

Jan

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	11:20~12:40 FREE AERIAL 80min 2,500Yen	11:30~12:30 FREE POLE	11:45~12:45 FREE POLE	11:30~12:30 AERIAL SILK LEVEL 1&2	11:30~12:45 POLE LEVEL 2&3
12:00	12:30~13:45 POLE 3&4 MOMOYO	13:00~14:00 AERIAL HOOP LEVEL 1	12:45~13:45 LEVEL 1 MOMOK	13:00~14:00 SPINNING POLE Level 1 SHIGEKO	13:00~14:00 AERIAL YOGA (HAMMOCK) AYA	13:30~14:30 POLE LEVEL 1&2 ELLES
14:00	14:00~15:00 SPINNING POLE Level 1 MOMOYO	14:30~15:30 AERIAL YOGA (HAMMOCK) AYA	14:00~15:00 POLE LEVEL 2 SHIGEKO	14:15~15:30 POLE 3&4 STATIC OR SPINNING KANAKO	14:30~15:45 AERIAL HOOP LEVEL 2 ALK	14:45~15:45 FLEXIBILITY BEGINNER ELLES
15:00	15:30~16:45 POLE LEVEL 2&3 SHIGEKO	16:00~17:00 AERIAL SILK LEVEL 1&2 AYA	15:15~16:15 FREE POLE	15:45~17:00 POLE LEVEL 2&3 KANAKO	16:15~17:30 POLE LEVEL 3 SHIGEKO	16:10~17:10 POLE LEVEL 1 ALK
17:00						18:00~19:00 ACROBAT-BASIC
19:00	19:00~20:15 POLE TRICK REQUEST (ALL LEVEL) NISHIO	19:00~20:00 AERIAL SILK LEVEL 1 MIKA	19:15~20:15 POLE LEVEL 2 SHIGEKO	19:15~20:30 EXOTIC FLOOR FLOW (ADVANCE) MOMOYO	19:00~20:15 POLE LEVEL 2&3 akane☆platinum	19:30~20:30 POLE LEVEL 1 ELLES
20:00	20:30~21:45 POLE LEVEL 2&3 NISHIO	20:15~21:30 AERIAL SILK LEVEL 2 MIKA	20:30~21:30 POLE LEVEL 1&2 MOMOK	20:45~22:00 POLE LEVEL 2&3 MOMOYO	20:30~21:45 POLE LEVEL 3&4 akane☆platinum	20:50~21:50 POLE LEVEL 2 SHIGEKO
21:00	22:00~23:15 POLE REQUEST (ALL LEVEL) NISHIO	21:45~22:45 AERIAL SILK LEVEL 1&2 (11-25th) AERIAL HOOP LEVEL 1 (18th) MIKA	21:45~22:45 FREE POLE		22:00~23:15 SPINNING POLE HEELS ELLES	22:15~24:00 RENTAL ¥4,000 only!

***If you are level1, this is a class you can take!
 ※On January 11th, the night lesson time will be faster.

	Wed			Thu		
	STUDIO A	STUDIO B	STUDIO C	STUDIO A	STUDIO B	STUDIO C
11:00	11:45~12:45 POLE-Heels BASIC (ALL LEVEL) YOKO	11:15~12:30 POLE ALL LEVEL PINOKO	11:30~12:30 POLE LEVEL 1&2 AKI	11:30~12:45 POLE LEVEL 2&3 AYUMI	11:00~12:30 FREE POLE 90min 2,500Yen	11:15~12:15 FREE POLE
12:00	13:00~14:15 POLE LEVEL 3 YOKO	12:45~13:45 POLE HEELS LEVEL 1&2 AKI	12:45~14:15 FREE POLE 90min 2,500Yen	13:00~14:15 POLE 4 STATIC OR SPINNING SHIGEKO	12:45~14:00 Drop Pepo(KASUMI)	13:15~14:15 FREE POLE
14:00	14:40~15:40 SPINNING POLE HEELS OK Level 1&2 MOMOK	14:00~15:15 POLE LEVEL 2&3 ELLES	14:30~15:30 POLE HEELS (Slow Move) YOKO	14:30~15:30 FREE AERIAL 80min 2,500Yen	14:20~15:40 Level 1&2 AYUMI	14:30~15:30 POLE LEVEL 1&2 AYUMI
15:00	16:00~17:00 POLE LEVEL 1&2 MOMOK	16:30~18:45 POLE LEVEL 3&4 STATIC OR SPINNING POLE HEELS LEVEL 1 ELLES	15:45~16:45 FLEXIBILITY akane☆platinum	16:00~17:00 SEXY HEELS BASIC (ALL LEVEL) MOMOK	16:00~17:00 Level 1&2 AYUMI	15:45~16:45 FLEXIBILITY BEGINNER
16:00		17:00~18:15 POLE TRICK REQUEST (ALL LEVEL) ALK	17:00~18:00 ACROBAT-BASIC TOMONORI	15:45~16:45 AERIAL HOOP LEVEL 1&2 ALK	17:30~18:45 AERIAL SILK LEVEL 2 KOZUE	15:45~16:45 FLEXIBILITY BEGINNER AYUMI
17:00						
18:00						
19:00	19:00~20:15 POLE LEVEL 3 MOMOK	19:20~20:35 POLE LEVEL 2&3 akane☆platinum	19:15~20:15 POLE LEVEL 2 SHIGEKO	19:00~20:15 POLE LEVEL 3 SHIGEKO	19:15~20:15 POLE-Heels BASIC (ALL LEVEL) MOMOK	19:30~20:30 AERIAL SILK LEVEL 1 ALK
20:00	20:30~21:45 POLE LEVEL 3&4 SHIGEKO	20:50~22:05 POLE LEVEL 2 ELLES	20:40~21:40 POLE LEVEL 2 NISHIO	20:30~21:30 POLE LEVEL 2 NISHIO	20:40~21:40 POLE LEVEL 1 SHIGEKO	20:45~22:00 LEVEL 1 SHIGEKO
21:00						
22:00	22:00~23:00 6-20th SPINNING POLE 1 18-23th POLE HEELS (SLOWMOVE) SHIGEKO	22:20~23:20 FREE POLE	22:00~23:00 FREE POLE	21:45~23:00 POLE TRICK REQUEST (ALL LEVEL) NISHIO		

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	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 HOOP Choreography (HEELS OK) AYA	11:15~12:15 FREE POLE	11:00~12:15 POLE LEVEL 2&3 SHIGEKO	11:30~12:30 AERIAL HOOP LEVEL 1&2 AYA	11:15~12:15 FREE POLE	10:45~12:00 POLE LEVEL 2&3 AYUMI	11:00~12:00 POLE LEVEL 1&2 SHIGEKO	11:15~12:15 FREE POLE
12:00	12:15~13:15 POLE HEELS (Slow Move) SHIGEKO	13:00~14:00 HAMMOCK DANCE AYA		12:30~13:30 BOOT CAMP SHIGEKO	13:00~14:00 Latin Mix AYA	12:30~13:30 FREE POLE	12:15~13:15 POLE HEELS (Slow Move) MOMOYO	12:15~13:30 POLE LEVEL 2&3 SHIGEKO	12:30~13:30 Floor Move BASIC AYUMI
13:00	13:30~14:30 SPINNING POLE HEELS OK Level 1&2 MOMOK	14:30~15:30 AERIAL SILK LEVEL 1 & 2 AYA	13:30~14:30 POLE LEVEL 1 SHIGEKO	13:45~15:00 POLE LEVEL 2 RYOTA	14:00~15:00 HAMMOCK DANCE AYA	14:00~15:00 POLE LEVEL 1 MOMOK	13:30~14:30 POLE LEVEL 2 RYOTA	13:45~15:00 POLE LEVEL 3&4 SHIGEKO	14:00~15:00 Open Leas (ALL LEVEL) EMJAY
14:00	14:45~16:00 POLE LEVEL 2&3 SHIGEKO	16:00~17:00 CHAIR DANCE AYA	16:15~17:30 POLE LEVEL 3&4 EMJAY	15:30~16:30 STATIC POLE FLOW AYUMI	15:45~16:45 AERIAL SILK LEVEL 1 MIKA	15:15~16:15 POLE HEELS (Exotic Shake) ELLES	14:45~16:00 SPINNING POLE LEVEL 1&2 RYOTA	15:15~16:15 POLE HEELS EMJAY	15:15~16:15 LEVEL 1 AYUMI
15:00				16:45~18:00 POLE LEVEL 3 AYUMI	17:00~18:15 AERIAL SILK LEVEL 2 AYUMI	17:45~18:45 FREE POLE	16:15~17:15 ACROBAT-BASIC TOMONORI	16:45~17:45 AERIAL SILK LEVEL 1 & 2 AYA	16:30~17:30 FLEXIBILITY BEGINNER
16:00				17:30~18:30 AERIAL SILK LEVEL 1 & 2 ALK	17:15~18:15 FREE POLE		16:45~18:00 POLE LEVEL 2 MIKA	17:00~18:15 LEVEL 1&2 EMJAY	16:45~17:45 AERIAL SILK LEVEL 1 & 2 NISHIO
17:00							17:45~18:45 FREE POLE	17:45~18:45 FREE POLE	18:00~19:00 POLE LEVEL 1 & 2 KANAKO
18:00							18:15~19:15 SPINNING POLE	18:45~19:00 POLE LEVEL 3&4 NISHIO	18:00~19:00 AERIAL GYM HOOP, Cube, Topy AYA
19:00	19:00~20:15 SPINNING POLE 2 ELLES	19:00~20:00 FLEXIBILITY ALK	19:15~20:15 Open Leas (ALL LEVEL)	19:00~20:15 LEVEL 1 ELLES	19:30~20:30 SPINNING MOMOYO	19:00~20:00 LEVEL 1 NISHIO	18:45~19:00 POLE LEVEL 3&4 NISHIO	19:15~20:30 POLE REQUEST (ALL LEVEL)	19:15~20:30 EXOTIC FLOOR FLOW (ADVANCE) MOMOYO
20:00	20:00~20:15 POLE LEVEL 3&4 AYUMI	20:15~21:15 AERIAL HOOP LEVEL 1 & 2 ALK	20:30~21:30 POLE LEVEL 2 AYUMI	20:15~21:15 FREE POLE	20:15~21:30 FREE POLE	20:15~21:15 FREE POLE	19:30~20:30 POLE-Heels BASIC (ALL LEVEL) ELLES	20:45~22:00 Drop	
21:00	20:30~21:30 POLE HEELS (Slow Move) EMJAY	21:45~22:00 AERIAL HOOP LEVEL 1 & 2 ALK	20:45~22:00 LEVEL 2 AYUMI	20:45~22:00 POLE LEVEL 3 ELLES	20:45~22:00 POLE LEVEL 3 ELLES	20:45~22:00 POLE LEVEL 3 ELLES	20:45~22:00 POLE LEVEL 3 ELLES		
22:00	21:45~23:00 POLE LEVEL 2&3 AYUMI	21:45~23:00 Exotic Shake ADVANCE ELLES	22:15~24:00 RENTAL ¥4,000 only!						

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