

MAY

	Mon			Tue	
	A studio	B studio	C studio	B studio	C studio
10:00					
11:00				11:15~12:15 AERIAL SILK LEVEL 1&2 AYA	
12:00			12:40~13:40 AERIAL YOGA AYA		13:00~14:00 POLE LEVEL 1&2 ELLES
13:00	12:45~13:45 POLE LEVEL 1&2 MOMOK	12:30~13:30 AERIAL HOOP LEVEL 1 AYA		14:00~15:00 AERIAL HOOP LEVEL 1&2 AYA	14:45~15:45 FLEXIBILITY BEGINNER ELLES
14:00		14:00~15:00 HAMMOCK DANCE LEVEL 1&2 AYA			
15:00			15:00~16:00 STRETCHING NISHIO		16:00~17:00 POLE LEVEL 1&2 akane ☆ platinum
16:00		15:30~16:30 AERIAL SILK LEVEL 1&2 AYA			
17:00					
18:00					
19:00		18:45~19:45 AERIAL SILK LEVEL 1 MIKA	19:15~20:15 POLE LEVEL 1&2 ELLES		19:30~20:30 POLE LEVEL 1 ELLES
20:00					※3rd 17:45~ 18:45
21:00		21:30~22:30 9th & 23rd AERIAL SILK LEVEL 1&2 MIKA			
22:00					

	Wed		Thu		
	A studio	C studio	A studio	B studio	C studio
10:00					
11:00					
12:00	11:30~12:30 POLE LEVEL 1&2 AKI				
13:00					
14:00			14:30~15:30 POLE LEVEL 1&2 MOMOK		
15:00		15:45~16:45 Relaxing Stretching akane ☆ platinum		16:00~17:00 AERIAL HOOP LEVEL 1&2 AYUKO	
16:00					19:00~20:00 POLE LEVEL 1&2 AYUMI
17:00					※5th 16:45~ 17:45
18:00					
19:00		18:45~19:45 POLE LEVEL 1&2 KUMI ※Except 4th		19:30~20:30 AERIAL SILK LEVEL 1 SAYO	
20:00		20:15~21:15 POLE LEVEL 1 NISHIO ※4th 18:00~19:00	20:30~21:30 POLE LEVEL 1&2 SHIGEKO		※5th 18:45~19:45
21:00		21:30~22:30 STRETCHING NISHIO ※4th 19:15~20:15			※5th 18:30~19:30
22:00					

	Fri		Sat		Sun		
	B studio	C studio	B studio	C studio	A studio	B studio	C studio
10:00			10:00~11:00 14th & 28th AERIAL SILK BEGINNER (Only BEGINNER) AYA				
11:00			11:15~12:15 AERIAL SILK LEVEL 1 AYA		11:00~12:00 POLE LEVEL 1&2 KUMI	11:00~12:00 AERIAL HOOP LEVEL 1 AKI	
12:00			12:40~13:40 AERIAL HOOP LEVEL 1&2 AYA			12:15~13:15 AERIAL HOOP I FVFI 1&2 AKI	
13:00	13:00~14:00 HAMMOCK DANCE LEVEL 1 AYA		13:30~14:30 POLE LEVEL 1 SHIGEKO			13:40~14:40 FLEXIBLE Open Legs (ALL LEVEL) AKI	13:45~14:45 POLE LEVEL 1 AYA
14:00			14:30~15:30 AERIAL SILK LEVEL 1&2 AYA	14:00~15:00 HAMMOCK DANCE LEVEL 1&2 AYA	14:00~15:00 POLE LEVEL 1 NISHIO		
15:00			14:45~15:45 FLEXIBILITY BEGINNER ELLES	15:30~16:30 AERIAL SILK LEVEL 1 MIKA		15:00~16:00 AERIAL SILK BEGINNER (Only BEGINNER) AYA	
16:00					16:30~17:30 POLE LEVEL 1&2 ELLES	16:45~17:45 ACROBAT BASIC TOMONORI	16:45~17:45 STRETCHING NISHIO
17:00							
18:00	17:30~18:30 AERIAL SILK LEVEL 1&2 AYUKO					17:30~18:30 AERIAL SILK LEVEL 1&2 AYA	18:30~19:30 STRETCHING NISHIO
19:00	19:00~20:00 AERIAL SILK LEVEL 1 MIKA	18:45~19:45 POLE LEVEL 1&2 ELLES		19:45~20:45 HAMMOCK DANCE LEVEL 1&2 KOZUE			
20:00							
21:00							
22:00							