

MAY

	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
10:00														
11:00	11:45~12:45 SPINNING POLE BEGINNER SALLY		11:00~12:00 SPINNING POLE SUPER BEGINNER acha											
12:00														
13:00	13:00~14:00 35th & 20th handstand & backbend acha 31st & 27th TICKET ONLY FREE POLE	13:00~14:00 POLE LEVEL 1&2 SALLY	12:45~14:00 POLE LEVEL 3&4 STATIC OR SPINNING YUI	12:45~13:45 POLE LEVEL 1&2 Hitomi	13:00~14:15 SPINNING POLE INTERMEDIATE AYUMI 3rd Pego (KASUMI)	13:00~14:15 POLE LEVEL 2&3 sayuri	13:00~14:00 POLE LEVEL 1&2 Pego (KASUMI)	13:00~14:00	11:45~12:45 SPINNING POLE BEGINNER AYUMI 3rd Pego		10:30~11:30 TICKET ONLY FREE POLE ONLY BAREFOOD	10:30~11:45 POLE LEVEL 2&3	11:00~12:00 TICKET ONLY FREE POLE ONLY BAREFOOD	11:00~12:00 TICKET ONLY FREE POLE ONLY BAREFOOD
14:00	14:15~15:15 FLOORPLAY (HEELS) SALLY	14:15~15:15 Isolation+ Rhythm training acha 30th & 15th TICKET ONLY FREE POLE ONLY BAREFOOD	14:15~15:15 POLE HEELS BASIC SUPER BEGINNER YUI	14:00~15:15 POLE LEVEL 2&3 SALLY	14:30~15:30 BODY CONTROL STRETCH AYUMI	14:30~15:30 POLE LEVEL 1&2 sayuri	14:15~15:15 BODY CONTROL STRETCH acha		12:45~14:00 POLE LEVEL 2&3 AYUMI 3rd Hitomi		12:00~13:00 SPINNING POLE LEVEL 2 and more (30min) AI	11:45~12:45 AERIAL HOOP BASIC for BEGINNER YOSHIIRO	12:00~13:15 18th Pole Trick Combination WS (Over pole level 3) 12th & 26th POLE LEVEL 3&4 AYUMI	12:15~13:15 KPOP & POLEDANCE Pego(KASUMI)
15:00														
16:00	16:00~17:00 POLE LEVEL 1&2 Momo	TICKET ONLY FREE POLE ONLY BAREFOOD 16:45~17:45	15:30~16:30 POLE LEVEL 1&2 YUI	15:30~16:30 SPINNING POLE LEVEL 1 SALLY	15:45~16:45 POLE ALL LEVEL AYUMI 8th Pego (KASUMI)	TICKET ONLY FREE POLE ONLY BAREFOOD 15:45~16:45	15:30~16:30 SPINNING POLE LEVEL 2&3 acha	16:00~17:00 ACROBAT BASIC BEKKUN	TICKET OR SPINNING 17th & 31st 16:00~17:00 POLE LEVEL 1&2 Hitomi		14:30~15:30 POLE LEVEL 1&2 YOSHIIRO 18th ao	14:30~15:30 POLE LEVEL 1&2 YOSHIIRO 18th ao	14:45~16:00 POLE LEVEL 2&3 Pego (KASUMI)	14:00~15:00 AERIAL HOOP BASIC for BEGINNER 10th Pole Floor Choreo (10min) & 12th Pole Floor & 15th Pole Floor & 16th Pole Floor & 17th Pole Floor & 18th Pole Floor AYUMI
17:00		TICKET ONLY FREE POLE ONLY BAREFOOD												
18:00														
19:00	19:00~20:15 36th 18:00~19:15	19:00~20:00 AERIAL HOOP BASIC for BEGINNER Momo	19:00~20:15 POLE LEVEL 2&3 acha	19:00~20:15 POLE LEVEL 3&4 STATIC OR SPINNING SALLY	19:00~20:00 POLE SPORTS ALL LEVEL AI	19:00~20:00 3rd & 17th SPINNING POLE SUPER BEGINNER 10th & 24th POLE LEVEL 1&2 AYUMI	19:00~20:00 POLE LEVEL 2&3 sayuri	19:00~20:00 POLE LEVEL 1&2 Hitomi	19:00~20:00 3rd Middle & Front Split intense course 10th Pole Heels class 17th BODY CONTROL STRETCH 24th Chest stand, Shoulder stand & floor movement WS(75min) 31st ACROBAT BASIC acha 17th AYUMI	19:00~20:00 3rd Wild Sexy intense course 10th Pole Heels class 17th BODY CONTROL STRETCH 24th Chest stand, Shoulder stand & floor movement WS(75min) 31st ACROBAT BASIC acha 17th AYUMI	18:00~19:00 25th Wild Sexy choreo WS Sayuri	17:30~18:30 TICKET ONLY FREE POLE ONLY BAREFOOD	18:00~19:00 POLE HEELS SLOW MOVE MOMOYO	18:30~19:30 TICKET ONLY FREE POLE ONLY BAREFOOD
20:00														
21:00	20:30~21:45 38th 19:30~20:45	20:30~21:30 38th 19:30~20:30	20:30~21:30 BODY CONTROL STRETCH acha	20:30~21:45 Flexible Spinning Pole Advance SALLY	20:15~21:30 POLE LEVEL 2&3 NISHIO	20:15~21:30 POLE LEVEL 2&3 TOMONORI	20:15~21:15 TICKET ONLY FREE POLE	20:15~21:15 TICKET ONLY FREE POLE	20:15~21:30 POLE LEVEL 2&3 sayuri	20:30~21:30 TICKET ONLY FREE POLE	20:30~21:30 25th Pole Strap Milly	20:00~21:00 TICKET ONLY FREE POLE ONLY BAREFOOD	19:15~20:30 HEELS CHOREO WS (Spinning or Static level 3&4) MOMOYO	
22:00	22:00~23:15 36th 21:00~22:15	21:45~22:45 36th 20:45~21:45							20:15~21:15 9th & 23rd FLEXY TRICK (Cocoon, Eagle, Spider & Superman) 2nd, 16th & 30th SPINNING POLE LEVEL 1&2 Momo	20:15~21:15 TICKET ONLY FREE POLE	20:15~21:30 38th 19:30~20:45			