

# APRIL

※All studios are closed on 13th & 14th due to Polish Exhibition

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00						10:30~11:45 POLE LEVEL 2&3 AYUMI	10:00~11:00 ※Only 7th & 21st Flying Pole Spin Milly
11:00	11:00~12:00 ※Except 15th AERIAL STRETCH	11:45~12:45 AERIAL HOOP BEGINNER & LEVEL 1 SHIORI	10:30~11:30 SPINNING POLE BEGINNER Hitomi	10:45~11:45 ※Only 4th & 18th AERIAL SILK BASIC for BEGINNER MARICO	11:15~12:15 POLE LEVEL 1&2 AYA	12:00~13:00 SPINNING POLE LEVEL 1 AYUMI	11:15~12:15 POLE LEVEL 1&2 AO
12:00	12:15~13:15 ※Except 15th AERIAL SILK BASIC for BEGINNER ACO	13:00~14:00 AERIAL SILK BASIC for BEGINNER SHIORI	11:45~12:45 POLE LEVEL 1&2 Hitomi	12:00~13:00 ※Only 4th & 18th AERIAL SILK LEAERIAL LEVEL 1&2 MARICO	12:45~13:45 5th & 19th AERIAL HOOP BASIC for BEGINNER 12th & 26th AERIAL HAMMOCK AYA	13:15~14:15 BODY CONTROL STRETCH AYUMI	12:45~13:45 POLE ART (OVER POLE LEVEL 2) ao
13:00	14:00~15:15 POLE TRICK REQUEST ALL LEVEL NISHIO	14:20~15:20 Rhythmic gymnastics based Body conditioning + stretch MOKA	14:30~15:30 YOGA based body conditioning + stretch Antonia		14:00~15:00 AERIAL HOOP ALL LEVEL AYA	14:30~15:45 7th POLE LEVEL 3&4 6th & 20th Pole Floor Flow Basic AYUMI	14:00~15:15 POLE LEVEL 3&4 STATIC OR SPINNING NISHIO
14:00	15:30~16:30 POLE LEVEL 1&2 NISHIO		16:00~17:00 AERIAL HOOP BASIC for BEGINNER Momo			16:00~17:00 POLE LEVEL 1&2 Momo	15:30~16:30 STRETCH & HANDSTANDS ADVANCED LEVEL NISHIO
15:00	17:15~18:15 ※Except 8th ※29th 16:45~17:45 SPINNING POLE LEVEL 1 Pego (KASUMI)			18:00~19:00 ※Except 11th & 18th SPINNING POLE LEVEL 1 SALLY		17:30~18:30 STRETCH & HANDSTANDS FOR BEGINNER Momo	16:45~18:00 POLE LEVEL 2&3 NISHIO
16:00	18:30~19:30 ※Except 8th ※29th 18:00~19:00 POLE LEVEL 1&2 Pego (KASUMI)	19:00~20:00 SPINNING POLE SUPER BEGINNER RIE	19:00~20:00 POLE LEVEL 1&2 Momo	18:45~20:00 ※11th & 18th Flying Pole WS Milly	18:30~19:30 POLE LEVEL 1&2 ELLES	18:30~19:30 POLE LEVEL 1&2 NISHIO	18:15~19:15 ※Only 28th SPINNING POLE LEVEL 1 RIE
17:00	19:45~20:45 ※8th 19:00~20:00 ※29th 19:15~20:15 HEELS CHOREO CLASS YUI	20:15~21:15 POLE LEVEL 1&2 RIE	20:15~21:15 FLEXY TRICK (Cocoon, Eagle, Spleen & Superpain) Momo	19:15~20:15 ※Except 11th & 18th STRETCH ADVANCED LEVEL SALLY	19:45~21:00 POLE LEVEL 2&3 ELLES	19:45~20:45 POLE TRICK REQUEST ALL LEVEL NISHIO	19:30~20:30 ※Only 28th SPINNING POLE BEGINNER RIE
18:00	21:00~22:15 ※8th 20:15~21:30 ※29th 20:30~21:45 POLE LEVEL 3&4 STATIC OR SPINNING YUI	21:30~22:30 TICKET ONLY FREE POLE		20:30~21:30 POLE LEVEL 1&2 Milly			
19:00							
20:00							
21:00							
22:00							