

JULY						
	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	11:30~12:30 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	13:00~14:15 POLE LEVEL 3&4 SHIGEKO	13:00~14:00 AERIAL YOGA HAMMOCK AYA	12:40~14:10 FREE POLE
14:00	14:00~15:15 POLE LEVEL 1 ELLES	14:00~15:00 AERIAL YOGA HAMMOCK AYA	14:00~15:00 POLE LEVEL 2 SHIGEKO	14:30~15:45 POLE 3&4 STATIC OR SPINNING AKI	14:30~15:30 AERIAL HOOP LEVEL 1 AKI	14:30~15:30 POLE LEVEL 2 OJ
15:30~16:45	POLE LEVEL 3&4 SHIGEKO	15:30~16:30 FLEXIBILITY BEGINNER ELLEES	15:30~16:30 POLE LEVEL 1 AKI	16:00~17:00 POLE HEELS AKI	16:00~17:00 POLE LEVEL 3 AKI	16:00~17:00 POLE LEVEL 1 ELLEES
17:00		16:40~17:40 FREE POLE	16:40~17:40 FREE POLE	17:10~18:10 POLE LEVEL 1 AKI	17:10~18:10 POLE LEVEL 1 AKI	17:10~18:10 POLE LEVEL 1 ELLEES
18:00				17:45~19:00 POLE ADVANCE STATIC OR SPINNING RIOTA	17:45~19:00 POLE LEVEL 2 AKI	17:45~19:00 POLE LEVEL 1 ELLEES
19:00	19:30~20:45 POLE TROCK REQUEST (ALL LEVEL) NESHO	19:20~20:20 AERIAL SILK LEVEL 1&2 AYA	19:20~20:20 POLE LEVEL 2 SHIGEKO	19:00~20:00 FREE POLE	19:15~20:30 POLE LEVEL 3&3 RIOTA	19:15~20:30 POLE LEVEL 2 AKI
20:00	21:00~22:00 FLEXIBILITY BEGINNER NESHO	New! 20:45~21:45 HAMMOCK DANCE AYA	20:30~21:30 POLE LEVEL 1 AKI	21:10~22:10 FREE POLE	20:40~21:55 POLE LEVEL 3&4 AKI	20:45~21:45 POLE LEVEL 2 SHIGEKO
22:00		21:40~22:40 FREE POLE			22:00~23:30 TRAINING FOR POLE COMBINATION AKI	22:10~24:00 POLE LEVEL 1 AKI

JULY						
	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	11:00~12:30 FREE POLE	11:30~12:45 POLE LEVEL 3 OJAYAMA	11:20~12:20 FREE POLE
12:00	13:00~14:15 POLE 3&4 STATIC OR SPINNING SHIGEKO	13:00~14:00 POLE HEELS LEVEL 1&2 AKI	13:00~14:00 POLE LEVEL 1 MOMOKI	13:00~14:15 POLE 4 STATIC OR SPINNING SHIGEKO	13:00~14:00 AERIAL SILK LEVEL 1 ALK	12:30~14:00 FREE POLE
14:30~15:30	SPRING POLE HEELS LEVEL 1&2 MOMOKI	14:15~15:30 FLEXIBILITY+ TROCK EMJAY	14:30~15:30 FLEXIBILITY BEGINNER ELLEES	14:30~15:45 POLE HEELS LEVEL 2&3 EMJAY	New! 14:15~15:30 CONTORTION Beginner ALK	14:30~15:30 POLE LEVEL 1 OJAYAMA
15:00	15:45~16:45 POLE HEELS LEVEL 1&2 ELLEES	15:45~17:00 POLE LEVEL 3 EMJAY	16:00~17:00 POLE LEVEL 2 MOMOKI	16:00~17:15 POLE LEVEL 3&3 EMJAY	15:45~17:00 AERIAL HOOP LEVEL 1 & 2 OJAYAMA	15:45~16:45 FREE POLE
17:00			17:15~18:15 EMJAY			17:10~18:10 FLEXIBILITY Elizabeth
18:00						
19:00	19:20~20:35 POLE LEVEL 3&3 AKI	19:00~20:00 FLEXIBILITY BEGINNER ELLEES	19:20~20:20 POLE LEVEL 1 SHIGEKO	19:20~20:35 POLE LEVEL 3 SHIGEKO	19:20~20:20 AERIAL SILK LEVEL 1 ALK	19:20~20:20 POLE LEVEL 2 EMJAY
20:00	20:45~22:00 POLE LEVEL 3&4 SHIGEKO	20:45~22:00 POLE ADVANCE STATIC OR SPINNING EMJAY	20:45~21:45 POLE LEVEL 2 NESHO	20:45~21:45 POLE LEVEL 2 NESHO	20:30~22:00 AERIAL SILK LEVEL 2 & 3 ALK	20:45~21:45 POLE LEVEL 1 SHIGEKO
22:00		22:00~23:00 FREE POLE	22:00~23:00 FREE POLE			22:00~23:00 FLEXIBILITY NESHO

JULY						
	Fri		Sat			
	STUDIO A	STUDIO B	STUDIO C	STUDIO A	STUDIO B	STUDIO C
11:00	11:00~12:00 FREE POLE	11:30~12:30 AERIAL YOGA HAMMOCK AYA	11:30~12:30 POLE LEVEL 1 OJAYAMA	11:00~12:00 FREE POLE	11:30~12:30 AERIAL HOOP LEVEL 1 AYA	11:00~12:00 POLE LEVEL 1 SHIGEKO
12:00	12:05~13:05 FREE POLE			12:10~13:25 POLE LEVEL 2&3 SHIGEKO	12:45~14:00 FREE POLE	12:15~13:40 POLE HEELS (SLOW MOVE) SHIGEKO
13:00	13:15~14:15 POLE 3&4 SPINNING ONLY MOMOKI	13:30~14:30 AERIAL HOOP (HAMMOCK) HEELS AYA	13:00~14:00 POLE LEVEL 1 AKI	13:40~14:55 POLE LEVEL 3&4 AKI	New! 13:30~15:30 HAMMOCK DANCE AKI	14:00~15:00 POLE LEVEL 2 AKI
14:00	14:30~15:30 POLE LEVEL 3 SHIGEKO	New! 14:30~15:30 HAMMOCK DANCE LEVEL 2 AYA	14:30~15:30 POLE HEELS LEVEL 1 & 2 MOMOKI	15:10~16:10 POLE HEELS LEVEL 1 & 2 YOKO	15:45~16:45 AERIAL SILK LEVEL 1 MOMOKI	15:00~16:00 SPINNING POLE FREE POLE
15:00	16:00~17:15 POLE LEVEL 4 ELLEES	16:00~17:00 AERIAL SILK LEVEL 1 AYA	16:00~17:00 POLE LEVEL 2 SHIGEKO	16:20~17:35 POLE LEVEL 3 AKI	16:20~17:20 POLE LEVEL 2 AKI	16:15~17:15 AERIAL SILK LEVEL 1 & 2 AKI
16:00	16:00~17:15 POLE LEVEL 4 ELLEES	16:00~17:00 AERIAL SILK LEVEL 1 AYA	16:00~17:00 POLE LEVEL 2 SHIGEKO	16:20~17:35 POLE LEVEL 3 AKI	16:50~18:05 POLE LEVEL 2 AKI	16:30~17:30 AERIAL SILK LEVEL 1 & 2 AKI
17:00			17:15~18:15 FREE POLE	17:45~18:45 SPINNING POLE	17:30~18:45 AERIAL SILK LEVEL 1 AKI	17:30~18:30 POLE LEVEL 3&4 AKI
18:00					18:45~19:45 POLE LEVEL 1 NESHO	18:00~19:00 AERIAL GYM HOOP CUBE TROCK AKI
19:00	19:15~20:30 POLE 3&4 STATIC OR SPINNING	19:45~20:45 FLEXIBILITY (EMJAY) AKI	19:30~20:30 POLE LEVEL 1 EMJAY	19:30~19:45 LEVEL 1 ELLEES	19:30~19:45 POLE 3&4 STATIC OR SPINNING AKI	18:45~19:45 POLE LEVEL 1 NESHO
20:00	20:45~22:00 POLE LEVEL 3&4 SHIGEKO	21:00~22:15 AERIAL HOOP LEVEL 1 & 2 AKI	20:45~21:45 POLE LEVEL 2 AKI	20:00~21:00 POLE HEELS LEVEL 2 ELLEES	20:00~21:00 POLE TROCK REQUEST NESHO	19:00~20:30 RAMAKO WS TROCK COMBINATION ALL LEVEL RAMAKO
21:00						
22:00						