

DECEMBER

03-5412-2555 TEL 1200-2100

	Mon			Tue		
	STUDIO A	STUDIO B	STUDIO C	STUDIO A	STUDIO B	STUDIO C
1800	6:00-10:30 Morning Free pole	6:00-11:45 Morning Free pole		6:00-10:30 Morning Free pole		
11:00				11:15-12:15 FREE POLE	AERIAL SILK LEVEL 1&2	
12:00	11:30-12:30 TICKET ONLY FREE CLASS		11:30-12:30 TICKET ONLY FREE CLASS		AYA	11:30-12:30
13:00	12:45-13:45 POLE LEVEL 1&2 MOMOK	12:30-13:30 AERIAL HIJOP LEVEL 1	12:45-13:45 FREE POLE	13:00-14:00 SPINNING POLE LEVEL 1	AERIAL YOGA	13:00-14:00 POLE LEVEL 1&2 ELLES
14:00	14:00-15:15 POLE TRACK REQUEST (ALL LEVELS) NISHO	14:00-15:00 9th & 10th AERIAL HIJOP LEVEL 1 15th & 20th HAMMOCK DANCE LEVEL 1&2	14:15-15:15 POLE LEVEL 2	14:15-15:00 AERIAL HIJOP LEVEL 1&2	14:45-15:45 FLEXIBILITY BEGINNER	
15:00	15:30-16:45 POLE LEVEL 3 SHOGEKO	15:30-16:30 AERIAL SILK LEVEL 1&2	16:00-17:15 POLE LEVEL 3	15:30-16:30 POLE HEELS SUPER BEGINNER (BEGINNER) PVA	16:00-17:00 FREE POLE	
16:00						
17:00						
18:00						
19:00	18:15-20:15 POLE LEVEL 2	AERIAL SILK LEVEL 1 MIKA	18:15-20:15 POLE LEVEL 1&2 ELLES	18:15-20:15 SPINNING POLE LEVEL 1	18:30-20:15 POLE LEVEL 2&3	19:30-20:30 POLE LEVEL 1 ELLES
20:00	20:30-21:30 SPINNING POLE LEVEL 1&2 ELLES	AERIAL SILK LEVEL 2 MIKA	20:30-21:30 POLE HEELS SUPER BEGINNER	20:30-21:30 POLE LEVEL 3&4	20:50-21:50 POLE LEVEL 2	20:50-21:50 POLE LEVEL 2
21:00						
22:00						

	Wed			Thu		
	STUDIO A	STUDIO B	STUDIO C	STUDIO A	STUDIO B	STUDIO C
1800	6:00-10:30 Morning Free pole			6:00-10:30 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	12:30-13:45 Elastic's WFL Pole training with elastic	11:30-12:30 FREE POLE	12:30-13:00 FREE POLE	13:00-14:15 SPINNING POLE LEVEL 1	13:00-14:00 FREE POLE
13:00	12:45-13:45 EXOTIC FLOW (ALL LEVEL)	12:30-13:30 8&except 7th	12:45-13:40 FREE POLE	13:00-14:15 POLE 3&4 STATIC OR SPINNING	13:45-14:45 SHOGEKO	14:15-15:15 FREE POLE
14:00	14:00-15:15 POLE 3&4 STATIC OR SPINNING	14:15-15:15 POLE LEVEL 2	14:15-15:15 FREE POLE	14:30-15:30 POLE LEVEL 1&2 MOMOK	14:45-15:45 POLE LEVEL 3&3	15:00-16:30 FLEXIBILITY BEGINNER
15:00	15:30-16:30 FREE POLE	15:30-16:30 SPINNING POLE LEVEL 1&2	15:30-16:30 FREE POLE	15:45-16:45 POLE HEELS SUPER BEGINNER	16:00-17:00 FLEXIBILITY BEGINNER	
16:00	16:45-17:45 Relaxing Stretching akane@platinum	16:45-17:45 ELLES		16:45-17:45 MOMO	16:45-17:45 AERIAL HIJOP LEVEL 1&2 AYUKO 15th Akane	16:45-17:45 FREE POLE
17:00						
18:00						
19:00	18:30-19:15 POLE LEVEL 3&3	18:15-20:30 CONFORTION WS BEGINNER	18:45-19:45 POLE LEVEL 1&2 KUMI	19:00-20:15 POLE LEVEL 3	19:30-20:30 AERIAL SILK LEVEL 1	19:00-20:00 POLE LEVEL 1&2 AYUKO
20:00	20:30-21:45 POLE ALL LEVEL	20:30-21:45 POLE LEVEL 3&4 STATIC OR SPINNING ELLES	20:15-21:15 POLE LEVEL 1 NISHO	20:30-21:30 POLE LEVEL 1&2 SHOGEKO	20:45-22:00 AERIAL SILK LEVEL 2	20:15-21:15 FREE POLE
21:00						
22:00						

	Fri			Sat			Sun		
	STUDIO A	STUDIO B	STUDIO C	STUDIO A	STUDIO B	STUDIO C	STUDIO A	STUDIO B	STUDIO C
1800	6:00-11:40 Morning Free pole	6:00-11:30 Morning Free pole		10:00-11:00 10th & 24th AERIAL SILK BEGINNER (Only BEGINNER) AYA					
11:00				11:00-12:00 POLE LEVEL 1&2 SHOGEKO	11:15-12:15 AERIAL SILK LEVEL 1&2 AYA	11:15-12:15 FREE POLE	11:00-12:00 8&9th 11th FREE POLE	11:00-12:00 AERIAL HIJOP LEVEL 1&2 AYUKO 4th PVA	11:00-12:00 FREE POLE
12:00	12:00-13:15 POLE LEVEL 2&3 SHOGEKO	12:00-13:00 TICKET ONLY FREE CLASS	12:00-13:00 FREE CLASS	12:15-13:30 POLE LEVEL 3&4 STATIC & SPINNING	12:30-13:30 AERIAL HIJOP LEVEL 1&2 AYA	12:30-13:30 FREE POLE	12:15-13:30 POLE ALL LEVEL AKI	12:15-13:30 AERIAL HIJOP LEVEL 1&2 AYUKO 4th PVA	12:15-13:15 FREE POLE
13:00	13:30-14:30 SPINNING POLE HEELS LEVEL 1&2 ELLES	14:30-15:30 AERIAL SILK LEVEL 1&2	14:45-15:45 ELLES	13:30-14:30 POLE LEVEL 1 SHOGEKO	13:45-14:45 HAMMOCK DANCE LEVEL 1&2 AYA	14:00-15:00 POLE LEVEL 2	14:00-15:15 POLE LEVEL 3&4 STATIC OR SPINNING NISHO	14:00-15:00 AERIAL SILK BEGINNER (Only BEGINNER) AYA	13:30-14:30 FREE POLE
14:00	14:45-16:00 POLE LEVEL 3 SHOGEKO	15:45-16:45 FREE AERIAL	16:15-17:15 POLE HEELS SUPER BEGINNER AYA	15:30-16:30 SPINNING POLE LEVEL 1	15:30-16:30 AERIAL SILK LEVEL 1	16:00-17:00 POLE LEVEL 1&2 ELLES	16:30-17:30 POLE LEVEL 2	16:30-17:30 POLE LEVEL 1&2 AYUKO 15th Akane	16:30-17:30 POLE HEELS (SLOW MOVE) 4th SHOGEKO 11th PVA KASUMI
15:00									
16:00									
17:00									
18:00									
19:00	19:00-20:15 POLE LEVEL 3&4 STATIC OR SPINNING	19:00-20:00 AERIAL SILK LEVEL 1	19:00-20:00 POLE LEVEL 1&2 ELLES	19:00-20:15 POLE LEVEL 2	19:30-20:30 AERIAL SILK LEVEL 1&2 MIKA	19:30-20:00 POLE LEVEL 2	18:45-19:45 POLE LEVEL 2	18:45-19:45 POLE LEVEL 1&2 AYUKO 15th Akane	19:30-20:30 FREE POLE
20:00	20:30-21:45 POLE LEVEL 2&3 NISHO	20:15-21:15 MIKA	20:30-21:45 POLE LEVEL 2 MIKA	20:15-21:15 POLE LEVEL 2	20:30-21:30 AERIAL SILK LEVEL 1&2 MIKA	20:15-21:15 FREE POLE	19:30-20:30 POLE DROP WS PVA KASUMI	19:30-20:30 FREE POLE	19:30-20:30 FREE POLE
21:00									
22:00									

\*\*\*If you are level1, this is a class you can take!  
 We are closed during the New Year's holidays, from December 28th to January 3rd.

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