

# November

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

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

	Mon			Tue			Wed			Thu			Fri			Sat			Sun		
	A Space	B Space	MINI	A Space	B Space	MINI	A Space	B Space	MINI	A Space	B Space	MINI	A Space	B Space	MINI	A Space	B Space	MINI	A Space	B Space	MINI
11:00	11:00~12:00 POLE LEVEL 1 TOMO			10:30~11:30 AERIAL HOOP LEVEL 1 Mikitty			10:30~11:30 STRETCH TOMO							10:30~11:30 POLE LEVEL 1 YOKO				10:30~11:30 POLE LEVEL 1 FINOKO			10:30~11:30 AERIAL HOOP LEVEL 1&2 Mikitty
12:00				12:00~13:00 AERIAL HOOP LEVEL 1&2 MIKA			NEW!! 11:40~12:40 POLE 1&2 DANCE TOMO			11:15~12:15 POLE LEVEL 1 YOKO								12:00~13:00 POLE LEVEL 1 KUMI			12:10~13:10 POLE LEVEL 1 KUMI
13:00						12:15~13:15 POLE LEVEL 1 NO TRICK MIYUKI	NEW!! 13:00~13:45 Bungee Fitness TOMO														
14:00																					
15:00																					
16:00														16:15~17:15 POLE LEVEL 1&2 YUI							
17:00																					
18:00																					16:30~17:30 14+28th AERIAL HOOP LEVEL 1 Mikitty
19:00			19:10~20:10 POLE LEVEL 1&2 AYA																		
20:00																					
21:00						21:00~22:00 POLE LEVEL 1 Pegor/KASUMI															
22:00										20:45~21:45 POLE LEVEL 1 YUI											
													22:00~23:00 STRETCH NISHIO								