

APRIL

※All studios are closed on 13th & 14th due to Polish Exhibition

	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							10:00~11:00 STRIP HEELS PINOKO									10:00~11:00 POLE LEVEL 1 PINOKO	10:00~11:00 POLE LEVEL 2 PINOKO				
11:00	11:00~12:00 POLE LEVEL 1 TOMO	11:00~12:00 POLE LEVEL 2 TOMO		10:45~11:45 AERIAL HOOP BASIC for BEGINNER MARI			11:45~12:45 POLE LEVEL1&2 DANCE TOMO			11:00~12:00 POLE LEVEL 1 YOKO	11:00~12:00 POLE LEVEL 2 YOKO		10:30 ~11:30 POLE ALL LEVEL (60min) YOKO			11:15~12:15 STRIP HEELS BASIC ALL LEVEL YOKO	11:15~12:15 POLE HEELS SLOW MOVE Antonia ※Only 28th POLE LEVEL1&2 DANCE TOMO	11:00~12:15 STRIP HEELS MOMOMOYO	10:30~11:45 POLE LEVEL 2&3 YUI 21st YOSHIIHIRO		
12:00	12:15~13:30 POLE LEVEL 2&3 PINOKO			12:15~13:15 AERIAL HOOP LEVEL 1 MARI			13:00~14:00 POLE LEVEL1~3 REQUEST TOMO			12:15~13:30 FLOORPLAY Advance YOKO			12:00~13:00 EXOTIC CHAIR BASIC YOKO			12:30~13:30 KIDS POLE UPPER INTERMEDIATE 6th PINOKO 20th & 27th TOMO	12:30~13:30 KIDS POLE BEGINNER KUMI		12:10~13:10 POLE LEVEL 1&2 YUI 21st YOSHIIHIRO		
13:00							14:10~15:10 FREE POLE			13:45~14:45 SPINNING POLE HEELS YOKO			13:15~14:15 STRIP HEELS BASIC ALL LEVEL YOKO			13:35~14:35 ※Except 6th & 27th KIDS POLE BEGINNER KUMI			13:30~14:45 POLE LEVEL 3&4 MOMOMOYO	13:45~14:45 ※7th 13:30~14:30 Space A KIDS POLE ALL LEVEL YUI 21st TOMO	
14:00	13:45~14:45 FREE POLE			13:45~14:45 TICKET ONLY FREE POLE			15:15~16:15 FREE POLE			15:00~16:00 ASIAN EXOTIC POLE PINOKO			14:30~15:45 POLE ALL LEVEL Pego (KASUMI)			15:00~16:00 ※Only 6th & 20th EXOTIC FLOW ALL LEVEL ※Only 27th POLE HEELS SLOW MOVE Antonia	15:00~16:00 ※Except 27th POLE LEVEL 2 KUMI		15:00~16:00 EXOTIC FLOOR FLOW BASIC MOMOMOYO ※Only 7th 14:45~16:00 POLE LEVEL 3&4 YUI		
15:00	15:00~16:00 SPINNING POLE LEVEL 1&2 MOMOMOYO			15:00~16:00 FREE POLE			16:30~17:30 FREE POLE			16:15~17:15 KIDS POLE ALL LEVEL PINOKO			16:00~17:00 FREE POLE			16:30~17:45 POLE LEVEL 2&3 MOMOMOYO			16:15~17:15 ※Only 7th & 21st POLE FLOOR FLOW TOMO	16:30~17:45 ※Only 28th Sexy heels Flow WS YOKO	
16:00	16:15~17:30 POLE LEVEL 3&4 MOMOMOYO			16:30~17:30 Kids rhythmic gymnastics MOKA			18:15~19:15 SPINNING POLE LEVEL 1 RIE			18:15~20:30 POLE LEVEL 2&3 YUI			19:00~20:00 12th & 25th SPINNING POLE BEGINNER 5th & 19th Intensive course invert, handgrip, shouldermount Pego (KASUMI)			18:00~19:00 EXOTIC FLOOR FLOW BASIC MOMOMOYO			17:45~19:45 ※Only 7th & 21st AERIAL HOOP LEVEL 1 MDE		
17:00				19:15~20:15 EXOTIC FLOOR FLOW ADVANCE MOMOMOYO			19:30~20:30 Sexy movement ALL LEVEL			19:15~20:30 POLE LEVEL 1&2 Hitomi			19:00~20:00 12th & 25th POLE LEVEL 2&3 5th & 19th Pego (KASUMI)			19:00~20:00 Momomo's Heels Trick WS (60min) Momomo			19:00~20:00 ※Only 7th & 21st AERIAL HOOP BASIC for BEGINNER MDE		
18:00				20:45~21:45 POLE LEVEL 2 AYA			20:45~22:00 POLE ALL LEVEL Pego (KASUMI)			20:45~21:45 POLE LEVEL 1&2 Hitomi			20:15~21:30 12th & 25th POLE LEVEL 2&3 5th & 19th Pego (KASUMI)								
19:00	19:15~20:15 ※29th 18:00~19:00 POLE HEELS BEGINNER mis			19:15~20:15 ※29th 18:00~19:00 POLE LEVEL 1&2 AYA						19:30~20:30 POLE LEVEL 1&2 Pego (KASUMI)											
20:00				20:45~21:45 ※29th 19:30~20:30 POLE LEVEL 2 AYA						20:45~21:45 POLE LEVEL 1&2 Hitomi											
21:00	20:30~21:30 ※29th 19:15~20:15 POLE LEVEL 1&2 mis			20:45~21:45 SPINNING POLE HEELS LEVEL 1 MOMOMOYO						20:45~21:45 POLE LEVEL 1&2 Hitomi											
22:00																					

***If you are level1, this is a class you can take!