

NOVEMBER

TEL 03-5412-2555 1400~2100

	MON	
	A studio	B studio
10:00		
11:00		
11:30~12:30	POLE LEVEL 1&2 SALLY	AERIAL SILK LEVEL 1
12:30	Handstand & Backbend Enhancement acha	Sayo
13:00~14:00	14th & 18th SALLY	AERIAL SILK LEVEL 1&2
14:00	SPINNING POLE LEVEL 2 SALLY	Sayo
14:15~15:15	TICKET ONLY FREE POLE	14:15~15:15
15:00	SPINNING POLE SUPER BEGINNER SALLY	TICKET ONLY FREE POLE
15:30~16:30	FREE POLE	15:30~16:30
16:00	16:45~17:45	FREE POLE
17:00	FREE POLE	
18:00		
19:00	HEELS SUPER BEGINNER YUI	POLE TRICK REQUEST (ALL LEVEL) NISHIO
20:00	20:40~21:40 POLE LEVEL 1&2 YUI	20:30~21:45 POLE LEVEL 2&3 NISHIO
21:00	22:00~23:15 POLE REQUEST (ALL LEVEL) NISHIO	22:00~23:00 TICKET ONLY FREE POLE

	TUE	
	A studio	B studio
11:30~12:30	1st, 15th & 25th SPINNING POLE SUPER BEGINNER SALLY	11:30~12:30 TICKET ONLY FREE POLE
12:45~13:45	POLE LEVEL 2&3 SALLY	POLE HEELS BASIC SUPER BEGINNER YUI
14:15~15:15	14:15~15:15 SALLY	TICKET ONLY FREE POLE
15:30~16:30	15:30~16:30 SALLY	POLE LEVEL 1&2 YUI
16:45~17:45	TICKET ONLY FREE POLE	16:45~17:45
17:15~18:15	AERIAL SILK LEVEL 1 Sayo	TICKET ONLY FREE POLE
19:00~20:15	SPINNING POLE SUPER BEGINNER RIE	POLE LEVEL 2&3 acha 22nd AYUMI
20:30~21:30	POLE LEVEL 1&2 RIE	BODY CONTROL STRETCH acha 22nd AYUMI
21:45~22:45	TICKET ONLY FREE POLE	

	WED	
	A studio	B studio
11:45~13:00	POLE LEVEL 2&3 PINOKO	NEW!! 11:45~13:00 ポール 3&4 STATIC OR SPINNING SALLY
13:15~14:15	POLE HEELS BEGINNER PINOKO	NEW!! 13:15~14:15 Backbend Intensive course SALLY
14:30~15:30	SPINNING POLE LEVEL 1 MOMO.K	14:30~15:30 POLE LEVEL 1&2 SALLY
15:45~16:45	NEW!! 15:45~16:45 Sexy Slow Movement MOMO.K	15:45~16:45 TICKET ONLY FREE POLE
17:15~18:15	FREE POLE	17:15~18:15 *Except 25th
19:00~20:00	SPINNING POLE LEVEL 1 SHIGEKO	19:00~19:00 *23rd 17:30~18:30 AERIAL HOOP LEVEL 1 KOZUE
20:15~21:15	POLE HEELS CLASS SHIGEKO	19:15~20:30 *23rd 18:45~19:45 AERIAL HOOP LEVEL 2&3 KOZUE
		20:15~21:50 FLOORACRO TOMONORI

	THU	
	A studio	B studio
11:30~12:45	POLE ALL LEVEL PINOKO	11:45~12:45 TICKET ONLY FREE POLE
13:00~14:00	SPINNING POLE LEVEL 2 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	BODY CONTROL STRETCH acha	15:45~16:45 AEROBAT BASIC BEKKUN
17:00~18:00	SPINNING POLE LEVEL 1&2 acha	17:00~18:10 AERIAL SILK LEVEL 1 AKI
18:00~19:00	SPINNING POLE LEVEL 2 and more AI	18:00~19:00 SPINNING POLE SUPER BEGINNER PAGO (KASUMI)
19:00~20:00	POLE LEVEL 2&3 PAGO (KASUMI)	19:00~20:00 POLE LEVEL 1&2 PAGO (KASUMI)
20:00~21:45	3rd Spinning pole 1&2 acha	20:00~21:45 AEROBAT BASIC BEKKUN
21:45~22:45	10th Flexy Trick MOMO.K	
22:45~23:45	17th Drop beginner 24th Drop Advance (75min) PAGO (KASUMI)	

	FRI	
	A studio	B studio
10:30~11:45	POLE ALL LEVEL AYUYM	11:15~12:15 11th & 25th POLE LEVEL 1&2 SALLY
12:00~13:00	AYUYM	12:00~13:00 SPINNING POLE SUPER BEGINNER SALLY
13:15~14:30	TRICK & COMBINATION AYUYM	NEW!! 13:45~14:45 POLE HEELS BASIC ALL LEVEL MOMO.K
15:00~16:00	NEW!! 15:00~16:00 SPINNING POLE CHOREO AYUYM	15:00~16:00 FREE POLE
16:15~17:15	FLYING POLE BEGINNER SHIGEKO	16:15~17:15 FREE POLE
18:00~19:15	SPINNING POLE LEVEL 1 SHIGEKO	18:00~19:00 SPINNING POLE SUPER BEGINNER PAGO (KASUMI)
19:30~20:30	POLE LEVEL 2&3 PAGO (KASUMI)	19:30~20:20 POLE LEVEL 1&2 PAGO (KASUMI)
20:45~22:00	POLE LEVEL 2&3 PAGO (KASUMI)	21:00~22:00 AERIAL HOOP LEVEL 1 MOMO.K

	SAT	
	A studio	B studio
10:30~11:30	POLE LEVEL 1&2 AI	10:30~11:30 5th & 19th TICKET ONLY FREE POLE
11:45~13:00	SPINNING POLE LEVEL 2 and more AI	12th & 26th BODY CONTROL AYUMI
13:15~14:30	POLE LEVEL 3&4 AI	11:45~13:00 POLE LEVEL 2&3 AYUMI
14:45~15:45	POLE TRICK COMBINATION (Request OK!) 12th & 26th YOSHIIRO	12:15~14:15 SPINNING POLE BEGINNER AYUMI 26th YOSHIIRO
16:00~17:15	POLE LEVEL 2&3 akane platinum	14:30~15:30 POLE LEVEL 1&2 5th & 19th akane platinum
17:30~18:30	POLE LEVEL 1&2 12-26th YOSHIIRO	15:50~17:05 CONTORTION WS BEGINNER NON
18:45~19:45	SPINNING POLE SUPER BEGINNER PAGO (KASUMI)	17:30~18:30 FLEXY TRICK MOMO.K
20:00~21:30	POLE LEVEL 1&2 PAGO (KASUMI)	18:45~19:45 POLE LEVEL 1 NISHIO
20:00~21:15	POLE TRICK REQUEST (ALL LEVEL) NISHIO	20:00~21:30 KPOP x POLEDANCE PAGO (KASUMI)

	SUN	
	A studio	B studio
10:30~11:45	POLE LEVEL 2&3 AYUMI	10:45~11:45 KPOP x POLEDANCE PAGO (KASUMI)
12:00~13:15	POLE LEVEL 2&3 AYUYM	12:00~13:15 POLE LEVEL 2&3 PAGO (KASUMI)
13:30~14:30	Pole Floor Flow AYUMI	13:30~14:30 POLE LEVEL 1 akane platinum
14:45~16:00	STRIP HEELS ADVANCE YOKO	SPINNING POLE SUPER BEGINNER PAGO (KASUMI)
16:15~17:30	EXOTIC CHAIR ARTISTIC WS YOKO	15:00~16:00 POLE LEVEL 2 YOKO
18:00~19:00	POLE HEELS (SLOW MOVE) MOMOYO	13th & 27th akane platinum 5th & 20th PAGO (KASUMI)
19:30~20:45	EXOTIC FLOOR FLOW (ADVANCE) MOMOYO	16:15~17:15 POLE LEVEL 1&2 AYUMI
		17:30~18:30 FREE POLE
		18:45~19:45 TICKET ONLY FREE POLE

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