDIO C
11:00	11:15~12:15 FREE POLE	11:30~12:45 AERIAL SILK LEVEL 2	11:15~12:15 FREE POLE	11:30~12:30 FREE POLE	11:30~12:30 AERIAL SILK LEVEL 1&2	11:30~12:30 FREE POLE
12:00		ALK			AYA	
13:00	12:30~13:45 POLE 3&4 (MOVING)	13:00~14:15 AERIAL SILK LEVEL 2	12:30~13:30 LEVEL 1 ARI	13:00~14:00 SPINNING POLE HEELS	13:00~14:00 AERIAL YOGA HAMMOCK	12:40~14:10 FREE POLE
14:00	14:00~15:00 SPINNING POLE Level 1 MOMOYO	14:45~15:45 AERIAL YOGA HAMMOCK	14:00~15:00 POLE LEVEL 2 SHIGEKO	14:30~15:45 POLE 3&4 STATIC OR SPINNING	14:30~15:30 AERIAL HOOP LEVEL 1	14:30~15:30 POLE LEVEL 2
15:00	15:30~16:45 POLE LEVEL 2&3 SHIGEKO	16:15~17:15 AERIAL SILK LEVEL 1 & 2 AYA	15:30~16:30 LEVEL 1 MOMOK	16:00~17:15 CORE & BODY CONDITION	16:00~17:15 POLE LEVEL 3	16:00~17:00 LEVEL 1 ELLES
16:00			16:40~17:45 FREE POLE	16:40~17:45 KANAKO	17:10~18:10 NEEDS ACROBAT	17:10~18:10 NEEDS ACROBAT
17:00					18:15~19:15 ACROBAT-BASIC	18:15~19:15 ACROBAT-BASIC
18:00	19:30~20:45 POLE TROCK REQUEST (ALL LEVEL) NESHO	19:20~20:20 AERIAL SILK LEVEL 1	19:20~20:20 POLE LEVEL 2	19:15~20:15 EXOTIC FLOOR FLOW	19:15~20:30 POLE LEVEL 2&3	19:30~20:30 POLE
19:00	20:45~22:00 FLEXIBILITY BEGINNER NESHO	20:30~22:00 AERIAL SILK LEVEL 2 MIKA	20:30~21:30 LEVEL 1 MOMOK	20:45~22:00 SPINNING POLE LEVEL 2 RYOTA	20:40~21:55 POLE LEVEL 3&4	20:45~21:45 POLE LEVEL 2
20:00			21:40~22:40 FREE POLE		22:00~23:00 TRAINING FOR POLE COMPETITION (all level) alane Rialtum	22:10~24:00 RENTAL ¥4,000 only!

	Wed			Thu		
	STUDIO A	STUDIO B	STUDIO C	STUDIO A	STUDIO B	STUDIO C
11:00	11:30~12:45 POLE LEVEL 2&3 SHIGEKO	11:30~12:45 POLE ADVANCE STATIC OR SPINNING PINKO	11:30~12:30 FREE POLE	11:30~12:45 POLE LEVEL 3	11:00~12:30 FREE POLE	11:15~12:15 AERIAL SILK LEVEL 1 MIKA
12:00	13:00~14:15 POLE 3&4 STATIC OR SPINNING	13:00~14:00 POLE HEELS LEVEL 1&2 ARI	12:45~14:15 FREE POLE	13:00~14:15 POLE 4 STATIC OR SPINNING	12:50~14:05 AERIAL SILK LEVEL 2	12:45~14:15 FREE POLE
13:00	14:30~15:30 SPRING POLE HEELS Level 1&2 MOMOK	14:15~15:30 FLEXIBILITY+ TROCK EMJAY	14:30~15:30 FREE POLE	14:30~15:30 POLE 4 STATIC OR SPINNING	14:30~15:30 NEW 1 14:30~15:30	14:30~15:30 FREE POLE
14:00	15:45~16:45 POLE HEELS LEVEL 1&2 ELLES	15:45~17:00 POLE LEVEL 3 EMJAY	16:00~17:00 POLE LEVEL 2 MOMOK	15:45~17:00 POLE 3&4 STATIC OR SPINNING	15:45~17:00 AERIAL HOOP LEVEL 1 & 2	15:45~16:45 POLE LEVEL 2 AYUMI
15:00			17:15~18:15 FREE POLE			17:10~18:10 FLEXIBILITY Elizabeth
16:00	19:20~20:35 POLE LEVEL 2&3 alane Rialtum	19:20~20:20 FLEXIBILITY BEGINNER ELLES	19:20~20:20 POLE LEVEL 1 SHIGEKO	19:20~20:35 POLE LEVEL 3	19:20~20:20 AERIAL SILK LEVEL 1	19:20~20:20 POLE LEVEL 2
17:00	20:45~22:00 POLE LEVEL 3&4 SHIGEKO	20:45~22:00 POLE ADVANCE STATIC OR SPINNING	20:45~21:45 POLE LEVEL 2 MOMOK	20:45~21:45 POLE LEVEL 2 NESHO	20:30~22:00 AERIAL SILK LEVEL 2&3	20:45~21:45 LEVEL 1 & 2 MOMOK
18:00		22:15~23:45 FREE POLE	22:00~23:00 FREE POLE	22:00~23:00 FREE POLE		23:00~23:30 FLEXIBILITY BEGINNER NESHO

	Fri			Sat			(Sun)		
	STUDIO A	STUDIO B	STUDIO C	STUDIO A	STUDIO B	STUDIO C	STUDIO A	STUDIO B	STUDIO C
11:00	11:30~12:45 POLE LEVEL 3	11:30~12:30 AERIAL YOGA HAMMOCK	11:00~12:00 FREE POLE	11:00~12:00 FREE POLE	11:30~12:30 AERIAL HOOP LEVEL 1	11:00~12:00 LEVEL 1 SHIGEKO	10:50~11:30 FREE POLE	11:00~12:00 FREE POLE	11:00~12:00 LEVEL 1 SHIGEKO
12:00	13:00~14:15 POLE LEVEL 2	AYA	12:10~13:10 FREE POLE	12:15~13:30 POLE LEVEL 2&3	AYA	12:15~13:40 FREE POLE	12:00~13:00 POLE HEELS (SLOW MOVE)	12:15~13:30 POLE LEVEL 2&3	12:30~13:30 FREE POLE
13:00	13:00~14:00 POLE LEVEL 1 (slow move) OJI	13:00~14:30 AERIAL HOOP LEVEL 2	13:00~14:30 POLE LEVEL 1 MOMOK	13:00~14:30 POLE LEVEL 2	12:45~14:00 AERIAL HOOP LEVEL 2	13:00~14:30 FREE POLE	12:45~14:45 POLE LEVEL 2	13:45~14:45 POLE LEVEL 2	13:45~14:45 FREE POLE
14:00	14:30~15:45 POLE LEVEL 2&3 SHIGEKO	14:30~15:45 HAMMOCK DANCE LEVEL 2	14:40~15:45 MOMO K	14:30~15:30 NEW 1 14:30~15:30	14:30~15:30 FLEXIBILITY BEGINNER MOMO K	14:00~15:00 FLEXIBILITY BEGINNER MOMO K	13:15~14:30 POLE LEVEL 3	13:15~14:30 SPINNING POLE Level 1 (SHIFUKU)	13:45~14:45 FREE POLE
15:00	15:45~16:45 POLE LEVEL 2&3 SHIGEKO	16:00~17:00 AERIAL SILK LEVEL 1 & 2	16:00~17:00 MOMO K	15:45~16:45 POLE LEVEL 2	15:10~16:10 POLE LEVEL 1	15:10~16:10 LEVEL 1 ARI	14:45~16:00 SPINNING POLE	14:45~16:00 POLE HEELS	15:00~16:00 LEVEL 1 AYUMI
16:00	16:00~17:15 POLE 3&4 STATIC OR SPINNING	16:00~17:00 AERIAL SILK LEVEL 1 & 2	16:00~17:00 POLE LEVEL 2	16:00~17:00 POLE LEVEL 2	16:20~17:35 POLE LEVEL 1	16:20~17:20 LEVEL 1 ARI	16:20~17:20 LEVEL 2&3 RYOTA	16:15~17:15 AERIAL SILK LEVEL 1 & 2	16:15~17:15 FLEXIBILITY BEGINNER NESHO
17:00			17:15~18:15 FREE POLE	17:15~18:15 FREE POLE	16:50~18:05 POLE LEVEL 3	16:50~18:05 POLE HEELS BASIC	16:50~18:05 ACROBAT-BASIC	16:50~18:05 AERIAL SILK LEVEL 1 & 2	16:50~18:05 FLEXIBILITY BEGINNER NESHO
18:00					17:45~18:45 SPINNING POLE LEVEL 1 Elles	17:45~18:45 AERIAL SILK LEVEL 2	17:30~18:30 FREE POLE	17:30~18:45 AERIAL SILK LEVEL 3&4	17:45~18:45 CORE & BODY CONDITION
19:00	19:15~20:30 POLE 3&4 STATIC OR SPINNING	19:45~20:45 FLEXIBILITY	19:30~20:30 POLE LEVEL 1	19:30~20:30 POLE LEVEL 2	18:50~19:50 FREE POLE	18:45~19:45 LEVEL 1 NESHO	18:45~19:45 LEVEL 1 NESHO	18:45~19:45 POLE ADVANCE STATIC OR SPINNING	19:00~20:00 RENTAL ¥4,000 only!
20:00	20:45~22:00 POLE LEVEL 3&4 SHIGEKO	21:00~22:15 AERIAL HOOP LEVEL 1 & 2	20:45~21:45 POLE LEVEL 2 AYUMI	20:45~21:45 POLE LEVEL 2	20:00~21:00 POLE HEELS LEVEL 2 ELLES	20:00~21:00 FREE POLE	19:00~20:15 KANAKO	19:00~20:15 POLE ADVANCE STATIC OR SPINNING	19:00~20:00 RENTAL ¥4,000 only!
21:00					21:10~22:25 POLE ADVANCE STATIC OR SPINNING				