

NOVEMBER

	Mon			Tue		
	A studio	B studio	C studio	A studio	B studio	C studio
11:00					11:15~12:15 AERIAL SILK LEVEL 1&2 AYA	
12:00					12:40~13:40 AERIAL YOGA AYA	
13:00	12:45~13:45 POLE LEVEL 1&2 MOMO.K	12:30~13:30 AERIAL HOOP LEVEL 1 AYA				13:30~14:30 POLE LEVEL 1&2 ELLES
14:00		14:00~15:00 HAMMOCK DANCE LEVEL 1&2 AYA				
15:00		15:30~16:30 AERIAL SILK LEVEL 1&2 AYA	15:30~16:30 FLEXIBILITY BEGINNER NISHIO			16:00~17:00 POLE LEVEL 1&2 NISHIO
16:00						
17:00						
18:00		18:45~19:45 AERIAL SILK LEVEL 1 MIKA				
19:00			19:15~20:15 POLE LEVEL 1&2 ELLES			19:30~20:30 POLE LEVEL 1 ELLES
20:00			20:30~21:30 POLE LEVEL 1&2 MOMO.K			
21:00						
22:00		21:30~22:30 8th & 22th AERIAL SILK LEVEL 1&2 1st, 15th & 29th AERIAL HOOP LEVEL 1 MIKA				

	Wed			Thu		
	A studio	B studio	C studio	A studio	B studio	C studio
11:00						
12:00	11:30~12:30 POLE LEVEL 1&2 AKI					
13:00						
14:00					14:00~15:00 POLE LEVEL 1&2 AYUMI	
15:00						15:30~16:30 FLEXIBILITY BEGINNER AYUMI
16:00	13:45~16:45 Natsuyama Shirokuni Akane Platinum					
17:00						
18:00			18:45~19:45 POLE LEVEL 1&2 KUMI			18:45~19:45 POLE LEVEL 1&2 AYUMI
19:00					19:30~20:30 AERIAL SILK LEVEL 1 SAYO	
20:00			20:15~21:15 POLE LEVEL 1 NISHIO	20:30~21:30 POLE LEVEL 1 SHIGEKO		
21:00			21:30~22:30 FLEXIBILITY BEGINNER NISHIO			
22:00						

	Fri		Sat		Sun		
	B studio	C studio	B studio	C studio	A studio	B studio	C studio
11:00			11:15~12:15 AERIAL SILK LEVEL 1 AYA		11:00~12:00 POLE LEVEL 1&2 AKI		
12:00			12:40~13:40 AERIAL HOOP LEVEL 1&2 AYA				
13:00	13:00~14:00 HAMMOCK DANCE AYA						
14:00		13:30~14:30 POLE LEVEL 1 SHIGEKO	14:00~15:00 HAMMOCK DANCE LEVEL 1&2 AYA	14:00~15:00 POLE LEVEL 1 NISHIO	13:45~14:45 FLEXIBLE Open Legs (ALL LEVEL) AKI		15:45~16:45 AERIAL SILK LEVEL 1 AYA
15:00	14:30~15:30 AERIAL SILK LEVEL 1&2 AYA	14:45~15:45 FLEXIBILITY BEGINNER ELLES					
16:00		16:00~17:00 POLE LEVEL 1 ELLES	15:20~16:20 AERIAL SILK LEVEL 1 MIKA				
17:00				16:30~17:30 POLE LEVEL 1&2 ELLES	16:15~17:15 ACROBAT BASIC TOMONORI	17:00~18:00 AERIAL SILK LEVEL 1&2 AYA	16:45~17:45 FLEXIBILITY BEGINNER NISHIO
18:00	17:30~18:30 AERIAL SILK LEVEL 1&2 SAYO						
19:00	19:00~20:00 AERIAL HOOP LEVEL 1&2 MIKA	19:15~20:45 FLEXIBLE WS Open Legs (ALL LEVEL) akane & platinum		19:00~20:00 POLE LEVEL 1 NISHIO			
20:00							
21:00	20:15~21:15 AERIAL SILK LEVEL 1 MIKA						
22:00							