

# APRIL

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00							
11:00				10:45~11:45 ※Only 4th & 18th AERIAL SILK BASIC for BEGINNER MARICO			
12:00		11:45~12:45 AERIAL HOOP BEGINNER & LEVEL 1 SHIORI	11:45~12:45 POLE LEVEL 1&2 Hitomi		11:15~12:15 POLE LEVEL 1&2 AYA		11:15~12:15 POLE LEVEL 1&2 AO
13:00	12:15~13:15 ※Except 15th AERIAL SILK BASIC for BEGINNER ACO	13:00~14:00 AERIAL SILK BASIC for BEGINNER SHIORI	13:15~14:15 AERIAL HOOP BASIC for BEGINNER Hitomi		12:45~13:45 5th & 19th AERIAL HOOP BASIC for BEGINNER 12th & 26th AERIAL HAMMOCK AYA		
14:00		14:20~15:20 Rhythmic gymnastics based Body conditioning + stretch MOKA	14:30~15:30 YOGA based body conditioning +stretch Antonia				
15:00	15:30~16:30 POLE LEVEL 1&2 NISHIO		16:00~17:00 ※Except 24th AERIAL HOOP BASIC for BEGINNER Momo			16:00~17:00 POLE LEVEL 1&2 Momo	16:30~18:30 STRETCH & HANDSTANDS ADVANCED LEVEL KASUMI
16:00						17:15~18:15 STRETCH BARRIERS FOR BEGINNER Momo	
17:00							
18:00	18:30~19:30 ※Except 8th ※29th 18:00~19:00 POLE LEVEL 1&2 Pego (KASUMI)		19:00~20:00 POLE LEVEL 1&2 Momo		18:30~19:30 POLE LEVEL 1&2 ELLES	18:30~19:30 POLE LEVEL 1&2 NISHIO	
19:00							
20:00		20:15~21:15 POLE LEVEL 1&2 RIE					
21:00				20:30~21:30 POLE LEVEL 1&2 Milly			
22:00							