

MAY

03-5412-2555 TEL 1400-2100

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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				10:30-11:30 AERIAL HOOP LEVEL 1 Mikity			10:30-11:30 STRETCH TOMO						10:30-11:30 POLE LEVEL 2 YOKO	10:30-11:30 POLE LEVEL 1 YOKO		10:00-11:00 POLE LEVEL 2 PINOKO		10:30-11:45 POLE LEVEL 2&3 YUI			
11:00	11:00-12:00 POLE LEVEL 1 TOMO	11:00-12:00 POLE LEVEL 2		12:00-13:00 AERIAL HOOP LEVEL 1&2 MKA	12:15-13:15 10th & 24th SPINNING POLE BEGINNER AYUYU		11:45-12:45 POLE 1&2 DANCE TOMO	11:15-12:45 4th FLOOR ACROB MOVE WS KEI		11:15-12:15 POLE LEVEL 2 YOKO	11:15-12:15 POLE LEVEL 1 YOKO		11:45-12:45 EXOTIC CHAIR BASIC YOKO		11:15-12:15 EXOTIC CHAIR YOKO	12:00-13:00 POLE LEVEL 1 KUMI		12:10-13:10 POLE LEVEL 2 YUI	12:00-13:00 POLE LEVEL 1 YUI		
12:00	12:30-13:15 Bungee Fitness TOMO			13:15-14:30 CONTORTION WS BEGINNER NON			13:00-14:00 Only spin TOMO	13:15-14:30 4th POLE FLOW WS AYUMI		NEW! 12:30-13:30 SPINNING HEELS STRIP STYLE YOKO			13:00-14:00 STRIP-HEELS BASIC (ALL LEVEL) YOKO		12:30-13:30 KIDS POLE PINOKO			13:30-14:45 POLE LEVEL 3&4 MOMOYO			
13:00				14:45-15:45 FREE POLE			14:15-15:15 FREE POLE	15:00-16:00 4th SPINNING POLE LEVEL 1 AYUMI		13:45-14:45 FREE POLE			14:15-15:30 POLE ALL LEVEL Pego (KASUMI)		14:45-16:15 PINOKO WS PINOKO a Heels Style PINOKO	14:45-15:45 POLE LEVEL 2 KUMI		15:00-16:00 EXOTIC FLOOR FLOW BASIC MOMOYO		15:00-16:00 8th & 22nd Open Legs TOMO	
14:00	13:45-14:45 EXOTIC TRICK			16:00-17:00 EXOTIC FLOW (ALL LEVEL) MOMOYO			16:30-17:30 POLE LEVEL 1&2 RE		15:00-16:00 ASIAN EXOTIC POLE PINOKO	15:00-16:00			15:45-17:00 POLE TRICK REQUEST (ALL LEVEL) NISHIO		16:30-17:45 POLE LEVEL 2&3 MOMOYO	16:15-17:15 KIDS POLE KUMI		16:30-17:30 1st, 15th & 29th AERIAL HOOP LEVEL 1 Mikity	16:15-17:15 8th & 22nd POLE FLOOR FLOW TOMO		
15:00	15:00-16:00 SPINNING POLE LEVEL 1&2 MOMOYO			19:15-20:15 LEVEL 1&2 AYA			19:30-20:30 Sexy movement (ALL LEVEL) RE		16:00-17:00 PINOKO				19:00-20:00 AERIAL HOOP LEVEL 1 Mikity		18:00-19:00 SLOW STRIP ON POLE YOKO			18:00-19:00 1st, 15th & 29th SPINNING POLE LEVEL 1 Mikity	17:30-18:45 8th & 22nd POLE LEVEL 2&3 Mikity		
16:00	16:15-17:30 POLE LEVEL 3&4 MOMOYO			19:15-20:30 3rd 17:15-18:30 EXOTIC FLOOR FLOW (ADVANCE) MOMOYO	19:20-20:20 3rd 17:20-18:20 POLE LEVEL 2 Pego/KASUMI		19:30-20:30 POLE LEVEL 1 Pego/KASUMI	19:30-20:30 POLE LEVEL 1 SALLY	19:30-20:30 POLE LEVEL 1&2 Pego/KASUMI	19:30-20:30 POLE LEVEL 1 SALLY			20:30-21:30 POLE LEVEL 1&2 Mikity								
17:00	18:00-20:00 AERIAL HOOP LEVEL 1 Mikity			20:45-21:45 3rd 18:45-19:45 SPINNING POLE HEELS LEVEL 1 MOMOYO	20:45-21:45 3rd 19:00-20:00 POLE LEVEL 1 Pego/KASUMI		21:00-22:00 3rd 19:00-20:00 POLE LEVEL 1 Pego/KASUMI	20:45-21:30 POLE LEVEL 2&3 YUI	20:45-21:45 POLE LEVEL 1&2 YUI	20:45-21:30 POLE LEVEL 2&3 YUI											
18:00	20:30-21:30 HEELS BEGINNER Mikity																				
19:00																					
20:00																					
21:00																					
22:00																					

•• If you are level 1, this is a class you can take!
 •• If you have an Unlimited plan, this is a class you can take!