

Oct

	Mon			Tue		
	STUDIO A	STUDIO B	STUDIO C	STUDIO A	STUDIO B	STUDIO C
11:00	11:15~12:15		11:30~12:30	11:30~12:30	11:30~12:30	11:30~12:45
12:00	FREE POLE	11:20~12:40 FREE AERIAL 80min 2,500Yen	FREE POLE	FREE POLE	AERIAL SILK LEVEL 1&2 AYA	POLE LEVEL 2&3 akane & platinum
13:00	12:30~13:45 POLE 3&4 MOMOYO	12:45~13:45 POLE LEVEL 1 MOMOYO		13:00~14:00	13:00~14:00 AERIAL YOGA (HAMMOCK) AYA	13:30~14:30 POLE LEVEL 1&2 Z1123
14:00	14:00~15:00 SPINNING POLE Level 1 MOMOYO	14:45~15:45 AERIAL YOGA (HAMMOCK) AYA	14:00~15:00 POLE LEVEL 2 SHIGEKO	14:00~15:00 POLE 3&4 STATO OR SPINNING KANAKO	14:30~15:30 AERIAL HOOP LEVEL 1 AYA	14:45~15:45 FLEXIBILITY BEGINNER ELLIES
15:00	15:30~16:45	15:30~16:30				16:00~16:00
16:00	POLE LEVEL 2&3 SHIGEKO	16:15~17:15 FREE POLE		16:00~17:15 POLE LEVEL 2&3 KANAKO	16:00~17:15 POLE LEVELS KANAKO	17:10~18:10 ADROBAT-BASIC BECKON
17:00						18:15~19:15 BackUp Training BECKON
18:00						
19:00	19:00~20:15 POLE TRICK REQUEST (ALL LEVEL) NISHIO	19:00~20:00 AERIAL SILK LEVEL 1 MIKA	19:00~20:00 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 ELLIES
20:00	20:30~21:45 POLE LEVEL 2&3 NISHIO	20:15~21:30 AERIAL SILK LEVEL 2 MIKA	20:10~21:10 POLE LEVEL 1&2 MOMOYO	20:45~22:00 POLE LEVEL 2 MOMOYO	20:25~21:35 POLE LEVEL 3&4 akane & platinum	20:45~21:45 POLE LEVEL 2 SHIGEKO
21:00						
22:00	22:00~23:15 POLE REQUEST (ALL LEVEL) NISHIO	21:45~22:45 AERIAL SILK LEVEL 1&2 (12-26h) AERIAL HOOP LEVEL 1&2 (15-19h) MIKA	21:30~22:30 FREE POLE		21:45~23:00 SPINNING POLE LEVEL 2 ELLIES	22:15~24:00 RENTAL ¥4,000 only!

***If you are level1, this is a class you can take!

03-5412-2555 TEL 12:00~21:00

	Wed			Thu		
	STUDIO A	STUDIO B	STUDIO C	STUDIO A	STUDIO B	STUDIO C
11:00	11:45~12:45 POLE+Heels BASIC FULL LEVEL YOKO	11:30~12:45 POLE LEVEL 2&3 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	11:15~12:15 AERIAL SILK LEVEL 1 XIO
12:00	12:00~14:15 POLE LEVEL 3 YOKO	13:00~14:00 POLE HEELS LEVEL 1&2 AKI	12:45~14:15 FREE POLE	12:30~14:05 AERIAL SILK LEVEL 2 XIO		13:00~14:00 POLE Heels BASIC (ALL LEVEL) NON-P
13:00	14:30~19:30 SPINNING POLE HEELS 9K Level 1&2 MOMOYO	14:15~15:30 POLE HEELS LEVEL 2&3 ELLIES	14:30~15:30 POLE HEELS (Slow Move) YOKO	14:30~15:30 SEXY CHAIR BEGINNER NON-P	14:30~15:30 POLE LEVEL 1&2 AYUMI	14:30~15:30 POLE LEVEL 1&2 AYUMI
14:00	15:45~16:45 POLE LEVEL 3&4 STATO OR SPINNING ELLIES	15:45~16:45 POLE LEVEL 1&2 KANAKO	15:45~16:45 FLEXIBILITY akane & platinum	15:45~16:45 AERIAL HOOP LEVEL 1&2 ALK	15:45~16:45 FLEXIBILITY BEGINNER AYUMI	
15:00						
16:00						
17:00						
18:00						
19:00	19:00~20:15 POLE LEVEL 3&4 akane & platinum	19:00~20:15 POLE LEVEL 3 MOMOYO	19:15~20:15 POLE LEVEL 1&2 SHIGEKO	19:15~20:15 AERIAL SILK LEVEL 1 ALK	19:20~20:20 POLE+Heels BASIC FULL LEVEL MOMOYO	
20:00	20:30~21:45 POLE LEVEL 3&4 SHIGEKO	20:30~21:45 POLE ADVANCE STATO OR SPINNING akane & platinum	20:15~21:15 POLE LEVEL 2 ELLIES	20:45~21:45 POLE LEVEL 2 NISHIO	20:45~21:45 POLE LEVEL 1 SHIGEKO	
21:00						
22:00	22:00~23:00 7-21h SPINNING POLE 1 14-20h BodyABS exercise SHIGEKO	22:00~23:00 FREE POLE	21:45~22:45 POLE LEVEL 1&2 MOMOYO	22:00~23:15 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 Oreography (HEELS OYO) AYA	11:00~12:00 POLE LEVEL 1&2 NON-P	11:00~12:00 POLE LEVEL 1&2 SHIGEKO	11:30~12:30 AERIAL HOOP LEVEL 1&2 AYA	11:00~12:00 FREE POLE	10:50~12:05 POLE LEVEL 2&3 AYUMI	11:00~12:00 POLE LEVEL 1&2 SHIGEKO	11:00~12:00 FREE POLE
12:00	12:30~13:30 POLE HEELS (Slow Move) NON-P	13:00~14:00 HANADOKI DANCE AYA	13:15~14:15 POLE LEVEL 1 SHIGEKO	12:15~13:15 BodyABS exercise SHIGEKO	13:00~14:00 Latin Mix AYA	12:15~13:45 FREE POLE 90min 2,500Yen	12:15~13:15 POLE HEELS (Slow Move) MOMOYO	12:15~13:30 POLE LEVEL 2&3 SHIGEKO	12:30~13:30 Basic AYUMI
13:00	13:30~14:20 SPINNING POLE HEELS 9K Level 1&2 MOMOYO	14:30~15:45 AERIAL SILK LEVEL 1 & 2 AYA	14:45~15:45 POLE LEVEL 2 & 3 SHIGEKO	13:30~14:45 SHIGEKO+WS Heels Movement SHIGEKO	14:30~15:30 HANADOKI DANCE AYA	14:00~15:00 POLE LEVEL 1 MOMOYO	13:30~14:30 POLE LEVEL 2 RYOTA	13:45~15:00 POLE LEVEL 3&4 SHIGEKO	14:00~15:00 Open Legs EMJAY
14:00	14:30~15:45 POLE LEVEL 2 & 3 SHIGEKO	15:10~16:10 POLE+Heels BASIC (ALL LEVEL) MOMOYO	15:10~16:10 POLE LEVEL 1 RYOTA	15:10~16:10 POLE+Heels BASIC (ALL LEVEL) MOMOYO	15:10~16:10 POLE LEVEL 1 RYOTA	15:10~16:10 POLE LEVEL 1 & 2 RYOTA	14:45~16:00 SPINNING POLE LEVEL 1 & 2 EMJAY	15:15~16:15 POLE LEVEL 1 & 2 EMJAY	15:10~16:10 POLE LEVEL 1 & 2 AYUMI
15:00	16:00~17:15 CHAIR DANCE AYA	16:00~17:00 POLE LEVEL 2 MOMOYO	16:00~17:00 POLE LEVEL 2 MOMOYO	16:20~17:25 POLE LEVEL 3 AYUMI	16:50~18:05 AERIAL SILK LEVEL 2 MIKA	17:30~18:30 POLE LEVEL 1&2 EMJAY	16:30~18:45 POLE LEVEL 3&4 NISHIO	16:45~17:45 AERIAL SILK LEVEL 1 & 2 AYA	16:30~17:30 FLEXIBILITY BEGINNER NISHIO
16:00	17:30~18:30 AERIAL SILK LEVEL 1&2 ALK	17:30~18:30 FREE POLE	17:15~18:15 FREE POLE	17:30~18:30 POLE LEVEL 3 AYUMI	17:45~18:45 POLE LEVEL 1 ELLIES	18:30~19:45 POLE LEVEL 1 NISHIO	17:20~18:45 POLE LEVEL 3&4 NISHIO	18:00~19:00 AERIAL SILK LEVEL 1 & 2 KANAKO	17:45~18:45 POLE LEVEL 1 & 2 KANAKO
17:00									
18:00									
19:00	19:00~20:15 SPINNING POLE 2 ELLIES	19:00~20:00 FLEXIBILITY AYUMI	19:15~20:15 POLE LEVEL 1 ELLIES	19:00~20:00 POLE LEVEL 1 ELLIES	19:30~19:45 POLE LEVEL 1 ELLIES	19:00~20:15 POLE REQUEST (ALL LEVEL)	19:15~20:30 EXOTIC FLOOR FLOW (ADVANCE) MOMOYO		
20:00	20:30~21:45 POLE LEVEL 3&4 AYUMI	20:15~21:15 AERIAL HOOP LEVEL 1 & 2 ALK	20:30~21:30 POLE LEVEL 1 & 2 AYUMI	20:30~21:30 POLE LEVEL 1 & 2 AYUMI	20:00~21:00 POLE TRICK REQUEST (ALL LEVEL) NISHIO				
21:00	20:25~21:25 POLE HEELS (Slow Move) EMJAY	21:45~22:45 AERIAL HOOP LEVEL 1 & 2 ALK	21:45~22:45 POLE LEVEL 1 & 2 AYUMI	21:45~22:45 POLE LEVEL 1 & 2 AYUMI	21:45~22:45 POLE LEVEL 1 & 2 AYUMI				
22:00	21:35~22:35 FREE POLE	21:35~22:35 BodyABS exercise OYO							

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