

# DECEMBER

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

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

	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				5:00~10:00 Morning free pole																	
10:00																					
11:00	11:00~12:00 POLE LEVEL 1 TOMO	11:00~12:00 POLE LEVEL 2 TOMO					9:00~10:00 Morning free pole						10:30~11:45 POLE LEVEL 253 YOKO			10:00~11:00 POLE LEVEL 2 PINOKO			10:30~11:45 POLE LEVEL 253 YUI		
12:00	12:30~13:15 Bungee Fitness TOMO			12:30~13:00 AERIAL HOOP LEVEL 1&2 MKA			11:45~12:45 POLE 1&2 DANCE TOMO					12:15~13:15 SPINNING HEELS STRIP STYLE YOKO			12:00~13:00 EXOTIC CHAIR BASIC YOKO			11:15~12:15 EXOTIC CHAIR & FLOOR PLAY YOKO	12:10~13:10 POLE LEVEL 1 YUI	12:10~13:10 POLE LEVEL 2 YUI	
13:00				13:15~14:30 30Only 8th & 27th CONTORTION WS BEGINNER NON			13:00~14:00 Intensive course Handspring Windmill Split tricks TOMO				13:30~14:45 EXOTIC CHAIR & FLOOR PLAY WS YOKO			13:15~14:15 STRIP HEELS BASIC (ALL LEVEL) YOKO			12:30~13:30 KIDS POLE upper intermediate PINOKO			13:30~14:45 POLE LEVEL 3&4 MOMOYO	
14:00	13:45~14:45 POLE ALL LEVEL (60min) PINOKO			14:00~14:30 SPINNING POLE (KASUMI) Pepo			14:15~15:15 FREE POLE				15:00~16:00 ASIAN EXOTIC POLE PINOKO			14:30~15:45 POLE ALL LEVEL Pepo (KASUMI)			13:35~14:35 KIDS POLE BEGINNER KUMI			15:00~16:00 POLE LEVEL 2 KUMI	
15:00	15:00~16:00 SPINNING POLE LEVEL 1&2 MOMOYO			16:15~17:15 FREE POLE			16:30~17:30 POLE LEVEL 1&2 RIE 7th & 14th Pepo (KASUMI)				16:15~17:30 POLE LEVEL 253 SALLY			16:00~17:15 POLE TRICK REQUEST (ALL LEVEL) NISHO			14:45~16:15 PINOKO WS! PINOKO's Heels Style PINOKO			15:00~16:00 EXOTIC FLOOR FLOW BASIC MOMOYO	
16:00	16:15~17:30 POLE LEVEL 3&4 MOMOYO						18:15~19:15 SPINNING POLE LEVEL 1 RIE 7th & 14th sayuri				18:00~19:00 SPINNING POLE LEVEL 1 SALLY						18:30~17:45 POLE LEVEL 253 MOMOYO			16:15~17:15 AERIAL HOOP LEVEL 1&2 MikaYu	16:15~17:15 4th & 11th POLE FLOOR FLOW TOMO
17:00	19:15~20:15 POLE HEELS for BEGINNER mis			19:15~20:15 POLE LEVEL 1&2 AYA			19:30~20:30 POLE LEVEL 1&2 Pepo (KASUMI)				19:15~20:30 POLE LEVEL 253 YUI			19:30~20:00 NEW!! 19:00~20:00 Sayuri's Style Exotic sayuri			18:00~19:00 HEELS SLOW MOVE KUMI				
18:00	20:30~21:30 POLE LEVEL 1&2 mis			20:45~21:45 POLE LEVEL 2 AYA			20:45~22:00 POLE ALL LEVEL Pepo (KASUMI)				20:45~21:45 POLE LEVEL 1&2 YUI			20:15~21:15 POLE LEVEL 1&2 sayuri							
19:00				20:45~21:45 SPINNING POLE HEELS LEVEL 1 MOMOYO			21:00~22:00 POLE LEVEL 1&2 Pepo (KASUMI)														
20:00																					
21:00																					
22:00																					

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

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