

MAY

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00						10:30~11:45 Pole Trick Clinic AYUMI ※Only 4th POLE LEVEL 2&3 Ayako	10:00~11:00 ※Except 5th Flying Pole Spin Milly
11:00	11:00~12:00 AERIAL STRETCH ACO	11:45~12:45 AERIAL HOOP BEGINNER & LEVEL 1 SHIORI		10:45~11:45 2nd, 18th & 30th AERIAL SILK BASIC for BEGINNER MARICO	11:15~12:15 POLE LEVEL 1&2 AYA	12:00~13:00 SPINNING POLE LEVEL 1 AYUMI ※Only 4th POLE LEVEL 1&2 Ayako	11:15~12:15 POLE LEVEL 1&2 AO
12:00	12:15~13:15 AERIAL SILK BASIC for BEGINNER AGO	13:00~14:00 AERIAL SILK BASIC for BEGINNER SHIORI		12:00~13:00 2nd, 18th & 30th AERIAL SILK LEAERIAL LEVEL 1&2 MARICO	12:45~13:45 5th & 19th AERIAL HOOP BASIC for BEGINNER 12th & 26th AERIAL HAMMOCK AYA ※Only 10th & 31st POLE LEVEL 1&2 Hitomi	12:45~13:45 POLE ART (OVER POLE LEVEL 2) ao	12:45~13:45
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 Body conditioning +stretch Antonia		14:00~15:00 AERIAL HOOP ALL LEVEL AYA 10th & 31st Hitomi	14:30~15:45 POLE LEVEL 3&4 AYUMI 4th ao	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 ※Except 4th POLE LEVEL 1&2 Momo	16:00~16:30 STRETCH & MANEUVERING ADVANCED LEVEL NISHIO
15:00	17:15~18:15 ※8th 16:45~17:45 SPINNING POLE LEVEL 1 Peggy (KASUMI)			18:45~20:00 ※16th & 30th Flying pole WS Milly	18:30~19:30 POLE LEVEL 1&2 ELLES	17:15~18:15 ※Except 4th STRETCH & MANEUVERING FOR BEGINNER Momo	16:45~18:00 POLE LEVEL 2&3 NISHIO
16:00	18:30~19:30 ※8th 18:00~19:00 POLE LEVEL 1&2 Peggy (KASUMI)	19:00~20:00 SPINNING POLE SUPER BEGINNER RIE	19:00~20:00 POLE LEVEL 1&2 Momo		19:45~21:00 POLE LEVEL 2&3 ELLES	18:30~19:30 POLE LEVEL 1&2 NISHIO	18:15~19:15 ※Only 12 & 26th SPINNING POLE LEVEL 1 RIE
17:00	19:45~20:45 ※8th 19:15~20:15 HEELS CHOREO CLASS YUI	20:15~21:15 POLE LEVEL 1&2 RIE	20:15~21:15 1st, 15th & 29th FLEXY TRICK (Cocoon, Eagle, Spleen & Superman) 8th & 22nd SPINNING POLE LEVEL 1&2 Momo	19:00~20:15 ※2nd, 8th & 23rd POLE LEVEL 3 & 4 STATIC or SPINNING Ayako		19:45~20:45 POLE TRICK REQUEST ALL LEVEL NISHIO	19:00~20:00 ※Only 12th & 26th SPINNING POLE BEGINNER RIE
18:00	21:00~22:15 ※8th 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 2nd Ayako			
19:00							
20:00							
21:00							
22:00							