

MAY

TEL 03-5412-2555 1400~2100

| | MON | |
|-------|---|--|
| | A studio | B studio |
| 10:00 | | |
| 11:00 | | |
| 12:00 | 11:30~12:30 POLE LEVEL 1&2 SALLY | 11:30~12:30 POLE 1&2 de DANCE!! |
| 13:00 | 13:00~14:00 POLE HEELS BASIC (ALL LEVEL) NON-P | 12:45~13:45 TICKET ONLY FREE POLE |
| 14:00 | 14:00~15:00 TICKET ONLY FREE POLE | 14:00~15:00 TICKET ONLY FREE POLE |
| 15:00 | 15:00~16:00 FREE POLE | 15:15~16:15 FREE POLE |
| 16:00 | 16:45~17:45 FREE POLE | |
| 17:00 | | |
| 18:00 | 19:00~20:00 HEELS SUPER BEGINNER YUI | 19:00~20:15 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 | | |

| | TUE | |
|-------------|---|--|
| | A studio | B studio |
| 11:30~12:30 | SPINNING POLE LEVEL 1 SALLY | TICKET ONLY FREE POLE |
| 13:00~14:00 | POLE HEELS BASIC POLE LEVEL 1&2 SALLY | POLE HEELS BASIC SUPER BEGINNER YUI |
| 14:15~15:30 | POLE LEVEL 2&3 SALLY | TICKET ONLY FREE POLE |
| 15:30~16:30 | POLE LEVEL 1&2 YUI | TICKET ONLY FREE POLE |
| 16:45~17:45 | TICKET ONLY FREE POLE | 17:50~18:50 TICKET ONLY FREE POLE |
| 18:15~20:15 | 3rd 15:45~16:45 SPINNING POLE LEVEL 1 RIE | 19:00~20:15 3rd 15:30~16:45 POLE LEVEL 2&3 YUI |
| 20:30~21:30 | POLE LEVEL 1&2 RIE | 20:30~21:30 3rd 17:00~18:00 SPINNING POLE LEVEL 1 YUI |
| 21:45~22:45 | 3rd 18:15~19:15 TICKET ONLY FREE POLE | |

| | WED | |
|-------------|---|---|
| | A studio | B studio |
| 11:45~13:00 | POLE LEVEL 2&3 PINOKO | 11:45~12:45 POLE LEVEL 1&2 SALLY |
| 13:15~14:15 | POLE HEELS BEGINNER | FREE POLE |
| 14:30~15:30 | SPINNING POLE LEVEL 1 MOMO K | |
| 15:45~16:45 | POLE HEELS BASIC (ALL LEVEL) MOMO K | 16:00~17:00 POLE LEVEL 1&2 SALLY |
| 17:15~18:15 | FREE POLE | 18:00~19:00 AERIAL HOOP LEVEL 1 |
| 19:00~20:00 | SPINNING POLE LEVEL 1 SHIGEKO | 19:15~20:30 AERIAL HOOP LEVEL 2&3 KOZUE |
| 20:15~21:15 | SPINNING POLE HEELS LEVEL 1 SHIGEKO | 20:30~21:30 FLOORACRO TOMONORI |

| | THU | |
|-------------|-------------------------------------|---|
| | A studio | B studio |
| 11:30~12:45 | POLE ALL LEVEL PINOKO | 10:30~11:30 POLE LEVEL 1&2 NON-P |
| 13:00~14:00 | SPINNING POLE & FLOOR PINOKO | 11:45~12:45 Hip training NON-P |
| 14:15~15:15 | TICKET ONLY FREE POLE | 13:00~14:00 POLE LEVEL 1&2 akane & platinum |
| 15:30~16:30 | ACROBAT BASIC BEKKUN | 14:15~15:30 POLE LEVEL 2&3 akane & platinum |
| 16:00~17:00 | EXOTIC FLOOR FLOW (BASIC) MOMOYO | 15:40~16:40 FREE POLE |
| 20:45~21:45 | EXOTIC FLOW MOMOYO | 16:45~17:45 FREE POLE |
| | | 18:00~19:15 SPINNING POLE LEVEL 2 and more AI |
| | | 19:30~20:30 FREE POLE |
| | | 20:45~21:45 ACROBAT BASIC BEKKUN |

| | FRI | |
|-------------|----------------------------------|---|
| | A studio | B studio |
| 11:15~12:30 | POLE LEVEL 2&3 AYUMI | 11:00~12:00 POLE LEVEL 1&2 NON-P |
| 12:45~13:45 | FLEXIBILITY (BEGINNER) AYUMI | 12:15~13:15 POLE HEELS BASIC (ALL LEVEL) NON-P |
| 14:00~15:15 | TRICK & COMBINATION AYUMI | 13:30~14:30 POLE LEVEL 1&2 MOMO K |
| 15:45~16:45 | SPINNING POLE LEVEL 1 AYUMI | 14:45~15:45 POLE 1&2 de DANCE!! |
| 18:00~19:15 | FLYING POLE BEGINNER SHIGEKO | 16:00~17:00 FREE POLE |
| 19:30~20:30 | SPINNING POLE LEVEL 1 SHIGEKO | 17:15~18:15 FREE POLE |
| 20:45~22:00 | POLE LEVEL 2&3 Pego (KASUMI) | 18:00~19:15 7th & 21st akane & platinum 14th & 28th YOSHIHIRO |
| | | 18:45~19:45 SPINNING LEVEL 1 (BARE FOOT or PUT ON HEELS OK) Makky |
| | | 19:20~20:20 POLE LEVEL 1&2 Pego (KASUMI) |
| | | 20:00~21:15 TICKET ONLY FREE POLE |
| | | 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 POLE 9th & 23rd TICKET ONLY FREE POLE 2nd, 10th & 30th BODY CONTROL AYUMI |
| 11:45~13:00 | SPINNING POLE LEVEL 2 and more AI | 11:45~13:00 POLE LEVEL 2&3 AYUMI |
| 13:15~14:30 | POLE LEVEL 3&4 AI | 13:15~14:15 SPINNING POLE BEGINNER AYUMI |
| 14:45~15:45 | SPINNING POLE LEVEL 1 MOMO K | 14:30~15:30 POLE LEVEL 1&2 7th & 21st akane & platinum 14th & 28th YOSHIHIRO |
| 16:30~17:15 | POLE LEVEL 2&3 7th & 21st akane & platinum | 15:50~17:05 CONTORTION WS BEGINNER |
| 17:30~18:30 | POLE TRICK COMBINATION (Request OK!) 14th & 28th YOSHIHIRO | NON |
| 18:45~19:45 | SPINNING LEVEL 1 (BARE FOOT or PUT ON HEELS OK) Makky | 17:30~18:30 FLEXY TRICK in HEELS MOMO K |
| 20:00~21:15 | POLE TRICK REQUEST (ALL LEVEL) NISHIO | 18:45~19:45 POLE LEVEL 1 NISHIO |
| | | 20:00~21:00 TICKET ONLY FREE POLE |

| | SUN | |
|-------------|---------------------------------------|--|
| | A studio | B studio |
| 10:30~11:45 | POLE ALL LEVEL AYUMI | 10:45~11:45 KPOP X POLEDANCE Pego (KASUMI) |
| 12:00~13:00 | SPINNING POLE LEVEL 1 AYUMI | 12:00~13:15 POLE LEVEL 2&3 Pego (KASUMI) |
| 13:15~14:15 | Pole Floor Flow AYUMI | 13:30~14:30 1st, 15th & 29th POLE LEVEL 1 akane & platinum 14th & 28th YOSHIHIRO Pego (KASUMI) |
| 15:00~16:00 | AERIAL HOOP LEVEL 1 AYUKO | 15:00~16:00 POLE LEVEL 2 1st, 15th & 29th akane & platinum 8th & 22nd Pego (KASUMI) |
| 16:15~17:30 | AERIAL HOOP LEVEL 2&3 AYUKO | 16:15~17:15 POLE LEVEL 1&2 AYUMI |
| 18:00~19:00 | POLE HEELS (SLOW MOVE) MOMOYO | 17:30~18:30 Only 8th & 22nd FREE POLE |
| 19:30~20:45 | EXOTIC FLOOR FLOW (ADVANCE) MOMOYO | 18:45~19:45 Only 1st & 22nd TICKET ONLY FREE POLE |

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