

NOVEMBER

TEL 03-5412-2555 14:00~21:00

MON	
A studio	B studio
	11:30 ~ 12:30 SPINNING POLE HEELS SUPER BEGINNER
11:30 ~ 12:30 POLE LEVEL 1&2 SALLY	NON-P
13:00 ~ 14:00 POLE HEELS BASIC (ALL LEVEL) NON-P	TICKET ONLY FREE POLE
14:30 ~ 15:15 STRETCH SALLY	TICKET ONLY FREE POLE
15:30 ~ 16:30 SPINNING POLE SUPER BEGINNER SALLY	FREE POLE
16:45 ~ 17:45 FREE POLE	FREE POLE
19:00 ~ 20:15 POLE TRICK REQUEST (ALL LEVEL) NISHIO	19:00 ~ 20:00 ボールレベル2 Pego (Kasumi)
20:30 ~ 21:45 POLE LEVEL 2&3 NISHIO	20:40 ~ 21:40 POLE LEVEL 1&2 Pego (Kasumi)
22:00 ~ 23:15 POLE REQUEST (ALL LEVEL) NISHIO	

TUE	
A studio	B studio
11:30 ~ 12:30 SPINNING POLE SUPER BEGINNER SALLY	11:30 ~ 12:30 TICKET ONLY FREE POLE
13:00 ~ 14:00 POLE LEVEL 1&2 SALLY	TICKET ONLY FREE POLE
14:30 ~ 15:15 STRETCH SALLY	FREE POLE
15:30 ~ 16:30 POLE LEVEL 1&2 YUI	FREE POLE
	18:00 ~ 19:00 ※23h 16:30 ~ 17:30 AERIAL HOOP LEVEL 1&2 KOZUE
19:15 ~ 20:15 ※23h 18:45 ~ 17:45 SPINNING POLE LEVEL 1 RIE	19:15 ~ 20:15 ※23h 17:45 ~ 18:45 POLE LEVEL 1&2 YUI
20:30 ~ 21:30 ※23h 18:00 ~ 19:00 POLE LEVEL 1&2 RIE	20:30 ~ 21:45 ※23h 19:00 ~ 20:15 POLE LEVEL 3&4 STATIC OR SPINNING YUI
21:45 ~ 22:45 ※23h 19:15 ~ 20:15 TICKET ONLY FREE POLE	

WED	
A studio	B studio
11:45 ~ 13:00 POLE LEVEL 2&3 PINOKO	11:45 ~ 12:45 POLE LEVEL 1&2 SALLY
13:15 ~ 14:15 HEELS BEGINNER PINOKO	13:15 ~ 14:15 FREE POLE
14:30 ~ 15:30 SPINNING POLE LEVEL 1 MOMO.K	14:30 ~ 15:30 STRETCH SALLY
15:45 ~ 16:45 POLE HEELS BASIC (ALL LEVEL) MOMO.K	16:00 ~ 17:00 POLE LEVEL 1&2 SALLY
17:15 ~ 18:15 FREE POLE	18:00 ~ 19:00 AERIAL HOOP LEVEL 1&2 KOZUE
	19:30 ~ 20:30 HAMMOCK DANCE LEVEL 1&2 KOZUE
20:15 ~ 21:30 POLE LEVEL 3&4 STATIC OR SPINNING SHIGEKO	20:50 ~ 21:50 FLOORACRO TOMONORI

THU	
A studio	B studio
	10:30 ~ 11:30 POLE LEVEL 1 Non-P
11:30 ~ 12:45 POLE ALL LEVEL PINOKO	11:45 ~ 12:45 POLE HEELS BASIC (ALL LEVEL) Non-P
13:00 ~ 14:00 SPINNING POLE & FLOOR PINOKO	13:00 ~ 14:00 POLE LEVEL 1&2 akane ☆ platinum
14:15 ~ 15:15 TICKET ONLY FREE POLE	14:15 ~ 15:30 POLE LEVEL 2&3 akane ☆ platinum
15:30 ~ 16:30 AEROBAT BASIC BEKKUN	15:40 ~ 16:40 FREE POLE
	16:45 ~ 17:45 FREE POLE
18:15 ~ 19:15 SPINNING POLE LEVEL 1 (BARE FOOT or PUT ON HEELS OK) MOMOYO	18:00 ~ 19:15 SPINNING POLE LEVEL 2 and more AI
19:30 ~ 20:30 EXOTIC FLOOR FLOW BASIC MOMOYO	19:30 ~ 20:30 FREE POLE
20:45 ~ 21:45 EXOTIC FLOW MOMOYO	20:45 ~ 21:45 AEROBAT BASIC BEKKUN

FRI	
A studio	B studio
	11:00 ~ 12:00 POLE LEVEL 1&2 Non-P
12:30 ~ 13:45 EXOTIC POLE LEVEL 2 SHI-KO	12:15 ~ 13:15 POLE HEELS BASIC (ALL LEVEL) NON-P
14:00 ~ 15:00 5-19th FLEXIBILITY BEGINNER 12-26th POLE & FLOOR AYUMI	13:30 ~ 14:30 SPINNING POLE HEELS LEVEL 1 MOMO.K
15:15 ~ 16:15 SPINNING POLE LEVEL 1 AYUMI	14:45 ~ 15:45 Hip training NON-P
	16:00 ~ 17:00 FREE POLE
	17:15 ~ 18:15 FREE POLE
18:00 ~ 19:15 FLYING POLE WS SHIGEKO	18:45 ~ 19:45 POLE LEVEL 1&2 Pego (Kasumi)
19:30 ~ 20:30 SPINNING POLE LEVEL 1 SHIGEKO	20:00 ~ 21:15 POLE LEVEL 2&3 Pego (KASUMI)
21:00 ~ 22:00 AERIAL HOOP LEVEL 1 MOMO.K	21:30 ~ 22:30 TICKET ONLY FREE POLE

SAT	
A studio	B studio
10:30 ~ 11:30 LEVEL 1&2 AI	10:30 ~ 11:30 TICKET ONLY FREE POLE
11:45 ~ 13:00 SPINNING POLE LEVEL 2 and more AI	11:45 ~ 13:00 POLE LEVEL 2&3 AYUMI
13:15 ~ 14:30 POLE LEVEL 3&4 AI	13:15 ~ 14:15 SPINNING POLE LEVEL 1 AYUMI
14:45 ~ 15:45 SPINNING POLE LEVEL 1 (BARE FOOT or PUT ON HEELS OK) MOMO.K	14:30 ~ 15:30 POLE LEVEL 1&2 13-27th Pego (KASUMI)
16:00 ~ 17:15 POLE LEVEL 2&3 13-27th akane ☆ platinum 6-20th Pego (KASUMI)	15:50 ~ 17:05 CONTORTION WS BEGGINER NON
17:30 ~ 18:30 13-27th POLE LEVEL 1&2 akane ☆ platinum	17:30 ~ 18:30 POLE HEELS BASIC SUPER BEGINNER
20th POLE LEVEL 2 Pego (KASUMI)	MOMO.K
18:45 ~ 19:45 SPINNING LEVEL 1 (BARE FOOT or PUT ON HEELS OK) Mikiity	18:45 ~ 19:45 POLE HEELS BASIC (ALL LEVEL) MOMO.K
20:00 ~ 21:00 FREE POLE	

SUN	
A studio	B studio
10:30 ~ 11:45 POLE LEVEL 3 AYUMI	11:00 ~ 12:00 10-21st TICKET ONLY FREE POLE 10:45 ~ 11:45 KPOP x POLEDANCE Pego (KASUMI)
12:00 ~ 13:00 SPINNING POLE LEVEL 1 AYUMI	12:15 ~ 13:15 10-21st TICKET ONLY FREE POLE 12:00 ~ 13:15 14-28th ボールレベル 2&3 Pego (KASUMI)
13:15 ~ 14:15 Pole Floor Flow AYUMI	13:30 ~ 14:30 POLE LEVEL 1 7-21th akane ☆ platinum 14-28th Pego (KASUMI)
15:00 ~ 16:00 AERIAL HOOP LEVEL 1 AYUKO	15:00 ~ 16:00 POLE LEVEL 2 7-21th akane ☆ platinum 14-28th Pego (KASUMI)
16:15 ~ 17:30 AERIAL HOOP LEVEL 2&3 AYUKO	16:30 ~ 17:30 FREE POLE
18:00 ~ 19:00 POLE HEELS (SLOW MOVE) MOMOYO	18:00 ~ 19:00 FREE POLE
19:30 ~ 20:45 EXOTIC FLOOR FLOW (ADVANCE) MOMOYO	19:15 ~ 20:15 TICKET ONLY FREE POLE

🍀 **If you are level 1, this is a class you can take!