

APRIL

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

	Mon			Tue			Wed			Thu			Fri			Sat			Sun			
	STUDIO A	STUDIO B	STUDIO C	STUDIO A	STUDIO B	STUDIO C	STUDIO A	STUDIO B	STUDIO C	STUDIO A	STUDIO B	STUDIO C	STUDIO A	STUDIO B	STUDIO C	STUDIO A	STUDIO B	STUDIO C	STUDIO A	STUDIO B	STUDIO C	
6:00 ~ 10:30	9:00~10:30 Morning free pole	9:00~11:45 Morning free pole		6:00~10:30 Morning free pole			9:00~10:30 Morning free pole	9:00~10:30 Morning free pole		9:00~10:30 Morning free pole			9:00~11:40 Morning free pole	9:00~11:30 Morning free pole								
11:00				11:00~12:40 AERIAL SILK LEVEL 2&3	11:15~12:15 AERIAL SILK LEVEL 1&2		11:30~12:30 POLE LEVEL 1&2 sayuri	11:30~12:30 POLE LEVEL 1&2 sayuri		11:30~12:30 POLE LEVEL 1&2 sayuri	11:30~12:30 POLE LEVEL 1&2 sayuri	11:45~12:45 TICKET ONLY FREE POLE	11:45~12:45 TICKET ONLY FREE POLE	11:45~12:45 TICKET ONLY FREE POLE	11:15~12:15 TICKET ONLY FREE POLE	11:15~12:15 AERIAL SILK LEVEL 1&2	11:15~12:15 FREE POLE	11:15~12:15 FREE POLE	11:00~12:00 POLE LEVEL 1&2 AYAKO	11:00~12:00 AERIAL SILK LEVEL 1&2 AYAKO	11:00~12:00 FREE POLE	
12:00	TICKET ONLY FREE POLE		TICKET ONLY FREE POLE	12:45~13:45 AERIAL HOOP LEVEL 1&2	12:40~13:40 AERIAL YOGA		12:45~14:00 POLE LEVEL 3&4 STATIC OR SPINNING sayuri	13:00~14:00 FREE POLE		13:00~14:15 POLE LEVEL 3&4 STATIC OR SPINNING	13:00~14:00 FREE POLE	13:00~14:00 FREE POLE	13:00~14:00 FREE POLE	13:00~14:00 FREE POLE	12:00~13:00 TICKET ONLY FREE POLE	12:30~13:30 FREE POLE	12:40~13:40 AERIAL HOOP LEVEL 1&2	12:30~13:30 FREE POLE	12:15~13:15 AYAKO	12:15~13:15 AERIAL HOOP LEVEL 2&3	12:15~13:15 FREE POLE	
13:00	12:45~13:45 POLE LEVEL 1&2 KENTAN	12:30~13:30 AERIAL HOOP LEVEL 1&2	12:45~13:45 FREE POLE	13:00~14:00 SPINNING POLE LEVEL 1	12:40~13:40 AERIAL YOGA		12:45~14:00 POLE LEVEL 3&4 STATIC OR SPINNING sayuri	13:00~14:00 FREE POLE		13:00~14:15 POLE LEVEL 3&4 STATIC OR SPINNING	13:00~14:00 FREE POLE	13:00~14:00 FREE POLE	13:00~14:00 FREE POLE	13:00~14:00 FREE POLE	12:00~13:00 TICKET ONLY FREE POLE	12:30~13:30 FREE POLE	12:40~13:40 AERIAL HOOP LEVEL 1&2	12:30~13:30 FREE POLE	12:15~13:15 AYAKO	12:15~13:15 AERIAL HOOP LEVEL 2&3	12:15~13:15 FREE POLE	
14:00	14:00~15:00 POLE LEVEL 2	14:00~15:00 Body Conditioning + Stretch	14:00~15:00 FREE POLE	14:15~15:15 POLE HEELS SUPER BEGINNER	14:00~15:00 FREE AERIAL		14:15~15:15 POLE LEVEL 1&2 ELLES	14:15~15:15 MOE		14:15~15:15 POLE LEVEL 1&2 ELLES	14:15~15:15 MOE	14:15~15:15 FREE POLE	14:15~15:15 FREE POLE	14:15~15:15 FREE POLE	14:00~15:00 SPINNING POLE HEELS LEVEL 1&2	14:00~15:00 FREE POLE	14:00~15:00 FREE POLE	14:00~15:00 EXOTIC FLOW (ALL LEVEL)	14:00~15:00 AERIAL SILK BEGINNER (Only BEGINNER)	14:00~15:00 AYAKO	14:00~15:00 FREE POLE	
15:00	SHIGEO 22nd & 23rd KENTAN	AYA	15:15~16:15 FREE POLE	15:15~16:15 FREE POLE	15:15~16:15 FREE POLE		15:15~16:15 AERIAL HOOP LEVEL 1	15:15~16:15 MOE		15:15~16:15 AERIAL HOOP LEVEL 1	15:15~16:15 MOE	15:15~16:15 FREE POLE	15:15~16:15 FREE POLE	15:15~16:15 FREE POLE	15:15~16:15 FREE POLE	15:15~16:15 FREE POLE	15:15~16:15 FREE POLE	15:15~16:15 FREE POLE	15:15~16:15 FREE POLE	15:15~16:15 FREE POLE	15:15~16:15 FREE POLE	15:15~16:15 FREE POLE
16:00	16:00~17:00 POLE LEVEL 3 SHIGEO 22nd & 23rd KENTAN	AERIAL SILK LEVEL 1&2	16:30~17:30 FREE POLE	16:45~17:45 SPINNING POLE ALL LEVEL	16:00~17:00 FREE POLE		16:00~17:00 SPINNING POLE LEVEL 1&2 ELLES	16:00~17:00 FREE POLE		16:00~17:00 SPINNING POLE LEVEL 1&2 ELLES	16:00~17:00 FREE POLE	16:00~17:00 FREE POLE	16:00~17:00 FREE POLE	16:00~17:00 FREE POLE	16:00~17:00 FREE POLE	16:00~17:00 FREE POLE	16:00~17:00 FREE POLE	16:00~17:00 FREE POLE	16:00~17:00 FREE POLE	16:00~17:00 FREE POLE	16:00~17:00 FREE POLE	16:00~17:00 FREE POLE
17:00			17:00~17:30 FREE POLE	17:15~18:15 FREE POLE	17:15~18:15 FREE POLE		17:15~18:15 FREE POLE	17:15~18:15 FREE POLE		17:15~18:15 FREE POLE	17:15~18:15 FREE POLE	17:15~18:15 FREE POLE	17:15~18:15 FREE POLE	17:15~18:15 FREE POLE	17:15~18:15 FREE POLE	17:15~18:15 FREE POLE	17:15~18:15 FREE POLE	17:15~18:15 FREE POLE	17:15~18:15 FREE POLE	17:15~18:15 FREE POLE	17:15~18:15 FREE POLE	17:15~18:15 FREE POLE
18:00			18:45~19:45 AERIAL SILK BASIC for BEGINNER	18:45~19:45 SEXY MOVEMENT CHOREO 8th & 23rd HEELS for BEGINNER yasuna	17:30~18:30 Stretch & training on Aerial Silk AYUKO		18:45~19:45 AERIAL HOOP LEVEL 1	18:45~19:45 MOE		18:45~19:45 AERIAL HOOP LEVEL 1	18:45~19:45 MOE	18:45~19:45 FREE POLE	18:45~19:45 FREE POLE	18:45~19:45 FREE POLE	18:00~19:00 FREE POLE	18:00~19:00 FREE POLE	18:00~19:00 FREE POLE	18:00~19:00 FREE POLE	18:00~19:00 FREE POLE	18:00~19:00 FREE POLE	18:00~19:00 FREE POLE	18:00~19:00 FREE POLE
19:00	19:15~20:15 POLE LEVEL 1&2 in HEELS	AERIAL SILK BASIC for BEGINNER	19:15~20:15 FREE POLE	19:00~20:00 EXOTIC Old School (ALL LEVEL)	19:00~20:00 FREE POLE		19:00~20:00 AERIAL HOOP ALL LEVEL	19:00~20:00 MOE		19:00~20:00 AERIAL HOOP ALL LEVEL	19:00~20:00 MOE	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	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	SHIGEO	20:00~21:15 AERIAL SILK LEVEL 2	20:00~21:15 FREE POLE	19:30~20:30 AERIAL SILK BEGINNER & LEVEL 1	19:30~20:30 FREE POLE		19:30~20:30 SPINNING POLE LEVEL 1	19:30~20:30 MOE		19:30~20:30 SPINNING POLE LEVEL 1	19:30~20:30 MOE	19:30~20:30 FREE POLE	19:30~20:30 FREE POLE	19:30~20:30 FREE POLE	19:30~20:30 FREE POLE	19:30~20:30 FREE POLE	19:30~20:30 FREE POLE	19:30~20:30 FREE POLE	19:30~20:30 FREE POLE	19:30~20:30 FREE POLE	19:30~20:30 FREE POLE	19:30~20:30 FREE POLE
21:00	20:30~21:45 POLE LEVEL 2&3	MKA	20:30~21:45 FREE POLE	20:15~21:30 AERIAL SILK LEVEL 2	20:15~21:30 FREE POLE		20:15~21:30 AERIAL SILK ALL LEVEL	20:15~21:30 MOE		20:15~21:30 AERIAL SILK ALL LEVEL	20:15~21:30 MOE	20:15~21:30 FREE POLE	20:15~21:30 FREE POLE	20:15~21:30 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	20:15~21:15 FREE POLE
22:00	21:30~22:30 AERIAL SILK LEVEL 1&2	1st, 15th & 23rd AERIAL SILK LEVEL 1&2	21:45~22:45 FREE POLE	21:45~22:45 TICKET ONLY FREE POLE	21:45~22:45 TICKET ONLY FREE AERIAL		21:45~22:45 FREE POLE	21:45~22:45 FREE POLE		21:45~22:45 FREE POLE	21:45~22:45 FREE POLE	21:45~22:45 FREE POLE	21:45~22:45 FREE POLE	21:45~22:45 FREE POLE	21:45~22:45 FREE POLE	21:45~22:45 FREE POLE	21:45~22:45 FREE POLE	21:45~22:45 FREE POLE	21:45~22:45 FREE POLE	21:45~22:45 FREE POLE	21:45~22:45 FREE POLE	21:45~22:45 FREE POLE