

NOVEMBER

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 HOOP LEVEL 2 ALK	11:15~12:15 FREE POLE	11:30~12:30 FREE POLE	11:30~12:30 AERIAL SLK LEVEL 1&2	11:30~12:30 FREE POLE
12:00	12:30~13:45 POLE 3&4 MOMOYO	13:00~14:15 AERIAL SLK LEVEL 2 ALK	12:30~13:30 POLE LEVEL 1 AKI	13:00~14:00 SPINNING POLE HEELS SHIGEKO	13:00~14:00 AERIAL YOGA HAMMOCK AYA	12:40~14:10 FREE POLE
14:00	14:00~15:00 SPINNING POLE Level 1 MOMOYO	14:45~15:45 AERIAL YOGA HAMMOCK AYA	14:00~15:00 POLE LEVEL 2 SHIGEKO	14:30~15:45 POLE 3&4 STATIC OR SPINNING EMJAY	14:30~15:30 AERIAL HOOP LEVEL 1 ALK	14:30~15:30 POLE LEVEL 2 OJ
15:00	15:30~16:45 POLE LEVEL 2&3 SHIGEKO	16:15~17:15 AERIAL SLK LEVEL 1 & 2 AYA	15:30~16:30 POLE LEVEL 1 MOMOK	16:00~17:00 POLE+HAMB BASSO OJ	16:00~17:00 POLE LEVEL 3 SHIGEKO	16:00~17:00 POLE LEVEL 1 ELLES
17:00		16:40~17:40 FREE POLE			17:10~18:10 NEEDS ACROBAT MOMOK	17:10~18:10 FLEXIBILITY ELIZABETH
18:00					18:15~19:15 ACROBAT-BASSO MOMOK	
19:00	19:30~20:45 POLE TROCK REQUEST (ALL LEVEL) NESHO	19:20~20:20 AERIAL SLK LEVEL 1&2 AYA	19:20~20:20 POLE LEVEL 2 SHIGEKO	19:15~20:15 EXOTIC FLOOR FLOW (ALL LEVEL) MOMOYO	19:15~20:30 POLE LEVEL 3&3 RYOTA	19:30~20:30 POLE LEVEL 1 ELLES
20:00	20:00~20:00 FLEXIBILITY BEGINNER NESHO	New 1 20:45~21:45 HAMMOCK DANCE AYA	20:30~21:30 POLE LEVEL 1 MOMOK	20:45~22:00 SPINNING POLE LEVEL 2 RYOTA	20:40~21:55 POLE LEVEL 3&4 SHIGEKO	20:45~21:45 POLE LEVEL 2 SHIGEKO
21:00			21:40~22:40 FREE POLE	22:15~23:15 YUYU'S WS SEXY MOVEMENT YUYU	22:00~23:00 TRAINING FOR POLE COMPETITION alone @Rafalman	22:10~23:00 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	11:00~12:30 FREE POLE	11:30~12:45 POLE LEVEL 3 OJAYAMA	11:15~12:15 AERIAL SLK LEVEL 1 MKA
12:00	13:00~14:15 POLE 3&4 STATIC OR SPINNING SHIGEKO	13:00~14:00 POLE HEELS LEVEL 1&2 AKI	12:45~14:15 FREE POLE	13:00~14:15 POLE 4 STATIC OR SPINNING SHIGEKO	12:50~14:05 AERIAL SLK LEVEL 1 MKA	12:45~14:15 FREE POLE
13:00	14:30~15:30 SPINNING POLE HEELS Level 1&2 MOMOK	14:15~15:30 FLEXIBILITY+ TROCK EMJAY	14:30~15:30 FLEXIBILITY BEGINNER ELLES	14:30~15:30 New 1 14:30~15:30 CONTOURTON Beginner ALK	14:30~15:30 POLE LEVEL 1 OJAYAMA	14:30~15:30 POLE LEVEL 1 OJAYAMA
15:00	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 MOMOK	15:45~17:00 AERIAL HOOP LEVEL 1 & 2 OJAYAMA	15:45~16:45 POLE LEVEL 1 & 2 OJAYAMA
17:00			17:15~18:15 FREE POLE			17:10~18:10 FLEXIBILITY ELIZABETH
18:00						
19:00	19:20~20:35 POLE LEVEL 2&3 alone @Rafalman	19:20~20:20 FLEXIBILITY BEGINNER ELLES	19:20~20:20 POLE LEVEL 1 SHIGEKO	19:20~20:35 POLE LEVEL 3 SHIGEKO	19:20~20:20 AERIAL SLK LEVEL 1 ALK	19:20~20:20 POLE LEVEL 2 MOMOK
20:00	20:45~22:00 POLE LEVEL 3&4 SHIGEKO	20:45~22:00 POLE ADVANCE STATIC OR SPINNING alone @Rafalman	20:45~21:45 POLE LEVEL 2 MOMOK	20:45~21:45 POLE LEVEL 2 NESHO	20:30~22:00 AERIAL SLK LEVEL 2&3 ALK	20:45~21:45 POLE LEVEL 1 & 2 MOMOK
21:00		22:15~23:45 FREE POLE	22:00~23:00 FREE POLE	22:00~23:00 FREE POLE		22:00~23:00 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	11:00~12:00 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	11:30~12:00 POLE LEVEL 1 SHIGEKO	10:50~11:30 FREE POLE	11:00~12:00 FREE POLE	11:00~12:00 LEVEL 1 SHIGEKO
12:00	12:05~13:05 FREE POLE			12:10~13:25 POLE LEVEL 2&3 SHIGEKO	12:45~14:00 AERIAL HOOP LEVEL 2 AYA	12:15~13:40 FREE POLE	12:00~13:00 POLE HEELS (SLOW MOVE) SHIGEKO	12:15~13:30 POLE LEVEL 2 & 3 SHIGEKO	12:30~13:30 FREE POLE
13:00	13:15~14:15 POLE 3&4 SPINNING ONLY MOMOK	13:30~14:30 AERIAL HOOP (HAMMOCK) HEELS AYA	13:00~14:00 POLE LEVEL 1 SHIGEKO	13:40~14:55 POLE LEVEL 3&4 (SLOW MOVE) AYA	13:40~14:30 New 1 13:30~13:30 LEVEL 1 AKI	13:00~13:00 POLE LEVEL 1 MOMOK	13:15~14:30 POLE LEVEL 1 MOMOK	13:45~14:45 SPINNING POLE Level 1 SHIGEKO	13:45~14:45 FREE POLE
14:00	14:30~15:30 POLE LEVEL 3 SHIGEKO	14:30~15:30 New 1 14:30~15:30 HAMMOCK DANCE LEVEL 2 AYA	14:30~15:30 POLE HEELS LEVEL 1 & 2 MOMOK	15:10~16:10 AYA	15:10~16:10 LEVEL 1	15:10~16:10 POLE HEELS LEVEL 1 & 2 YOKO	14:45~16:00 SPINNING POLE LEVEL 1 & 2 EMJAY	15:00~16:00 POLE LEVEL 1 OJAYAMA	15:00~16:00 POLE LEVEL 1 OJAYAMA
15:00	15:30~16:45 POLE LEVEL 1 & 2 SHIGEKO	16:00~17:00 AERIAL SLK LEVEL 1 AYA	16:00~17:00 POLE LEVEL 2 SHIGEKO	16:20~17:35 POLE LEVEL 3 ALK	16:20~17:20 POLE+HAMB BASSO ACROBAT-BASSO YOKO	16:15~17:15 AERIAL SLK LEVEL 1 & 2 RYOTA	16:30~17:30 AERIAL SLK LEVEL 1 & 2 MOMOK	16:15~17:15 FLEXIBILITY BEGINNER NESHO	16:15~17:15 CORE ABBODY CONDITION KANAKO
16:00	16:00~17:15 POLE LEVEL 1 & 2 ELLES	16:00~17:00 AERIAL SLK LEVEL 1 OJAYAMA	16:00~17:00 POLE LEVEL 2 MOMOK	16:50~18:05 POLE LEVEL 3 AKI	17:20~18:35 FLEXIBILITY & BODY CONDITION Elizabeth	17:30~18:30 POLE LEVEL 3 RYOTA	17:30~18:45 AERIAL GYM HOOP 等々々 YUYU	17:45~18:45 POLE LEVEL 1 & 2 MOMOK	17:45~18:45 CORE ABBODY CONDITION KANAKO
17:00				17:15~18:15 FREE POLE		17:30~18:30 POLE LEVEL 1 NESHO	18:45~19:45 POLE LEVEL 1 NESHO	19:00~20:15 POLE ADVANCE STATIC OR SPINNING KANAKO	19:00~20:00 POLE ADVANCE STATIC OR SPINNING KANAKO
18:00				17:20~18:35 FLEXIBILITY & BODY CONDITION Elizabeth		18:00~19:00 FREE POLE	18:45~19:45 POLE LEVEL 1 NESHO	19:00~20:15 POLE ADVANCE STATIC OR SPINNING KANAKO	19:00~20:00 POLE ADVANCE STATIC OR SPINNING KANAKO
19:00	19:15~20:30 POLE 3&4 STATIC OR SPINNING ELLES	19:45~20:45 FLEXIBILITY ALK	19:30~20:30 POLE LEVEL 1 NESHO	19:30~20:30 POLE LEVEL 1 NESHO	19:30~20:30 POLE LEVEL 1 NESHO	18:50~19:50 FREE POLE	18:45~19:45 POLE LEVEL 1 NESHO	19:00~20:15 POLE ADVANCE STATIC OR SPINNING KANAKO	19:00~20:00 POLE ADVANCE STATIC OR SPINNING KANAKO
20:00	20:45~22:00 POLE LEVEL 3&4 SHIGEKO	20:45~22:00 POLE ADVANCE STATIC OR SPINNING alone @Rafalman	20:45~21:45 POLE LEVEL 2 MOMOK	20:45~21:45 POLE LEVEL 2 NESHO	20:45~21:45 POLE LEVEL 2 NESHO	20:00~21:00 POLE LEVEL 2 ELLES	20:45~21:45 POLE LEVEL 1 NESHO	20:45~21:45 POLE LEVEL 1 NESHO	20:45~21:45 POLE LEVEL 1 NESHO
21:00			22:15~23:45 FREE POLE	22:15~23:45 FREE POLE	22:00~23:00 FREE POLE	22:10~22:25 POLE ADVANCE STATIC OR SPINNING ELLES			