

NOVEMBER

03-5412-2955 TEL 1200-2100

	Mon			Tue		
	STUDIO A	STUDIO B	STUDIO C	STUDIO A	STUDIO B	STUDIO C
8:00 ~ 10:00	8:00~10:30 Morning free pole	8:00~11:40 Morning free aerial		8:00~10:30 Morning free pole		
11:00	11:30~12:30		11:30~12:30	11:45~12:45 FREE POLE	11:15~12:15 AERIAL SILK LEVEL 1&2	
12:00	TICKET ONLY FREE CLASS		TICKET ONLY FREE CLASS	11:30~12:30 AYA		
12:45~13:45	12:45~13:45 POLE LEVEL 1&2 MOMOK	12:45~13:45 AERIAL HOOP LEVEL 1	12:45~13:45 FREE POLE	13:00~14:00 SPINNING POLE LEVEL 1	12:45~13:40 AERIAL YOGA	13:00~14:00 POLE LEVEL 1&2 ELLES
14:00	14:00~15:15 POLE TRICK REDUSET (ALL LEVELS)	14:00~15:00 7th & 21st AERIAL HOOP LEVEL 1 18th & 20th	14:15~15:15 POLE LEVEL 2	14:15~15:30 SPINNING POLE LEVEL 1	14:00~15:00 AERIAL HOOP LEVEL 1&2	14:45~15:45 FLEXIBILITY BEGINNER
15:00	15:30~18:45 POLE LEVEL 3 SHIGEKO	15:30~18:30 AERIAL SILK LEVEL 1&2	16:45~17:45 FREE POLE	16:00~17:15 POLE LEVEL 3 SHIGEKO	15:30~16:30 POLE HEELS SUPER BEGINNER AYA	16:00~17:00 FREE POLE
17:00		16:45~17:45 FREE POLE	16:45~17:45 FREE POLE			17:15~18:15 FREE POLE
18:00		18:45~19:45 AERIAL SILK LEVEL 1	19:15~20:15 POLE LEVEL 1&2 ELLES	19:15~20:15 SPINNING POLE LEVEL 1	19:00~20:15 POLE LEVEL 3&4	19:30~20:30 POLE LEVEL 1 ELLES
19:00	19:15~20:15 POLE LEVEL 2 SHIGEKO	20:00~21:15 AERIAL SILK LEVEL 2	20:30~21:30 POLE HEELS SUPER BEGINNER	20:30~21:00 POLE HEELS LEVEL 1&2	20:30~21:45 POLE LEVEL 3&4	20:50~21:50 POLE LEVEL 2
20:00	20:30~21:30 SPINNING POLE LEVEL 1 ELLES	21:30~22:30 AERIAL SILK LEVEL 1&2	21:45~22:45 FREE POLE	21:45~22:45 FREE POLE	21:45~22:45 FREE POLE	22:15~24:00 RENTAL ¥4,000 only!

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

	Wed			Thu		
	STUDIO A	STUDIO B	STUDIO C	STUDIO A	STUDIO B	STUDIO C
8:00 ~ 10:00	8:00~10:30 Morning free pole			8:00~10:30 Morning free pole		
11:00	11:15~12:15 FREE POLE			11:15~12:45 FREE POLE	11:15~12:15 FREE POLE	11:45~12:45 FREE POLE
12:00	11:30~12:30 POLE LEVEL 1&2 AKI		11:30~12:30 FREE POLE	12:00~14:15 FREE POLE	12:00~14:00 FREE POLE	12:45~13:45 FREE POLE
12:45~13:45	12:45~13:45 POLE LEVEL 1&2 MOMOK	12:45~13:45 AERIAL HOOP LEVEL 1	12:45~13:45 FREE POLE	12:30~13:30 FREE POLE	12:30~13:30 FREE POLE	12:45~13:45 FREE POLE
14:00	14:00~15:15 POLE 3&4 STATIC OR SPINNING	14:00~15:00 POLE LEVEL 2	14:15~15:15 FREE POLE	14:00~15:15 SHIGEKO	14:45~14:45 FREE POLE	14:15~15:15 FREE POLE
15:00	15:30~18:30 FREE POLE	15:30~18:30 SPINNING POLE LEVEL 1	15:30~18:30 FREE POLE	15:45~16:45 SPINNING POLE HEELS LEVEL 1	16:00~17:00 AERIAL HOOP LEVEL 1&2	16:45~17:45 FREE POLE
17:00	16:45~17:45 Relaxing Stretching	16:45~17:45 ELLES		16:45~17:45 FREE POLE	16:45~17:45 FREE POLE	17:00~18:00 FREE POLE
18:00		18:45~19:45 POLE LEVEL 1&2 KUMI	18:45~19:45 FREE POLE	18:00~19:00 AERIAL HOOP LEVEL 1&2	18:00~19:00 AERIAL HOOP LEVEL 1&2	18:45~19:45 FREE POLE
19:00	19:00~20:15 POLE LEVEL 3&4	19:15~20:30 COMFORTOR WS BEGINNER	19:15~20:30 FREE POLE	19:00~20:15 POLE LEVEL 2 SHIGEKO	19:30~20:30 AERIAL SILK LEVEL 1	19:30~20:30 FREE POLE
20:00	20:30~21:45 POLE ALL LEVEL	20:45~22:00 POLE LEVEL 3&4 STATIC OR SPINNING	20:45~22:00 ELLES	20:30~21:30 LEVEL 1&2 SHIGEKO	20:45~22:00 AERIAL SILK LEVEL 2	20:15~21:15 FREE POLE
21:00	22:00~23:00 TICKET ONLY FREE CLASS	22:30~23:00 TICKET ONLY FREE CLASS		22:00~23:00 FREE POLE	21:30~22:30 SAYO	21:30~22:30 FREE POLE

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

	Fri			Sat			Sun		
	STUDIO A	STUDIO B	STUDIO C	STUDIO A	STUDIO B	STUDIO C	STUDIO A	STUDIO B	STUDIO C
8:00 ~ 10:00	8:00~11:40 Morning free pole	8:00~12:30 Morning free aerial			10:00~11:00 12th & 20th 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&2	11:15~12:15 FREE POLE	11:00~12:00 POLE LEVEL 1&2 AKI	11:00~12:00 AERIAL HOOP LEVEL 1&2 AYUKO	11:00~12:00 FREE POLE
12:00	12:00~13:15 POLE LEVEL 3&4 SHIGEKO	12:00~14:00 HAMMOCK DANCE LEVEL 1	12:00~12:00 TICKET ONLY FREE CLASS	12:15~13:30 POLE LEVEL 3&4 STATIC OR SPINNING SHIGEKO	12:45~13:45 AERIAL HOOP LEVEL 1&2	12:30~13:30 FREE POLE	12:15~13:30 POLE ALL LEVEL AKI	12:15~13:30 AERIAL HOOP LEVEL 2&3 AYUKO	12:15~13:15 FREE POLE
12:45~13:45	12:45~13:45 POLE LEVEL 1&2 MOMOK	12:45~13:45 AERIAL HOOP LEVEL 1	12:45~13:45 FREE POLE	13:00~14:30 FREE POLE	13:00~14:00 FREE POLE	13:00~14:00 FREE POLE	13:00~14:30 FREE POLE	13:00~14:30 FREE POLE	13:00~14:30 FREE POLE
14:00	14:00~15:15 SPINNING POLE HEELS	14:30~15:30 AERIAL SILK LEVEL 1&2	14:45~15:45 FREE POLE	14:00~15:15 FREE POLE	14:00~15:00 HAMMOCK DANCE LEVEL 1&2	14:00~15:15 FREE POLE	14:00~15:15 FREE POLE	14:00~15:15 FREE POLE	14:00~15:15 FREE POLE
15:00	14:45~16:00 POLE LEVEL 3 SHIGEKO	17:30~18:30 AERIAL SILK LEVEL 1	17:30~18:30 FREE POLE	14:45~16:00 POLE LEVEL 3 SHIGEKO	14:45~15:45 FLEXIBILITY BEGINNER	15:30~16:30 FREE POLE	15:30~16:30 FREE POLE	15:30~16:30 FREE POLE	15:30~16:30 FREE POLE
16:00	16:15~17:15 POLE HEELS SUPER BEGINNER	16:15~17:15 FREE POLE	16:15~17:15 FREE POLE	16:15~17:15 FREE POLE	16:15~17:15 FREE POLE	16:15~17:15 FREE POLE	16:15~17:15 FREE POLE	16:15~17:15 FREE POLE	16:15~17:15 FREE POLE
17:00	17:30~18:30 AERIAL SILK LEVEL 1&2	17:30~18:30 FREE POLE	17:30~18:30 FREE POLE	17:30~18:30 FREE POLE	17:30~18:30 FREE POLE	17:30~18:30 FREE POLE	17:30~18:30 FREE POLE	17:30~18:30 FREE POLE	17:30~18:30 FREE POLE
18:00	18:00~20:00 18th & 25th	18:00~20:00 FREE AERIAL LEVEL 1	18:00~20:00 FREE POLE	18:00~20:00 FREE POLE	18:00~20:00 FREE POLE	18:00~20:00 FREE POLE	18:00~20:00 FREE POLE	18:00~20:00 FREE POLE	18:00~20:00 FREE POLE
19:00	19:00~20:00 18th & 25th	19:00~20:00 FREE AERIAL LEVEL 1	19:00~20:00 FREE POLE	19:00~20:00 FREE POLE	19:00~20:00 FREE POLE	19:00~20:00 FREE POLE	19:00~20:00 FREE POLE	19:00~20:00 FREE POLE	19:00~20:00 FREE POLE
20:00	20:15~21:15 POLE LEVEL 1&2 MOMOK	20:15~21:15 FREE POLE	20:15~21:15 FREE POLE	20:15~21:15 FREE POLE	20:15~21:15 FREE POLE	20:15~21:15 FREE POLE	20:15~21:15 FREE POLE	20:15~21:15 FREE POLE	20:15~21:15 FREE POLE
21:00	20:15~21:15 POLE LEVEL 1&2 MOMOK	20:15~21:15 FREE POLE	20:15~21:15 FREE POLE	20:15~21:15 FREE POLE	20:15~21:15 FREE POLE	20:15~21:15 FREE POLE	20:15~21:15 FREE POLE	20:15~21:15 FREE POLE	20:15~21:15 FREE POLE
22:00	22:00~23:00 TICKET ONLY FREE CLASS	22:00~23:00 TICKET ONLY FREE CLASS		22:00~23:00 FREE POLE	22:00~23:00 FREE POLE	22:00~23:00 FREE POLE	22:00~23:00 FREE POLE	22:00~23:00 FREE POLE	22:00~23:00 FREE POLE

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