

JUNE		Mon			Tue		
	STUDIO A	STUDIO B	STUDIO C	STUDIO A	STUDIO B	STUDIO C	
11:00	11:30~12:30 FREE POLE	11:40~12:40 FREE POLE	11:40~12:40 FREE POLE	11:30~12:30 AERIAL SILK LEVEL 1&2	11:30~12:30 FREE POLE		
12:00	12:45~13:45 SPINNING POLE LEVEL 1 ELLES	12:30~13:30 AERIAL SILK LEVEL 1&2 AYA	12:45~13:45 FREE POLE	12:30~13:45 POLE LEVEL 2 SHESKO	12:00~14:00 AYA	12:40~14:10 FREE POLE 90min 2,500yen	
13:00	14:30~15:15 POLE LEVEL 2	14:00~15:00 AERIAL YOGA DAMMOCRO AYA	14:00~15:00 POLE LEVEL 2 SHESKO	14:30~15:45 POLE 3 SHESKO STATION ON SPINNING	14:30~15:30 AERIAL YOGA DAMMOCRO AYA	14:30~15:30 POLE LEVEL 2	
14:00	15:30~16:45 POLE LEVEL 2&3 SHESKO	16:00~16:15 FLEXIBILITY REQUEST ELLES	15:30~16:30 POLE LEVEL 1 AKI	16:00~17:00 POLE HEELS LEVEL 3 BARCO DU	16:00~17:15 POLE LEVEL 2 SHESKO	16:00~17:00 POLE LEVEL 1 ELLES	
15:00	17:10~18:10 POLE LEVEL 2 SHESKO	17:00~17:15 FLEXIBILITY REQUEST ELLES	16:45~17:45 FREE POLE	17:15~18:15 POLE LEVEL 2 BARCO DU	17:15~18:15 POLE LEVEL 2 SHESKO	17:10~18:10 POLE LEVEL 2 SHESKO	
16:00	18:30~20:45 POLE TRICK REQUEST LEVEL 1 ELLES	19:20~20:20 AERIAL SILK LEVEL 1&2 AYA	19:20~20:20 POLE LEVEL 2 SHESKO	19:00~20:00 FREE POLE	19:15~20:30 POLE LEVEL 2 SHESKO	19:30~20:30 POLE LEVEL 1 ELLES	
17:00	20:05~21:05 FLEXIBILITY REQUEST SHESKO	20:05~21:05 New 21:00~21:45 HARMONIC DANCE AYA	20:30~21:30 POLE LEVEL 1 AKI	20:05~21:05 FREE POLE	20:40~21:55 POLE LEVEL 2 SHESKO	20:45~21:45 POLE LEVEL 2 SHESKO	
18:00	21:00~22:30 POLE TRICK REQUEST LEVEL 1 ELLES	21:40~22:40 FREE POLE	21:40~22:40 FREE POLE	21:10~22:10 FREE POLE	21:10~22:10 POLE LEVEL 2 SHESKO	21:10~22:10 POLE LEVEL 2 SHESKO	
19:00	22:00~23:30 POLE TRICK REQUEST LEVEL 1 ELLES	22:00~23:30 FREE POLE	22:00~23:30 FREE POLE	22:00~23:30 FREE POLE	22:00~23:30 TRAINING FOR POLE COMPETITION along platform	22:10~24:00 RENTAL KOBUN only	
20:00	23:00~24:00 POLE TRICK REQUEST LEVEL 1 ELLES	23:00~24:00 FREE POLE	23:00~24:00 FREE POLE	23:00~24:00 FREE POLE	23:00~24:00 FREE POLE	23:00~24:00 FREE POLE	
21:00	24:00~25:00 POLE TRICK REQUEST LEVEL 1 ELLES	24:00~25:00 FREE POLE	24:00~25:00 FREE POLE	24:00~25:00 FREE POLE	24:00~25:00 FREE POLE	24:00~25:00 FREE POLE	
22:00	25:00~26:00 POLE TRICK REQUEST LEVEL 1 ELLES	25:00~26:00 FREE POLE	25:00~26:00 FREE POLE	25:00~26:00 FREE POLE	25:00~26:00 FREE POLE	25:00~26:00 FREE POLE	
23:00	26:00~27:00 POLE TRICK REQUEST LEVEL 1 ELLES	26:00~27:00 FREE POLE	26:00~27:00 FREE POLE	26:00~27:00 FREE POLE	26:00~27:00 FREE POLE	26:00~27:00 FREE POLE	
24:00	27:00~28:00 POLE TRICK REQUEST LEVEL 1 ELLES	27:00~28:00 FREE POLE	27:00~28:00 FREE POLE	27:00~28:00 FREE POLE	27:00~28:00 FREE POLE	27:00~28:00 FREE POLE	
25:00	28:00~29:00 POLE TRICK REQUEST LEVEL 1 ELLES	28:00~29:00 FREE POLE	28:00~29:00 FREE POLE	28:00~29:00 FREE POLE	28:00~29:00 FREE POLE	28:00~29:00 FREE POLE	
26:00	29:00~30:00 POLE TRICK REQUEST LEVEL 1 ELLES	29:00~30:00 FREE POLE	29:00~30:00 FREE POLE	29:00~30:00 FREE POLE	29:00~30:00 FREE POLE	29:00~30:00 FREE POLE	
27:00	30:00~31:00 POLE TRICK REQUEST LEVEL 1 ELLES	30:00~31:00 FREE POLE	30:00~31:00 FREE POLE	30:00~31:00 FREE POLE	30:00~31:00 FREE POLE	30:00~31:00 FREE POLE	
28:00	31:00~32:00 POLE TRICK REQUEST LEVEL 1 ELLES	31:00~32:00 FREE POLE	31:00~32:00 FREE POLE	31:00~32:00 FREE POLE	31:00~32:00 FREE POLE	31:00~32:00 FREE POLE	
29:00	32:00~33:00 POLE TRICK REQUEST LEVEL 1 ELLES	32:00~33:00 FREE POLE	32:00~33:00 FREE POLE	32:00~33:00 FREE POLE	32:00~33:00 FREE POLE	32:00~33:00 FREE POLE	
30:00	33:00~34:00 POLE TRICK REQUEST LEVEL 1 ELLES	33:00~34:00 FREE POLE	33:00~34:00 FREE POLE	33:00~34:00 FREE POLE	33:00~34:00 FREE POLE	33:00~34:00 FREE POLE	
31:00	34:00~35:00 POLE TRICK REQUEST LEVEL 1 ELLES	34:00~35:00 FREE POLE	34:00~35:00 FREE POLE	34:00~35:00 FREE POLE	34:00~35:00 FREE POLE	34:00~35:00 FREE POLE	
32:00	35:00~36:00 POLE TRICK REQUEST LEVEL 1 ELLES	35:00~36:00 FREE POLE	35:00~36:00 FREE POLE	35:00~36:00 FREE POLE	35:00~36:00 FREE POLE	35:00~36:00 FREE POLE	
33:00	36:00~37:00 POLE TRICK REQUEST LEVEL 1 ELLES	36:00~37:00 FREE POLE	36:00~37:00 FREE POLE	36:00~37:00 FREE POLE	36:00~37:00 FREE POLE	36:00~37:00 FREE POLE	
34:00	37:00~38:00 POLE TRICK REQUEST LEVEL 1 ELLES	37:00~38:00 FREE POLE	37:00~38:00 FREE POLE	37:00~38:00 FREE POLE	37:00~38:00 FREE POLE	37:00~38:00 FREE POLE	
35:00	38:00~39:00 POLE TRICK REQUEST LEVEL 1 ELLES	38:00~39:00 FREE POLE	38:00~39:00 FREE POLE	38:00~39:00 FREE POLE	38:00~39:00 FREE POLE	38:00~39:00 FREE POLE	
36:00	39:00~40:00 POLE TRICK REQUEST LEVEL 1 ELLES	39:00~40:00 FREE POLE	39:00~40:00 FREE POLE	39:00~40:00 FREE POLE	39:00~40:00 FREE POLE	39:00~40:00 FREE POLE	
37:00	40:00~41:00 POLE TRICK REQUEST LEVEL 1 ELLES	40:00~41:00 FREE POLE	40:00~41:00 FREE POLE	40:00~41:00 FREE POLE	40:00~41:00 FREE POLE	40:00~41:00 FREE POLE	
38:00	41:00~42:00 POLE TRICK REQUEST LEVEL 1 ELLES	41:00~42:00 FREE POLE	41:00~42:00 FREE POLE	41:00~42:00 FREE POLE	41:00~42:00 FREE POLE	41:00~42:00 FREE POLE	
39:00	42:00~43:00 POLE TRICK REQUEST LEVEL 1 ELLES	42:00~43:00 FREE POLE	42:00~43:00 FREE POLE	42:00~43:00 FREE POLE	42:00~43:00 FREE POLE	42:00~43:00 FREE POLE	
40:00	43:00~44:00 POLE TRICK REQUEST LEVEL 1 ELLES	43:00~44:00 FREE POLE	43:00~44:00 FREE POLE	43:00~44:00 FREE POLE	43:00~44:00 FREE POLE	43:00~44:00 FREE POLE	
41:00	44:00~45:00 POLE TRICK REQUEST LEVEL 1 ELLES	44:00~45:00 FREE POLE	44:00~45:00 FREE POLE	44:00~45:00 FREE POLE	44:00~45:00 FREE POLE	44:00~45:00 FREE POLE	
42:00	45:00~46:00 POLE TRICK REQUEST LEVEL 1 ELLES	45:00~46:00 FREE POLE	45:00~46:00 FREE POLE	45:00~46:00 FREE POLE	45:00~46:00 FREE POLE	45:00~46:00 FREE POLE	
43:00	46:00~47:00 POLE TRICK REQUEST LEVEL 1 ELLES	46:00~47:00 FREE POLE	46:00~47:00 FREE POLE	46:00~47:00 FREE POLE	46:00~47:00 FREE POLE	46:00~47:00 FREE POLE	
44:00	47:00~48:00 POLE TRICK REQUEST LEVEL 1 ELLES	47:00~48:00 FREE POLE	47:00~48:00 FREE POLE	47:00~48:00 FREE POLE	47:00~48:00 FREE POLE	47:00~48:00 FREE POLE	
45:00	48:00~49:00 POLE TRICK REQUEST LEVEL 1 ELLES	48:00~49:00 FREE POLE	48:00~49:00 FREE POLE	48:00~49:00 FREE POLE	48:00~49:00 FREE POLE	48:00~49:00 FREE POLE	
46:00	49:00~50:00 POLE TRICK REQUEST LEVEL 1 ELLES	49:00~50:00 FREE POLE	49:00~50:00 FREE POLE	49:00~50:00 FREE POLE	49:00~50:00 FREE POLE	49:00~50:00 FREE POLE	
47:00	50:00~51:00 POLE TRICK REQUEST LEVEL 1 ELLES	50:00~51:00 FREE POLE	50:00~51:00 FREE POLE	50:00~51:00 FREE POLE	50:00~51:00 FREE POLE	50:00~51:00 FREE POLE	
48:00	51:00~52:00 POLE TRICK REQUEST LEVEL 1 ELLES	51:00~52:00 FREE POLE	51:00~52:00 FREE POLE	51:00~52:00 FREE POLE	51:00~52:00 FREE POLE	51:00~52:00 FREE POLE	
49:00	52:00~53:00 POLE TRICK REQUEST LEVEL 1 ELLES	52:00~53:00 FREE POLE	52:00~53:00 FREE POLE	52:00~53:00 FREE POLE	52:00~53:00 FREE POLE	52:00~53:00 FREE POLE	
50:00	53:00~54:00 POLE TRICK REQUEST LEVEL 1 ELLES	53:00~54:00 FREE POLE	53:00~54:00 FREE POLE	53:00~54:00 FREE POLE	53:00~54:00 FREE POLE	53:00~54:00 FREE POLE	
51:00	54:00~55:00 POLE TRICK REQUEST LEVEL 1 ELLES	54:00~55:00 FREE POLE	54:00~55:00 FREE POLE	54:00~55:00 FREE POLE	54:00~55:00 FREE POLE	54:00~55:00 FREE POLE	
52:00	55:00~56:00 POLE TRICK REQUEST LEVEL 1 ELLES	55:00~56:00 FREE POLE	55:00~56:00 FREE POLE	55:00~56:00 FREE POLE	55:00~56:00 FREE POLE	55:00~56:00 FREE POLE	
53:00	56:00~57:00 POLE TRICK REQUEST LEVEL 1 ELLES	56:00~57:00 FREE POLE	56:00~57:00 FREE POLE	56:00~57:00 FREE POLE	56:00~57:00 FREE POLE	56:00~57:00 FREE POLE	
54:00	57:00~58:00 POLE TRICK REQUEST LEVEL 1 ELLES	57:00~58:00 FREE POLE	57:00~58:00 FREE POLE	57:00~58:00 FREE POLE	57:00~58:00 FREE POLE	57:00~58:00 FREE POLE	
55:00	58:00~59:00 POLE TRICK REQUEST LEVEL 1 ELLES	58:00~59:00 FREE POLE	58:00~59:00 FREE POLE	58:00~59:00 FREE POLE	58:00~59:00 FREE POLE	58:00~59:00 FREE POLE	
56:00	59:00~60:00 POLE TRICK REQUEST LEVEL 1 ELLES	59:00~60:00 FREE POLE	59:00~60:00 FREE POLE	59:00~60:00 FREE POLE	59:00~60:00 FREE POLE	59:00~60:00 FREE POLE	
57:00	60:00~61:00 POLE TRICK REQUEST LEVEL 1 ELLES	60:00~61:00 FREE POLE	60:00~61:00 FREE POLE	60:00~61:00 FREE POLE	60:00~61:00 FREE POLE	60:00~61:00 FREE POLE	
58:00	61:00~62:00 POLE TRICK REQUEST LEVEL 1 ELLES	61:00~62:00 FREE POLE	61:00~62:00 FREE POLE	61:00~62:00 FREE POLE	61:00~62:00 FREE POLE	61:00~62:00 FREE POLE	
59:00	62:00~63:00 POLE TRICK REQUEST LEVEL 1 ELLES	62:00~63:00 FREE POLE	62:00~63:00 FREE POLE	62:00~63:00 FREE POLE	62:00~63:00 FREE POLE	62:00~63:00 FREE POLE	
60:00	63:00~64:00 POLE TRICK REQUEST LEVEL 1 ELLES	63:00~64:00 FREE POLE	63:00~64:00 FREE POLE	63:00~64:00 FREE POLE	63:00~64:00 FREE POLE	63:00~64:00 FREE POLE	
61:00	64:00~65:00 POLE TRICK REQUEST LEVEL 1 ELLES	64:00~65:00 FREE POLE	64:00~65:00 FREE POLE	64:00~65:00 FREE POLE	64:00~65:00 FREE POLE	64:00~65:00 FREE POLE	
62:00	65:00~66:00 POLE TRICK REQUEST LEVEL 1 ELLES	65:00~66:00 FREE POLE	65:00~66:00 FREE POLE	65:00~66:00 FREE POLE	65:00~66:00 FREE POLE	65:00~66:00 FREE POLE	
63:00	66:00~67:00 POLE TRICK REQUEST LEVEL 1 ELLES	66:00~67:00 FREE POLE	66:00~67:00 FREE POLE	66:00~67:00 FREE POLE	66:00~67:00 FREE POLE	66:00~67:00 FREE POLE	
64:00	67:00~68:00 POLE TRICK REQUEST LEVEL 1 ELLES	67:00~68:00 FREE POLE	67:00~68:00 FREE POLE	67:00~68:00 FREE POLE	67:00~68:00 FREE POLE	67:00~68:00 FREE POLE	
65:00	68:00~69:00 POLE TRICK REQUEST LEVEL 1 ELLES	68:00~69:00 FREE POLE	68:00~69:00 FREE POLE	68:00~69:00 FREE POLE	68:00~69:00 FREE POLE	68:00~69:00 FREE POLE	
66:00	69:00~70:00 POLE TRICK REQUEST LEVEL 1 ELLES	69:00~70:00 FREE POLE	69:00~70:00 FREE POLE	69:00~70:00 FREE POLE	69:00~70:00 FREE POLE	69:00~70:00 FREE POLE	
67:00	70:00~71:00 POLE TRICK REQUEST LEVEL 1 ELLES	70:00~71:00 FREE POLE	70:00~71:00 FREE POLE	70:00~71:00 FREE POLE	70:00~71:00 FREE POLE	70:00~71:00 FREE POLE	
68:00	71:00~72:00 POLE TRICK REQUEST LEVEL 1 ELLES	71:00~72:00 FREE POLE	71:00~72:00 FREE POLE	71:00~72:00 FREE POLE	71:00~72:00 FREE POLE	71:00~72:00 FREE POLE	
69:00	72:00~73:00 POLE TRICK REQUEST LEVEL 1 ELLES	72:00~73:00 FREE POLE	72:00~73:00 FREE POLE	72:00~73:00 FREE POLE	72:00~73:00 FREE POLE	72:00~73:00 FREE POLE	
70:00	73:00~74:00 POLE TRICK REQUEST LEVEL 1 ELLES	73:00~74:00 FREE POLE	73:00~74:00 FREE POLE	73:00~74:00 FREE POLE	73:00~74:00 FREE POLE	73:00~74:00 FREE POLE	
71:00	74:00~75:00 POLE TRICK REQUEST LEVEL 1 ELLES	74:00~75:00 FREE POLE	74:00~75:00 FREE POLE	74:00~75:00 FREE POLE	74:00~75:00 FREE POLE	74:00~75:00 FREE POLE	
72:00	75:00~76:00 POLE TRICK REQUEST LEVEL 1 ELLES	75:00~76:00 FREE POLE	75:00~76:00 FREE POLE	75:00~76:00 FREE POLE	75:00~76:00 FREE POLE	75:00~76:00 FREE POLE	
73:00	76:00~77:00 POLE TRICK REQUEST LEVEL 1 ELLES	76:00~77:00 FREE POLE	76:00~77:00 FREE POLE	76:00~77:00 FREE POLE	76:00~77:00 FREE POLE	76:00~77:00 FREE POLE	
74:00	77:00~78:00 POLE TRICK REQUEST LEVEL 1 ELLES	77:00~78:00 FREE POLE	77:00~78:00 FREE POLE	77:00~78:00 FREE POLE	77:00~78:00 FREE POLE	77:00~78:00 FREE POLE	
75:00	78:00~79:00 POLE TRICK REQUEST LEVEL 1 ELLES	78:00~79:00 FREE POLE	78:00~79:00 FREE POLE	78:00~79:00 FREE POLE	78:00~79:00 FREE POLE	78:00~79:00 FREE POLE	
76:00	79:00~80:00 POLE TRICK REQUEST LEVEL 1 ELLES	79:00~80:00 FREE POLE	79:00~80:00 FREE POLE	79:00~80:00 FREE POLE	79:00~80:00 FREE POLE	79:00~80:00 FREE POLE	
77:00	80:00~81:00 POLE TRICK REQUEST LEVEL 1 ELLES	80:00~81:00 FREE POLE	80:00~81:00 FREE POLE	80:00~81:00 FREE POLE	80:00~81:00 FREE POLE	80:00~81:00 FREE POLE	
78:00	81:00~82:00 POLE TRICK REQUEST LEVEL 1 ELLES	81:00~82:00 FREE POLE	81:00~82:00 FREE POLE	81:00~82:00 FREE POLE	81:00~82:00 FREE POLE	81:00~82:00 FREE POLE	
79:00	82:00~83:00 POLE TRICK REQUEST LEVEL 1 ELLES	82:00~83:00 FREE POLE	82:00~83:00 FREE POLE	82:00~83:00 FREE POLE	82:00~83:00 FREE POLE	82:00~83:00 FREE POLE	
80:00	83:00~84:00 POLE TRICK REQUEST LEVEL 1 ELLES	83:00~84:00 FREE POLE	83:00~84:00 FREE POLE	83:00~84:00 FREE POLE	83:00~84:00 FREE POLE	83:00~84:00 FREE POLE	
81:00	84:00~85:00 POLE TRICK REQUEST LEVEL 1 ELLES	84:00~85:00 FREE POLE	84:00~85:00 FREE POLE	84:00~85:00 FREE POLE	84:00~85:00 FREE POLE	84:00~85:00 FREE POLE	
82:00	85:00~86:00 POLE TRICK REQUEST LEVEL 1 ELLES	85:00~86:00 FREE POLE	85:00~86:00 FREE POLE	85:00~86:00 FREE POLE	85:00~86:00 FREE POLE	85:00~86:00 FREE POLE	
83:00	86:00~87:00 POLE TRICK REQUEST LEVEL 1 ELLES	86:00~87:00 FREE POLE	86:00~87:00 FREE POLE	86:00~87:00 FREE POLE	86:00~87:00 FREE POLE	86:00~87:00 FREE POLE	
84:00	87:00~88:00 POLE TRICK REQUEST LEVEL 1 ELLES	87:00~88:00 FREE POLE	87:00~88:00 FREE POLE	87:00~88:00 FREE POLE	87:00~88:00 FREE POLE	87:00~88:00 FREE POLE	
85:00	88:00~89:00 POLE TRICK REQUEST LEVEL 1 ELLES	88:00~89:00 FREE POLE	88:00~89:00 FREE POLE	88:00~89:00 FREE POLE	88:00~89:00 FREE POLE	88:00~89:00 FREE POLE	
86:00	89:00~90:00 POLE TRICK REQUEST LEVEL 1 ELLES	89:00~90:00 FREE POLE	89:00~90:00 FREE POLE	89:00~90:00 FREE POLE	89:00~90:00 FREE POLE	89:00~90:00 FREE POLE	
87:00	90:00~91:00 POLE TRICK REQUEST LEVEL 1 ELLES	90:00~91:00 FREE POLE	90:00~91:00 FREE POLE	90:00~91:00 FREE POLE	90:00~91:00 FREE POLE	90:00~91:00 FREE POLE	
88:00	91:00~92:00 POLE TRICK REQUEST LEVEL 1 ELLES	91:00~92:00 FREE POLE	91:00~92:00 FREE POLE	91:00~92:00 FREE POLE	91:00~92:00 FREE POLE	91:00~92:00 FREE POLE	
89:00	92:00~93:00 POLE TRICK REQUEST LEVEL 1 ELLES	92:00~93:00 FREE POLE	92:00~93:00 FREE POLE	92:00~93:00 FREE POLE	92:00~93:00 FREE POLE	92:00~93:00 FREE POLE	
90:00	93:00~94:00 POLE TRICK REQUEST LEVEL 1 ELLES	93:00~94:00 FREE POLE	93:00~94:00 FREE POLE	93:00~94:00 FREE POLE	93:00~94:00 FREE POLE	93:00~94:00 FREE POLE	
91:00	94:00~95:00 POLE TRICK REQUEST LEVEL 1 ELLES	94:00~95:00 FREE POLE	94:00~95:00 FREE POLE	94:00~95:00 FREE POLE	94:00~95:00 FREE POLE	94:00~95:00 FREE POLE	
92:00	95:00~96:00 POLE TRICK REQUEST LEVEL						

JUNE				03-5412-2555 TEL. 1400~2100			
Wed			Thu				
STUDIO A	STUDIO B	STUDIO C	STUDIO A	STUDIO B	STUDIO C		
11:00 POLE LEVEL 2&3 SHIGEKI	11:30~12:45 POLE ADVANCE STATIC OR SPINNING PINKO	11:30~12:30 FREE POLE	11:00~12:30 FREE POLE	11:00~12:30 POLE LEVEL 1 OJAYAMA	11:30~12:30 FREE POLE		
12:00 12:00~14:15 POLE 3&4 STATIC OR SPINNING SHIGEKI	13:00~14:00 POLE HELLS LEVEL 1&2 ALX	13:00~14:00 POLE LEVEL 1 MOMOKI	90min 2,500Yen		12:30~14:00 FREE POLE		
13:00 14:30~15:30 SPINNING POLE HELLS LEVEL 1&2 MOMOKI	14:15~15:30 FLEXIBILITY + TRICK EMILY	14:30~15:30 FLEXIBILITY BEGINNER ELLES	13:00~14:15 POLE 4 FEATS OF STRENGTH SHIGEKI	13:00~14:00 AERIAL SILK LEVEL 1 OJAYAMA	90min 2,500Yen		
15:00 15:45~16:45 POLE HELLS LEVEL 1&2 ELLES	16:00~17:00 EMILY	16:00~17:00 POLE LEVEL 2 MOMOKI	14:30~15:45 POLE HELLS CONFESSION Beginner	New 1 14:30~15:30 AERIAL HOOP LEVEL 1 & 2 OJAYAMA	14:30~15:30 POLE LEVEL 1 OJAYAMA		
16:00 17:00~18:15 POLE HELLS LEVEL 1&2 ELLES	17:15~18:15 EMILY	17:15~18:15 FREE POLE	16:00~17:15 POLE LEVEL 2&3 ALX	17:00~18:00 AERIAL HOOP LEVEL 1 & 2 OJAYAMA	15:45~16:45 POLE LEVEL 1 OJAYAMA		
17:00 18:00~19:00 POLE LEVEL 2&3 SHIGEKI	19:00~20:00 FLEXIBILITY BEGINNER ELLES	19:20~20:30 POLE LEVEL 2 SHIGEKI	18:30~19:30 POLE LEVEL 1 SHIGEKI	19:20~20:20 AERIAL SILK LEVEL 1 ALX	17:15~18:15 FLEXIBILITY Elinabeth		
19:00 19:20~20:35 POLE LEVEL 2&3 SHIGEKI	20:45~22:00 POLE ADVANCE STATIC OR SPINNING ALX	20:45~21:45 POLE LEVEL 2 EMILY	20:45~21:45 POLE LEVEL 2 SHIGEKI	20:30~22:00 AERIAL SILK LEVEL 2&3 ALX	19:20~20:20 POLE HELLS LEVEL 1&2 EMILY		
21:00 21:00~22:00 POLE LEVEL 2&3 SHIGEKI	22:00~23:00 FREE POLE	22:00~23:00 FREE POLE	22:00~23:00 FREE POLE	22:00~23:00 FLEXIBILITY BEGINNER SHIGEKI	20:45~21:45 POLE LEVEL 1 SHIGEKI		
			90min 2,500Yen				

JUNE		Fri			Sat			日曜日 (Sun)		
STUDIO A	STUDIO B	STUDIO C	STUDIO A	STUDIO B	STUDIO C	STUDIO A	STUDIO B	STUDIO C		
11:00 FREE POLE FREE POLE	11:30~12:30 AERIAL YOGA (SHAMODOKI) AYA	13:30~12:30 POLE LEVEL 1 (OJAYAMA)	11:00~12:00 FREE POLE	11:30~12:30 AERIAL HOOP LEVEL 1	11:00~12:00 POLE LEVEL 1 SHIROKO	10:50~11:50 FREE POLE	11:00~12:00 FREE POLE	11:30~12:30 FREE POLE		
12:00 FREE POLE		12:15~13:30 POLE LEVEL2&3 SHIROKO	12:15~13:45 FREE POLE	12:45~14:00 AERIAL HOOP LEVEL 2	12:15~13:45 FREE POLE	12:00~13:00 POLE Heels (SHOW move)	12:15~13:30 POLE LEVEL2&3 SHIROKO	12:30~13:45 FREE POLE		
13:00 POLE 3&4 SPINNING ONLY MOMO K	13:00~14:00 AERIAL HOOP Choreography HELLO AYA	13:00~14:00 POLE (SHOW move)	13:00~14:00 New 1 14:30~15:30 HAMANO DANCE	14:00~15:00 POLE LEVEL 3&4 HAMANO DANCE	13:00~14:30 POLE LEVEL 2 ARI	13:10~14:30 POLE LEVEL 2 SHIROKO	13:45~14:45 SPINNING POLE HEELS Level 1 SHIROKO	14:45~15:00 FREE POLE		
14:00 POLE LEVEL 3 SHIROKO	14:30~15:30 HAMANO DANCE LEVEL 2 AYA	14:30~15:30 POLE HEELS LEVEL 1&2 MOMO K	15:00~16:10 POLE HEELS 15:45~16:45 AERIAL SILK LEVEL 1 YOKO	15:10~16:10 AYA	15:10~16:15 FLEXIBILITY ARM/NECK MOMO K	14:45~16:00 SPINNING POLE LEVEL 2 IYOTA	15:00~16:00 FREE POLE	15:00~16:00 POLE LEVEL 1 SHIROKO		
16:00 POLE LEVEL 4 ELLES	16:00~17:00 AERIAL SILK LEVEL 1 AYA	16:00~17:00 POLE LEVEL 2 SHIROKO	16:20~17:25 POLE LEVEL 3 AY	16:50~18:05 POLE HEELS (ALL LEVEL) YOKO	16:20~17:20 POLE HEELS (ALL LEVEL) YOKO	16:15~17:15 ACROBAT-BARS TOMONORI	16:30~17:30 AERIAL SILK LEVEL 1&2 AYA	16:10~17:15 FLEXIBILITY BEGINNER NEISHO		
17:00 POLE LEVEL 3 SHIROKO	17:15~18:15 FREE POLE	17:15~18:15 FREE POLE	17:45~18:45 SPINNING POLE LEVEL 1 ELIAS	18:30~19:45 POLE 3&4 STATIC OR RINAKA R	17:45~18:45 POLE LEVEL 1 NEISHO	17:30~18:45 POLE LEVEL 3&4 AY	18:00~19:00 AERIAL GYM HOOP, C&C, Tossy	17:30~18:30 FREE POLE		
18:15~20:30 POLE 3&4 STATIC OR SHIROKO	18:45~20:45 FLEXIBILITY (SHIROKO) ALK	19:30~20:30 POLE LEVEL 1 EMILY	18:50~19:50 FREE POLE	20:00~21:00 POLE TRICK REQUEST (ALL LEVEL) NEISHO	18:45~19:45 POLE LEVEL 1 NEISHO	19:00~20:30 KARAOKE SING & COMBINATION ALL LEVEL KARAOKE				
20:00 POLE LEVEL 3 ELIAS	21:00~22:15 AERIAL HOOP LEVEL 1 & 2 ALK	20:45~21:45 POLE LEVEL 2 AY	21:10~22:25 POLE HEELS LEVEL 2 ELLES							
22:00 POLE LEVEL 3 ELIAS	22:10~24:00 RENTAL KARAOKE only									