

DECEMBER

TEL 03-5412-2555 1400~2100

	MON	B studio
1000		
1100		
1200	11:30~12:30 POLE LEVEL 1&2 SALLY	TICKET ONLY FREE POLE
1300	13:00~14:00 Handstand & Backbend Enhancement acha	TICKET ONLY FREE POLE
1400	14:00~14:30 KROPOP	NEW! 14:15~15:15 Isolation + rhythm training
1500	14:30~15:30 SALLY	acha
1600	15:30~16:30 SPINNING POLE LEVEL 1&2	TICKET ONLY FREE POLE
1700	16:45~17:45	
1800	TICKET ONLY FREE POLE	
1900	19:00~20:00 HEELS SUPER BEGINNER YUI	19:00~20:15 POLE TRICK REQUEST (ALL LEVEL)
2000	※Only 2th SPINNING POLE LEVEL 1 Pepo (KASUMI)	NISHIO
2100	20:40~21:40 SPINNING POLE LEVEL 1 YUI	20:30~21:45 POLE LEVEL 2&3
2200	※Only 8th POLE LEVEL 1&2 Pepo (KASUMI)	NISHIO
	22:00~23:15 POLE REQUEST (ALL LEVEL) NISHIO	TICKET ONLY FREE POLE

	TUE	B studio
11:30~12:30 10th & 27th SPINNING POLE SUPER BEGINNER	11:30~12:30	TICKET ONLY FREE POLE
8th & 20th SPINNING POLE LEVEL 1	NEW! 11:45~13:00	
12:45~14:00	※Only 3&4 STATIC OR SPINNING YUI 8th sayuri	
12:45~13:45 POLE LEVEL 2&3	12:45~13:45 POLE HEELS BASIC SUPER BEGINNER YUI	
14:00~14:30 SALLY	※Only 6th POLE HEELS BASIC BEGINNER sayuri	
14:30~15:30 KROPOP	15:30~16:30 ポール レベル 1&2 YUI	
15:45~16:45	※Only 8th sayuri	
TICKET ONLY FREE POLE	16:45~17:45	
	TICKET ONLY FREE POLE	
19:00~20:00	19:00~20:15 POLE LEVEL 2&3	
※Only 2th SPINNING POLE LEVEL 1 Pepo (KASUMI)	20:15~21:15 POLE LEVEL 1&2 RIE 13th AYUMI	
20:40~21:40 SPINNING POLE LEVEL 1 YUI	20:30~21:30 BODY CONTROL STRETCH acha	
※Only 8th POLE LEVEL 1&2 Pepo (KASUMI)	TICKET ONLY FREE POLE	
22:00~23:15 POLE REQUEST (ALL LEVEL) NISHIO		

	WED	B studio
11:45~13:00	NEW! 11:45~13:00	
POLE LEVEL 2&3	※Only 3&4 STATIC OR SPINNING SALLY	
13:15~14:15	13:15~14:15	Backbend Intensive course
14:30~15:30 SPINNING POLE LEVEL 1	14:30~15:30 POLE LEVEL 1&2 SALLY	
15:45~16:45	15:45~16:45	
TICKET ONLY FREE POLE	TICKET ONLY FREE POLE	
17:15~18:15	18:00~19:00	AERIAL HOOP LEVEL 1
19:00~20:00	19:15~20:30	AERIAL HOOP ALL LEVEL
20:15~21:15	20:50~21:50	FLOORACRO
21:30~22:30	20:50~21:50	FLOORACRO
TICKET ONLY FREE POLE	20:50~21:50	TOMONORI

	THU	B studio
11:30~12:45	11:30~12:45	
POLE ALL LEVEL	11:45~12:45	
13:00~14:00	TICKET ONLY FREE POLE	
13:15~14:15	13:00~14:00 POLE LEVEL 1&2 akane platinum	
14:15~15:15	14:15~15:30 POLE LEVEL 2&3	
14:15~15:15	15:45~16:45	
15:30~16:30	18:00~19:00	AERIAL SILK LEVEL 1
18:00~19:00	18:00~19:00	AERIAL SILK LEVEL 1
19:00~19:15	19:00~19:15	AKI
19:30~20:30 ※Only 1st Backbend Intensive course acha	19:30~20:30 POLE HEELS LEVEL 1 Pepo (KASUMI)	
※Only 8th & 15th Sexy Slow Movement MOMO K	20:45~21:45	
※Only 8th Sexy Hawk Theme sayuri	20:45~21:45	AGROBAT BASIC
※Only 1st SPINNING POLE LEVEL 1&2	20:45~21:45	BEKKUN
※Only 8th & 15th Flexy Trick MOMO K		
※22nd Exotic Trick sayuri		

	FRI	B studio
10:30~11:45	11:15~12:15 9th & 23rd POLE LEVEL 1&2 SALLY	
12:00~13:00	12:00~13:00	
13:15~14:30	13:15~14:30	
15:00~16:00	15:00~16:00	
16:15~17:15	16:15~17:15	
18:00~19:15	18:00~19:15	
19:30~20:30	19:30~20:30	
20:45~22:00	20:45~22:00	
21:00~22:00	21:00~22:00	
22:00~23:00	22:00~23:00	

	SAT	B studio
NEW! 10:30~11:45 ※Only 3rd FREE POLE	10:30~11:45 POLE LEVEL 2&3	
12:00~13:00 SPINNING POLE LEVEL 2 and more (60min)	12:00~13:15 POLE LEVEL 3&4	
13:15~14:30 ※Only 3rd 11:45~12:45 POLE FREE SUPPORT akane platinum	13:15~14:30 POLE LEVEL 3&4	
14:45~15:45	14:45~15:45	
16:00~17:15 ※Only 17th 13:45~17:00 POLE LEVEL 2&3	16:00~17:15 POLE LEVEL 2&3	
17:30~18:30 10th POLE TRICK COMBINATION 24th SPINNING POLE BEGINNER YOSHIBIRO	17:30~18:30	
18:45~19:45 3rd & 17th SPINNING POLE LEVEL 1 Misty	18:45~19:45 POLE LEVEL 1 NISHIO	
19:15~20:15 10th & 24th Sexy movement sayuri	19:15~20:15	
20:00~21:15	20:00~21:00	
21:00~22:00	21:00~22:00	
22:00~23:00	22:00~23:00	

	SUN	B studio
10:30~11:45	10:30~11:45	
12:00~13:15	12:00~13:15	
13:30~14:30 POLE FLOOR FLOW	13:30~14:30 POLE FLOOR FLOW	
14:45~16:00	14:45~16:00	
16:15~17:15	16:15~17:15	
18:00~19:00	18:00~19:00	
19:15~20:30	19:15~20:30	
20:00~21:00	20:00~21:00	
21:00~22:00	21:00~22:00	
22:00~23:00	22:00~23:00	

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

※ We are closed during the New Year's holidays, from December 28th to January 3rd.