

MAY

	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			11:15~12:15 POLE LEVEL 1&2 AYA		11:15~12:15 POLE LEVEL 1&2 AO
13:00	12:15~13:15 AERIAL SILK BASIC for BEGINNER ACO	13:00~14:00 AERIAL SILK BASIC for BEGINNER SHIORI			12:45~13:45 5th & 19th AERIAL HOOP BASIC for BEGINNER 12th & 26th AERIAL HAMMOCK AYA		
14:00							
15:00		14:20~15:20 Rhythmic gymnastics based Body conditioning + stretch MOKA	14:30~15:30 body conditionin +stretch Antonia				
16:00	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 ※Except 4th POLE LEVEL 1&2 Momo		15:30~16:30 STRETCH & HANDSTANDS ADVANCED LEVEL MOMO
17:00					17:00~18:00 ※Except 9th STRETCH & HANDSTANDS FOR BEGINNER Momo		
18:00							
19:00	18:30~19:30 ※6th 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	
20:00							
21:00		20:15~21:15 POLE LEVEL 1&2 RIE		20:30~21:30 POLE LEVEL 1&2 Milly 2nd Ayako			
22:00							