

NOVEMBER

03-5412-2555 TEL 14:00~21:00

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	Mon			Tue			Wed			Thu			Fri			Sat			Sun			
	Space A	Space B	MINI	Space A	Space B	MINI	Space A	Space B	MINI	Space A	Space B	MINI	Space A	Space B	MINI	Space A	Space B	MINI	Space A	Space B	MINI	
9:00				9:00~10:00 Morning free pole				9:00~10:00 Morning free pole														
10:00																						
11:00	11:00~12:00 POLE LEVEL 1 TOMO	11:00~12:00 POLE LEVEL 2 TOMO		12:00~13:00 AERIAL HOOP LEVEL 1&2 MIKA			11:45~12:45 POLE 1&2 DANCE TOMO		11:15~12:15 POLE LEVEL 1 YOKO	11:15~12:15 POLE LEVEL 2 YOKO		10:30~11:45 POLE LEVEL 2&3 YOKO	10:30~11:45 POLE LEVEL 1 PINKO	10:00~11:00 POLE LEVEL 2 PINKO	11:15~12:15 EXOTIC CHAIR & FLOOR PLAY YOKO	10:30~11:45 POLE LEVEL 2&3 YUI		12:00~13:00 POLE LEVEL 1 YUI	12:10~13:10 POLE LEVEL 2 YUI			
12:00	12:30~13:15 Bungee Fitness TOMO			13:15~14:30 1st, 8th & 20th CONTORTION WS BEGINNER NON			NEW! 12:00~14:00 Intensive course Handspring Wireless Spik tricks TOMO		12:30~13:30 SPINNING HEELS STRIP STYLE YOKO			12:00~13:00 EXOTIC CHAIR BASIC YOKO			12:30~13:30 KIDS POLE upper intermediate PINKO			13:30~14:45 POLE LEVEL 3&4 MOMOYO				
13:00				14:15~15:15 SPINNING POLE SUPER BEGINNER PINKO			14:15~15:15 FREE POLE		NEW! 13:45~14:45 EXOTIC CHAIR & FLOOR PLAY YOKO			13:15~14:15 STRIP-HEELS BASIC (ALL LEVEL) YOKO			13:30~14:35 KIDS POLE BEGINNER KUMI 5th PINKO			15:00~16:00 EXOTIC FLOOR FLOW BASIC MOMOYO				
14:00	13:45~14:45 POLE ALL LEVEL (60min) PINKO			16:15~17:15 FREE POLE					15:00~16:00 ASIAN EXOTIC POLE PINKO			14:30~15:45 POLE ALL LEVEL Pego (KASUMI)			14:45~16:15 PINKO WS PINKO & Heels Style PINKO			15:00~16:00 EXOTIC FLOOR FLOW BASIC MOMOYO				
15:00	15:00~16:00 SPINNING POLE LEVEL 1&2 MOMOYO								16:15~17:30 POLE LEVEL 1&2 RE			16:00~17:15 POLE TRICK REQUEST (ALL LEVEL) NISHIO			16:30~17:45 POLE LEVEL 2&3 MOMOYO			16:30~17:30 12th & 27th AERIAL HOOP LEVEL 1 Mikity	16:15~17:15 8th & 20th POLE FLOOR FLOW TOMO			
16:00	16:15~17:30 POLE LEVEL 3&4 MOMOYO								18:30~19:30 POLE LEVEL 1 SALLY			17:45~18:45 8&3rd 16:15~17:15 SPINNING POLE LEVEL 1 SALLY 3rd YUI			18:45~20:00 POLE LEVEL 3&4 STATIC OR SPINNING NISHIO			18:00~19:00 8th & 27th POLE HEELS for BEGINNER Mikity	17:30~18:45 6th & 20th POLE ALL LEVEL Mikity			
17:00	19:15~20:15 POLE HEELS for BEGINNER mis		19:15~20:15 LEVEL 1&2 AYA						19:30~20:30 8&23rd 19:15~20:15 SPINNING POLE LEVEL 1 SALLY 3rd YUI			18:15~19:30 8&23rd 17:30~18:45 POLE LEVEL 2&3 YUI			19:00~20:00 POLE HEELS SUPER BEGINNER AYA			19:15~20:45 12th & 26th MOMOYO & WS Exotic floor trick & flow MOMOYO				
18:00	20:30~21:30 POLE LEVEL 1&2 mis 7th Kumi		20:45~21:45 POLE LEVEL 2 AYA						20:45~21:45 8&23rd 19:00~20:00 POLE LEVEL 1&2 YUI			20:15~21:30 POLE LEVEL 2&3 NISHIO			21:45~22:45 STRETCH (Pole participants cannot participate) NISHIO							
19:00									20:45~22:00 8&23rd 20:30~21:30 POLE ALL LEVEL Pego (KASUMI)													
20:00									21:00~22:00 POLE LEVEL 1&2 Pego (KASUMI)													
21:00																						
22:00																						

**If you are level1, this is a class you can take!
 **If you have an Unlimited plan, this is a class you can take!