

NOVEMBER

	Mon			Tue	
	A studio	B studio	C studio	B studio	C studio
10:00					
11:00				11:15~12:15 AERIAL SILK LEVEL 1&2	
12:00			12:40~13:40 AERIAL YOGA AYA	13:00~14:00 POLE LEVEL 1&2 ELLES	
13:00	12:45~13:45 POLE LEVEL 1&2 MOMO.K	12:30~13:30 AERIAL HOOP LEVEL 1 AYA		14:00~15:00 AERIAL HOOP LEVEL 1&2 AYA	14:45~15:45 FLEXIBILITY BEGINNER ELLES
14:00			14:00~15:00 7th & 21st LEVEL 1 High & 28th HAMMOCK DANCE LEVEL 1&2 AYA		
15:00			15:00~16:00 HAMMOCK MOMOKI		
16:00		15:30~18:30 AERIAL SILK LEVEL 1&2 AYA			
17:00					
18:00					
19:00		18:45~19:45 AERIAL SILK LEVEL 1 MIKA	19:15~20:15 POLE LEVEL 1&2 ELLES		
20:00				19:30~20:30 POLE LEVEL 1 ELLES	
21:00					
22:00		21:30~22:30 AERIAL SILK LEVEL 1&2 MIKA			

	Wed		Thu		
	A studio	C studio	A studio	B studio	C studio
10:00					
11:00					
12:00	11:30~12:30 POLE LEVEL 1&2 AKI				
13:00					
14:00			14:30~15:30 POLE LEVEL 1&2 MOMO.K		
15:00					15:30~16:30 *Except 3rd FLEXIBILITY BEGINNER
16:00				16:00~17:00 AERIAL HOOP LEVEL 1&2 AYUKO 3rd Atsuko	AYUMI
17:00	Relaxing Stretching akane & platinum				15:30~18:30 *Only 3rd POLE LEVEL 1&2
18:00			18:45~19:45 *23rd 17:45~18:45 POLE LEVEL 1&2 KUMI		
19:00					19:00~20:00 *Except 3rd POLE LEVEL 1&2 AYUMI
20:00			20:15~21:15 *23rd 19:15~20:15 POLE LEVEL 1 NISHIO	19:30~20:30 *3rd 18:45~19:45 AERIAL SILK LEVEL 1 SAYO	
21:00			20:30~21:30 *3rd 18:30~19:30 LEVEL 1&2 SHIGEKO		
22:00					

	Fri			Sat			Sun		
	Aスタジオ	B studio	C studio	Aスタジオ	B studio	C studio	A studio	B studio	C studio
10:00					10:00~11:00 12th & 28th AERIAL SILK BEGINNER (Only BEGINNER) AYA				
11:00				11:00~12:00 POLE LEVEL 1&2 SHIGEKO	11:15~12:15 AERIAL SILK LEVEL 1 AYA		11:00~12:00 POLE LEVEL 1&2 AKI	11:00~12:00 AERIAL HOOP LEVEL 1&2 Ayuko	
12:00					12:40~13:40 AERIAL HOOP LEVEL 1&2 AYA				
13:00		13:00~14:00 HAMMOCK DANCE LEVEL 1 AYA	13:30~14:30 *Except 25th POLE LEVEL 1 SHIGEKO		14:00~15:00 HAMMOCK DANCE LEVEL 1&2 AYA			14:00~15:00 AERIAL SILK BEGINNER (Only BEGINNER) AYA	
14:00			14:30~15:30 AERIAL SILK LEVEL 1&2 AYA	14:45~15:45 FLEXIBILITY BEGINNER ELLES	15:30~16:30 AERIAL SILK LEVEL 1 MIKA			15:15~16:15 AERIAL SILK LEVEL 1&2 AYA	
15:00									
16:00					16:00~17:00 POLE LEVEL 1&2 ELLES				
17:00						16:30~17:30 POLE LEVEL 1 ELLES	16:45~17:45 ACROBAT BASIC TOMONORI	17:00~17:45 AYUKO	
18:00				17:30~18:30 AERIAL SILK LEVEL 1&2 AYUKO		17:45~18:45 POLE LEVEL 1 SHIGEKO			
19:00				19:00~20:00 *Only 4th POLE LEVEL 1&2 acha	19:00~20:00 AERIAL SILK LEVEL 1 MIKA				
20:00						18:45~19:45 POLE LEVEL 1&2 ELLES			
21:00				20:15~21:15 18th & 25th POLE LEVEL 1&2 SAYURI		19:30~20:30 AERIAL SILK LEVEL 1&2 KOZUE			
22:00									