

DECEMBER

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

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	Mon			Tue			Wed			Thu			Fri			Sat			Sun		
	Space A	Space B	MINI	Space A	Space B	MINI	Space A	Space B	MINI	Space A	Space B	MINI	Space A	Space B	MINI	Space A	Space B	MINI	Space A	Space B	MINI
9:00				9:00~10:00 Morning free pole			9:00~10:00 Morning free pole														
10:00							10:00~11:00 POLE LEVEL 1 PINO									10:00~11:00 POLE LEVEL 1 PINO	10:00~11:00 POLE LEVEL 2 PINO		10:30~11:45 POLE LEVEL 2&3 YUI		
11:00	11:00~12:00 POLE LEVEL 1 TOMO	11:00~12:00 POLE LEVEL 2 TOMO		10:45~11:45 AERIAL HOOP BASIC for BEGINNER MAPI			11:45~12:45 POLE LEVEL 1&2 DANCE TOMO			11:00~12:00 POLE LEVEL 1 YOKO	11:00~12:00 POLE LEVEL 2 YOKO		10:30~11:30 POLE ALL LEVEL (60min) YOKO			11:15~12:15 EXOTIC CHAIR & FLOOR PLAY YOKO			12:10~13:10 POLE LEVEL 1 YUI	12:10~13:10 POLE LEVEL 2 YUI	
12:00	12:15~13:30 POLE LEVEL 2&3 PINO						13:00~14:00 POLE LEVEL ~3 REQUEST TOMO			12:15~13:30 FLOORPLAY Advance YOKO			12:00~13:00 EXOTIC CHAIR BASIC YOKO			12:30~13:30 KIDS POLE UPPER INTERMEDIATE PINO					
13:00	13:45~14:45 POLE ALL LEVEL (60min) PINO			13:45~14:45 POLE LEVEL 1&2 in Heels Pego (KASUMI) 28th Momo			14:10~15:10 FREE POLE			13:45~14:45 SPINNING POLE HEELS YOKO			13:15~14:15 STRP HEELS BASIO ALL LEVEL YOKO			13:35~14:35 KIDS POLE BEGINNER KUMI			13:30~14:45 POLE LEVEL 3&4 MOMOYO		
14:00	15:00~16:00 SPINNING POLE LEVEL 1&2 MOMOYO			15:00~16:00 SPINNING POLE BEGINNER Pego (KASUMI) 28th Momo			15:15~16:15 FREE POLE			15:00~16:00 ASIAN EXOTIC POLE PINO			14:30~15:45 POLE ALL LEVEL Pego (KASUMI)			14:45~16:15 PINO KNS! PINO's Heels Style PINO		15:00~16:00 POLE LEVEL 2 KUMI	15:00~16:00 EXOTIC FLOOR FLOW BASIO MOMOYO	15:00~16:00 EXOTIC FLOOR FLOW BASIO TOMO	
15:00	16:15~17:30 POLE LEVEL 3&4 MOMOYO			16:15~17:15 FREE POLE			16:30~17:30 POLE LEVEL 1&2 RIE			16:15~17:15 KIDS POLE ALL LEVEL PINO			16:00~17:15 POLE TRICK REQUEST (ALL LEVEL) NISHIO			16:30~17:45 POLE LEVEL 2&3 MOMOYO			16:30~17:30 10th, 24th AERIAL HOOP BASIC for BEGINNER MOE	16:15~17:15 3rd, 10th POLE FLOOR FLOW TOMO	
16:00							18:15~19:15 SPINNING POLE LEVEL 1 RIE									18:00~19:00 EXOTIC FLOOR FLOW BASIC MOMOYO			17:45~18:45 10th, 24th AERIAL HOOP LEVEL 1 MOE		
17:00	19:15~20:15 POLE HEELS BEGINNER mis			19:15~20:30 EXOTIC FLOOR FLOW ADVANCE MOMOYO		19:15~20:15 7th & 21st POLE LEVEL 2 Hitomi	19:30~20:30 Sexy movement ALL LEVEL RIE		19:30~20:30 POLE LEVEL 1&2 Pego (KASUMI) 29th Hitomi	19:15~20:30 23rd 17:30~18:45 POLE LEVEL 2&3 YUI			19:00~20:00 23rd 17:30~18:30 2nd & 17th Spinning pole beginner 10th & 24th Intermediate course (Invert, handspinning) Pego (KASUMI)			19:15~20:15 MOMOYO's HEEL TRICKS WS (60min) MOMOYO					
18:00	19:30~20:30 POLE LEVEL 1&2 mis			20:45~21:45 SPINNING POLE HEELS LEVEL 1 MOMOYO		20:45~21:45 7th & 21st POLE LEVEL 1&2 Hitomi	20:45~22:00 POLE ALL LEVEL Pego (KASUMI) 29th Hitomi		20:45~21:45 23rd 19:00~20:00 SPINNING POLE LEVEL 1&2 YUI			20:15~21:30 23rd 18:45~20:00 2nd & 17th pole level 2&3 10th & 24th pole level 3&4 Pego (KASUMI)			20:30~21:30 5th & 19th Pole Floor Choreo Ogi(momo)						
19:00													20:15~21:15 23rd 20:15~21:15 SPDP de Heels Choreo Pego (KASUMI)								
20:00																					
21:00																					
22:00																					

...If you are level1, this is a class you can take!