DECEMBER

	Mon			Tue	
	A studio	B studio	C studio	B studio	C studio
10:00					
1:00					
2:00					
3:00	12:45〜13:45 LEVEL 1&2 Momo			12:40〜13:40 AERIAL YOGA AYA	
4:00		14:00〜15:00 6th & 20th AERIAL SILK BASIC			14:15〜15:15 FLEXIBILITY BEGINN ELLES
5:00		13th & 27th AERIAL HOOP AYA	5:30〜16:30 STRETCH NISHIO		
6:00					
7:00				17:30〜18:30 24th & 31st STRCH & TRINNING AYUKO	
8:00		18:45〜19:45 AERIAL SILK BASIC for BEGINNER MIKA	19:15〜20:15 POLE LEVEL 1&2	19:00〜20:00 AERIAL SILK BASIC ACO	19:30〜20:30 LEVEL 1&2 ELLES
9:00				20:15〜21:15 AERIAL SILK LEVEL 1 ACO	
20:00					
21:00					
22:00					

	Wed			Thu	
	A studio	B studio	C studio	A studio	B studio	C studio
0:00						
1:00	11:30〜12:30 POLE LEVEL 1&2 sayuri					
2:00						
3:00		13:00〜14:00 AERIAL HOOP BASIC for BEGINNER MOE			13:15〜14:15 STRETCH NON	
4:00			14:15〜15:15 POLE LEVEL 1&2			
5:00						
6:00					16:15〜17:15 AERIAL HOOP AYUKO	
7:00					17:45〜18:45 AERIAL SILK LEVEL 1&2 AYUKO	
8:00						
9:00					19:00〜20:00 AERIAL SILK BASIC YUKAKO	
20:00				20:30〜21:30 POLE LEVEL 1&2		
21:00					20:15〜21:15 AERIAL SILK LEVEL 1 YUKAKO	
22:00						

	Fri			Sat			Sun		
	Aスタジオ	B studio	C studio	Aスタジオ	B studio	C studio	A studio	B studio	studio
0:00									
1:00		10:30〜11:30 AERIAL SILK BASIC ACO		11:15〜12:15 LEVEL 1&2 SHIGEKO	11:15〜12:15 AERIAL SILK LEVEL 1 AYA		11:00〜12:00 LEVEL 1&2 AKI	11:00〜12:00 AERIAL HOOP LEVEL 1&2 AYUKO	
2:00		11:45〜12:45 AERIAL SILK LEVEL 1 ACO			12:40〜13:40 AERIAL HOOP AYA				
3:00	13:30〜14:30 POLE LEVEL 1&2 SHIGEKO							14:00〜15:00 AERIAL SILK BEGINNER AYA	
4:00					14:00〜15:00 HAMMOCK DANCE AYA				
5:00					15:30〜16:30 AERIAL SILK LEVEL 1 MIKA	5:15〜16:15 FLEXIBILITY BEGINNE ELLES			
6:00			16:00〜17:00 FLEXIBILITY ELLES			16:30〜17:30 LEVEL 1&2			
7:00		17:30〜18:30 10th, 17th & 24th STRCH & TRINNING AYUKO				17:45〜18:45 LEVEL 1 SHIGEKO			
8:00		19:00〜20:00 AERIAL SILK LEVEL 1 MIKA							
9:00									
20:00									
21:00									
22:00									