

# APRIL

\*All studios are closed on 13th & 14th due to Polish Exhibition. Only 14th We have special workshops at Gotanda A studio

|      | MON  |  | TUE  |   | WED   |   | THU  |  | FRI  |  | SAT  |  | SUN  |  |
|------|--|--|--|---|---|---|--|--|--|--|--|--|--|--|
|      | A studio   | B studio   | A studio   | B studio  | A studio  | B studio  | A studio   | B studio   | A studio   | B studio   | A studio   | B studio   | A studio   | B studio   |
| 1000 | 10:30~11:30<br>POLE<br>LEVEL 1&2<br>Hitomi                                 |  |  |   |   |   |  |  |  |  | *Only 13th<br>11:30~12:40<br>Extreme Flexible Trick Spinning   |  |  |  |
| 1100 | 11:45~12:45<br>*Except 15th<br>SPINNING POLE LEVEL 1<br>SALLY              | 11:45~12:45<br>AERIAL HOOP<br>BASIC<br>for BEGINNER                      | 11:30~12:30<br>SPINNING POLE<br>SUPER BEGINNER           | 11:30~12:30<br>TICKET ONLY<br>FREE POLE<br>ONLY BAREFOOD    |   |   | 11:30~12:45<br>POLE ALL LEVEL                            | 11:45~12:45<br>SPINNING POLE<br>BEGINNER                 | 11:00~12:00<br>TICKET ONLY<br>FREE POLE<br>ONLY BAREFOOD |  | 10:30~11:30<br>TICKET ONLY<br>FREE POLE<br>ONLY BAREFOOD   |  | 10:30~11:45<br>POLE<br>LEVEL 2&3   | 11:00~12:00<br>TICKET ONLY<br>FREE POLE<br>ONLY BAREFOOD                                       |
| 1200 | *Only 8th & 22nd<br>TICKET ONLY FREE POLE<br>ONLY BAREFOOD                 |  |  |   |   |   |  |  |  |  | 10:30~11:45<br>POLE LEVEL 2&3<br>AI  | 11:45~12:45<br>*Only 20th<br>AERIAL HOOP<br>BASIC<br>for BEGINNER            |  |  |
| 1300 | 13:00~14:00<br>handstand & backband<br>acha                                | 13:00~14:00<br>MOMOMOYO<br>MOMOMOYO<br>MOMOMOYO                          | 12:45~14:00<br>POLE LEVEL 3&4<br>STATIC OR SPINNING      | 12:45~13:45<br>POLE<br>LEVEL 1&2<br>Hitomi                  | 13:15~14:15<br>3rd & 10th<br>POLE LEVEL 1&2<br>17th & 24th<br>SPINNING POLE<br>SUPER BEGINNER | 13:00~14:00<br>TICKET ONLY<br>FREE POLE<br>ONLY BAREFOOD                                      | 13:00~14:00<br>SPINNING POLE<br>LEVEL 2                  | 13:00~14:00<br>POLE<br>LEVEL 1&2<br>Pego (KASUMI)        | 13:00~14:00<br>AYUMI                                     | 12:30~13:30<br>POLE<br>LEVEL 1&2<br>Momo   | 12:00~13:00<br>SPINNING POLE<br>LEVEL 2 and more (80mm)<br>AI  | 13:15~14:15<br>YOSHIMIRO   | 12:00~13:15<br>Pole Trick Combination WS<br>(Over POLE LEVEL 3)                      | 12:15~13:15<br>7th<br>XPOLE POLEDANCE<br>21st & 28th<br>TICKET ONLY FREE POLE<br>ONLY BAREFOOD |
| 1400 | *Only 15th<br>13:00~14:10<br>In Yeong WS!<br>Transition Beautiful Spinning | 14:15~15:15<br>Isolation+<br>rhythm training<br>acha                     | 14:15~15:15<br>POLE HEELS BASIC<br>SUPER BEGINNER        | 14:00~15:15<br>POLE<br>LEVEL 2&3                            | 14:30~15:30<br>TICKET ONLY<br>FREE POLE<br>ONLY BAREFOOD                                      | 14:30~15:30<br>TICKET ONLY<br>FREE POLE<br>ONLY BAREFOOD                                      | 14:15~15:15<br>TICKET ONLY<br>FREE POLE<br>ONLY BAREFOOD | 14:15~15:15<br>TICKET ONLY<br>FREE POLE<br>ONLY BAREFOOD | 14:15~15:30<br>POLE HEELS BASIC<br>SUPER BEGINNER        | 14:00~15:00<br>Momo  | 13:15~14:30<br>POLE LEVEL 3&4<br>AI  | 13:15~14:15<br>BODY CONTROL<br>STRETCH                                       | 13:30~14:30<br>POLE FLOOR FLOW   | 13:30~14:30<br>POLE<br>LEVEL 1&2<br>Pego(KASUMI)   |
| 1500 | 14:30~15:15<br>*Except 15th<br>SPINNING POLE<br>LEVEL 1<br>SALLY           | *8th & 15th<br>TICKET ONLY<br>FREE POLE<br>ONLY BAREFOOD                 | 15:30~16:30<br>POLE<br>LEVEL 1&2<br>YUI                  | 15:30~16:30<br>SPINNING POLE LEVEL 1<br>SALLY               | 15:45~16:45<br>BODY CONTROL<br>STRETCH  | 15:45~16:45<br>TICKET ONLY<br>FREE POLE<br>ONLY BAREFOOD                                      | 14:15~15:15<br>BODY CONTROL<br>STRETCH                   | 14:15~15:15<br>BODY CONTROL<br>STRETCH                   | 14:15~15:30<br>Pole Trick & Combination                  | 14:30~15:30<br>SPINNING POLE<br>SUPER BEGINNER   | 14:45~15:45<br>20th POLE ACROBAT WS<br>27th ACROBAT BASIC<br>acha  | 14:30~15:30<br>POLE<br>LEVEL 1&2<br>YOSHIMIRO                                | 14:45~16:00<br>POLE<br>LEVEL 2&3   | 15:00~15:30<br>MOMOMOYO<br>MOMOMOYO<br>MOMOMOYO  |
| 1600 | 16:00~17:00<br>*Except 8th & 15th<br>SPINNING POLE<br>LEVEL 1              |  | 16:45~17:45<br>TICKET ONLY<br>FREE POLE<br>ONLY BAREFOOD | *8th, 15th & 23rd<br>TICKET ONLY FREE POLE<br>ONLY BAREFOOD | 15:45~16:45<br>POLE ALL LEVEL   | 17:00~18:00<br>TICKET ONLY<br>FREE POLE<br>ONLY BAREFOOD                                      | 15:45~16:45<br>TICKET ONLY<br>FREE POLE<br>ONLY BAREFOOD | 15:45~16:45<br>TICKET ONLY<br>FREE POLE<br>ONLY BAREFOOD | 15:45~16:45<br>TICKET ONLY<br>FREE POLE<br>ONLY BAREFOOD | 16:30~17:30<br>TICKET ONLY<br>FREE POLE  | 16:00~17:15<br>8th & 27th<br>POLE trick & combination<br>20th<br>POLE LEVEL 2&3                                  | 15:50~17:05<br>CONTORTION WS<br>BEGINNER                                     | 16:15~17:15<br>7th & 21st<br>SPINNING POLE BEGINNER<br>20th<br>SPINNING POLE LEVEL 1 | 16:30~17:30<br>TICKET ONLY<br>FREE POLE<br>ONLY BAREFOOD                                       |
| 1700 | Momo   |  |  |   | AYUMI   |   | acha   | acha   |  | 16:30~17:30<br>TICKET ONLY<br>FREE POLE  | 17:30~18:30<br>NON   |  | Pego (KASUMI)  | 17:45~18:45<br>TICKET ONLY<br>FREE POLE<br>ONLY BAREFOOD                                       |
| 1800 |  |  |  |   |   |   |  |  |  | 17:45~18:45<br>TICKET ONLY<br>FREE POLE  | 17:30~18:30<br>*Only 13th & 27th<br>SPINNING POLE SUPER BEGINNER<br>20th<br>POLE trick & combination<br>beginner | 18:30~20:00<br>*Only 8th<br>POLE ACROBAT WS<br>ALL LEVEL<br>CIMA             | 18:00~19:00<br>POLE HEELS<br>SLOW MOVE<br>MOMOMOYO                                   |  |
| 1900 | 19:00~20:15<br>POLE TRICK REQUEST<br>ALL LEVEL<br>NISHIO                   | 19:00~20:00<br>*29th 19:00~19:00<br>AERIAL HOOP<br>BASIC<br>for BEGINNER | 19:00~20:15<br>POLE<br>LEVEL 2&3                         | 19:00~20:15<br>POLE LEVEL 3&4<br>STATIC OR SPINNING         | 19:00~20:00<br>POLE SPORTS<br>ALL level   | 19:00~20:00<br>3rd & 17th<br>SPINNING POLE<br>SUPER BEGINNER<br>10th & 24th<br>POLE LEVEL 1&2 | 19:00~20:00<br>TICKET ONLY<br>FREE POLE                  | 18:30~19:30<br>TICKET ONLY<br>FREE POLE                  | 19:00~20:00<br>Pole Heels<br>Sexy Movement               | 19:00~20:00<br>5th Backbends intensive course<br>12th Pole doubles class<br>19th BODY CONTROL STRETCH<br>20th Chest stand, Shoulder stand<br>& floor movement WS | 18:45~20:00<br>7th Flying pole WS<br>Mily  | 18:45~19:45<br>*Only 20th & 27th<br>Pole Floor Choreo<br>Ogi (momo)          | *Only 7th<br>SPINNING POLE LEVEL 1<br>Ogi (momo)                                     | 17:45~18:45<br>TICKET ONLY<br>FREE POLE<br>ONLY BAREFOOD                                       |
| 2000 | 20:30~21:45<br>POLE LEVEL 2&3<br>NISHIO                                    | 20:30~21:30<br>*29th 19:30~20:30<br>POLE HEELS BASIC                     | 20:30~21:30<br>*Except 9th<br>BODY CONTROL<br>STRETCH    | 20:30~21:45<br>Flexible Spinning Pole<br>Advance            | 20:15~21:30<br>POLE<br>LEVEL 2&3  | 20:50~21:50<br>FLOORACRO<br>TOMONORI  | 20:15~21:15<br>SPINNING POLE<br>LEVEL 1&2                | 19:45~20:45<br>TICKET ONLY<br>FREE POLE                  | 20:15~21:30<br>Momo                                      | 20:15~21:30<br>TICKET ONLY<br>FREE POLE  | 20:15~21:30<br>20th Heels trick & Transition WS<br>27th Exotic Sayuri Style WS!<br>Sayuri                        | 20:00~21:00<br>*8th 20:15~21:15<br>TICKET ONLY<br>FREE POLE<br>ONLY BAREFOOD | 19:15~20:30<br>HEELS CHOREO WS<br>(Spinning or Static level 3&4)<br>MOMOMOYO         | *Only 7th<br>POLE LEVEL 2&3<br>Ogi (momo)  |
| 2100 | 22:00~23:15<br>POLE REQUEST<br>ALL LEVEL<br>NISHIO                         | 21:45~22:45<br>*29th 20:45~21:45<br>Sexy Movement                        |  |   | 21:45~23:00<br>POLE TRICK REQUEST<br>ALL LEVEL<br>NISHIO                                      |   |  |  |  |  | 20:15~21:45<br>*Only 6th<br>Flying pole WS<br>CIMA   |  |  |  |