

DECEMBER

	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 AYA	
12:00			12:40~13:40 AERIAL YOGA AYA		
13:00	12:45~13:45 POLE LEVEL 1&2 MOMOKI	12:30~13:30 AERIAL HOOP LEVEL 1 AYA		13:00~14:00 POLE LEVEL 1&2 ELLES	
14:00		14:00~15:00 HAMMOCK DANCE LEVEL 1&2 AYA	14:00~15:00 AERIAL HOOP LEVEL 1&2 AYA	14:45~15:45 FLEXIBILITY BEGINNER ELLES	
15:00		15:30~16:30 AERIAL SILK LEVEL 1&2 AYA			
16:00		18:45~19:45 AERIAL SILK LEVEL 1 MIKA	19:15~20:15 POLE LEVEL 1&2 ELLES		
17:00					
18:00					
19:00					
20:00					
21:00					
22:00					

	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					
15:00			14:30~15:30 POLE LEVEL 1&2 MOMOKI		15:30~16:30 FLEXIBILITY BEGINNER AYUMI
16:00				16:00~17:00 AERIAL HOOP LEVEL 1&2 AYUKO 15th Atsuko	
17:00	16:45~17:45 Relaxing Stretching akane *platinum				
18:00					
19:00		18:45~19:45 POLE LEVEL 1&2 KUMI		19:30~20:30 AERIAL SILK LEVEL 1 MIKA	19:00~20:00 POLE LEVEL 1&2 AYUMI
20:00		20:15~21:15 POLE LEVEL 1 NISHIO	20:30~21:30 POLE LEVEL 1&2 SHIGEKO		
21:00		21:00~22:00 STRETCHING MOMOKI			
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 10th & 24th 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 4th PILO	
12:00									
13:00		13:00~14:00 HAMMOCK DANCE LEVEL 1 AYA	13:30~14:30 POLE LEVEL 1 SHIGEKO		12:40~13:40 AERIAL HOOP LEVEL 1&2 AYA				
14:00		14:30~15:30 AERIAL SILK LEVEL 1&2 AYA	14:45~15:45 FLEXIBILITY BEGINNER ELLES		14:00~15:00 HAMMOCK DANCE LEVEL 1&2 AYA			14:00~15:00 AERIAL SILK BEGINNER (Only BEGINNER) AYA	
15:00					15:30~16:30 AERIAL SILK LEVEL 1 MIKA			15:15~16:15 AERIAL SILK LEVEL 1&2 AYA	
16:00						16:30~17:30 POLE LEVEL 1 ELLES		16:45~17:45 ACROBAT BASIC TOMONORI	16:00~17:00 STRETCHING MOMOKI
17:00						17:45~18:45 POLE LEVEL 1 SHIGEKO			
18:00					18:15~19:15 AERIAL SILK LEVEL 1&2 MIKA				
19:00		19:00~20:00 AERIAL SILK LEVEL 1 MIKA	18:45~19:45 POLE LEVEL 1&2 ELLES						
20:00									
21:00									
22:00									

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