

Oct			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	MINI	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	MINI		
11:00 NEW! 11:00~12:00 STRETCHING& LOWER BODY TRAINING TOMO			10:30~11:30 HAMMOCK STRETCH Mikitty ☆			11:00~12:00 AERIAL HOOP LEVEL 1 Mikitty ☆			11:15~12:15 POLE LEVEL2 YOKO	11:15~12:15 POLE LEVEL 1 YOKO	10:30~11:30 AERIAL HOOP LEVEL 1 Mikitty ☆		11:00~12:00 POLE LEVEL2 Mikitty	11:00~12:00 POLE LEVEL 1 Mikitty		10:45~11:45 AERIAL HOOP LEVEL 1 Mikitty				
12:00 NEW! 12:30~13:30 Pole Dance Fun! PINOKO ☆			11:45~12:45 AERIAL HOOP LEVEL 1&2 MIKA			12:30~13:30 POLE FLOOR FLOW TOMO			12:30~13:30 SPINNING POLE HEELS Level 1 YOKO		11:50~12:50 POLE LEVEL 2 YOKO	11:50~12:50 POLE LEVEL 1 YOKO	12:15~13:30 POLE LEVEL 2&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			13:10~14:10 SPINNING POLE HEELS OK Level Mikitty ☆		13:00~14:00 POLE LEVEL 1&2 NON-P	13:40~14:40 POLE+Heels BASIC (ALL LEVEL) Mikitty ☆			13:45~14:45 POLE+Heels BASIC (ALL LEVEL) PINOKO ☆		13:00~14:00 POLE+Heels BASIC (ALL LEVEL) YOKO		13:40~14:40 SPINNING POLE Level 1 Mikitty		13:30~14:30 KIDS POLE PINOKO	13:30~14:45 POLE LEVEL 3&4 4B KANAKO 11-25日 AKI	13:30~14:45 18th MOMO's WS			
NEW! 15:30~16:30 12-20th POLE HEELS (SLOW MOVE) YUYU	NEW! 16:15~17:15 5-18th POLE HEELS (SLOW MOVE) MOMOYO		14:20~15:20 SEXY CHAIR BEGINNER NON-P			14:50~15:50 SPINNING POLE Level 1&2 PINOKO			15:00~16:00 ASIAN EXOTIC POLE		14:15~15:30 POLE LEVEL 2&3 Mikitty		14:50~16:20 PINOKO WS PINOKO's Heels Style			14:55~15:55 NEW! 15:00~16:00 POLE+Heels BASIC (ALL LEVEL) MOMOYO	NEW! 15:00~16:00 11-25日 BodyMaintenance TOMO			
			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 SPINNING POLE HEELS OK Level 1 Mikitty ☆		16:30~17:30 ACROBAT BASIC TOMONORI			16:05~17:20 4-18th SPINNING POLE LEVEL 2 ELLES	16:15~17:15 11-25日 POLE Floor Flow TOMO			
19:15~20:30 POLE LEVEL 2&3 YUYU		19:20~20:20 POLE LEVEL1 KASUMI	NEW! 16:45~18:00 MOMO's WS cheres			19:20~20:20 POLE LEVEL 1 RYOTA	19:20~20:20 POLE LEVEL 2 RYOTA						17:45~18:45 POLE+Heels BASIC (ALL LEVEL) YOKO			17:30~18:45 POLE LEVEL 2&3 Mikitty				
NEW!20:45~21:45 Sexy movement (ALL LEVEL) YUYU			20:30~21:45 POLE LEVEL 2&3 RYOTA		20:45~21:45 POLE LEVEL1 KASUMI	20:30~21:45 POLE 4 STATIC OR SPINNING RYOTA			19:20~20:35 POLE LEVEL 2&3 EMIJAY		19:20~20:35 POLE LEVEL 3& 4 REQUEST OK! NISHIO		19:00~20:00 EXOTIC CHAIR BASIC YOKO			19:00~20:00 POLE HEELS (SLOW MOVE) YOKO	20:15~21:30 YUYU's WS			
			20:30~21:45 SPINNING POLE LEVEL 2 RYOTA						20:50~22:05 POLE HEELS LEVEL 1&2 EMIJAY		20:50~22:05 POLE LEVEL 2&3 NISHIO		NEW! 20:15~21:30 MOMO's WS SPINNING			20:15~21:30 SHIGEKO's WS Heels movement	20:15~21:30 YOKO's WS CHAIR.ACRO			

***If you are level1, this is a class you can take!
 ☆***If you have an Unlimited plan, this is a class you can take!