

August		03-5412-2555 TEL 14:00~21:00						03-5412-2555 TEL 14:00~21:00								
Mon		Tue			Wed			Thu		Fri		Sat			Sun	
Space A	Space B	Space A	Space B	MINI	Space A	Space B	MINI	Space A	Space B	Space A	Space B	Space A	Space B	MINI	Space A	Space B
11:00 Rehabilitation POLE TOMO		10:30~11:30 HAMMOCK STRETCH Mikitty			11:00~12:00 AERIAL HOOP LEVEL 1 Mikitty			11:45~12:45 POLE LEVEL 2 YOKO	11:45~12:45 POLE LEVEL 1 YOKO	10:30~11:30 AERIAL HOOP LEVEL 1 Mikitty		11:00~12:00 POLE LEVEL 2 Mikitty	11:00~12:00 POLE LEVEL 1 Mikitty		10:45~11:45 AERIAL HOOP LEVEL 1 Mikitty	
12:30~13:30 POLE LEVEL 2 PINOKO	12:30~13:30 POLE LEVEL 1 PINOKO	11:45~12:45 AERIAL HOOP LEVEL 1 & 2 MIKA			12:30~13:30 POLE FLOOR FLOW TOMO			13:00~14:00 SPINING POLE HEELS Level 1 YOKO		11:45~12:45 POLE LEVEL 2 YOKO	11:45~12:45 POLE LEVEL 1 YOKO	12:15~13:30 POLE LEVEL 3 YOKO			12:20~13:20 POLE LEVEL 2 Mikitty	12:20~13:20 POLE LEVEL 1 Mikitty
14:00~15:15 POLE LEVEL 2&3 PINOKO		13:00~14:00 SPINING POLE HEELS OK Level 1 Mikitty		13:00~14:00 POLE LEVEL 1&2 NON-P	13:40~14:40 POLE+Heels BASIC (ALL LEVEL) Mikitty			14:15~15:15 ASIAN EXOTIC POLE PINOKO		13:00~14:00 POLE+Heels BASIC (ALL LEVEL) YOKO		13:40~14:40 SPINING POLE Level 1 Mikitty	13:30~14:30 KIDS POLE PINOKO	13:30~14:45 POLE 3&4 9-23th KANAOKO 2-16-30th AKI	13:30~14:45 POLE 3&4 9-23th KANAOKO 2-16-30th AKI	
15:30~16:30 Exotic Snake ELLES		14:15~15:15 SEXY CHAIR BEGINNER NON-P			14:50~15:50 SPINING POLE Level 1&2 PINOKO			15:30~16:45 POLE LEVEL 2&3 YOKO		14:15~15:30 POLE LEVEL 2&3 Mikitty		14:50~16:20 PINOKO's Heels Style PINOKO		14:55~15:55 9-23th Exotic Snake ELLES	15:00~16:00 2-16-30th POLE LEVEL 1&2 TOMO	15:00~16:00 2-16-30th POLE LEVEL 1&2 TOMO
17:00~18:15 YOKO's WS CHAIRACRO		15:30~16:30 EXOTIC FLOW (ALL LEVEL) MOMOYO			16:00~17:15 POLE LEVEL 2&3 RYOTA		16:15~17:15 POLE LEVEL 1&2 Mikitty			15:45~16:45 SPINING POLE HEELS OK Level 1 Mikitty		16:30~17:30 ACROBAT BASIC TOMONORI		16:05~17:20 9-23日 SPINNING POLE LEVEL 2 ELLES	16:15~17:15 2-16-30日 POLE Floor Flow TOMO	16:15~17:15 2-16-30日 POLE Floor Flow TOMO
19:00 10th 19:00~20:00 POLE LEVEL 1 YUYU	19:00~20:00 POLE LEVEL 2 YUYU	19:00~20:15 POLE LEVEL 2&3 RYOTA			19:20~20:20 POLE LEVEL 1 RYOTA	19:20~20:20 POLE LEVEL 2 RYOTA		19:00~20:00 FLEXIBILITY EMIJAY				17:45~18:45 POLE+Heels BASIC (ALL LEVEL) YOKO		17:30~18:45 POLE LEVEL 2&3 Mikitty		
20:10~21:10 POLE HEELS LEVEL 1&2 YUYU		20:30~21:45 SPINING POLE LEVEL 2 RYOTA		20:45~21:45 POLE LEVEL 1 KASUMI	20:30~21:45 POLE 4 STATIC OR SPINNING RYOTA		20:10~21:10 POLE HEELS LEVEL 1&2 EMIJAY		20:10~20:35 POLE LEVEL 3 & 4 REQUEST OK! NISHIO		19:20~20:35 POLE LEVEL 3 & 4 REQUEST OK! NISHIO	19:00~20:00 CHAIR BASIC YOKO		19:00~20:00 POLE+Heels BASIC (ALL LEVEL) YOKO	20:15~21:30 YUYU's WS SEXY MOVEMENT 30th	20:15~21:30 YUYU's WS SEXY MOVEMENT 30th
21:20~22:35 POLE LEVEL 2&3 YUYU			22:00~23:00 FREE POLE			22:00~23:00 FREE POLE		21:20~22:35 POLE LEVEL 2&3 EMIJAY		20:50~22:05 POLE LEVEL 2&3 NISHIO				20:15~21:45 MOMOYO's WS EXOTIC FLOOR TRICK & FLOW 9th,23th	20:15~21:30 YOKO's WS CHAIRACRO	20:15~21:30 YOKO's WS CHAIRACRO

