

ABSOLUTE YOU CLASS SCHEDULE

AMARIN PLAZA STUDIO								
DATE		22-April	23-April	24-April	25-April	26-April	27-April	28-April
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YOGA	7:00-7:45	HF on the Go LUKE 45 min	HF on the Go MONICA 45 min	HF on the Go TING 45 min	HF on the Go CANDY 45 min	HF on the Go BEBE 45 min		
PILATES REFORMER	7:15-8:15	CIRCUIT ABS + ARMS MAE	ESSENTIAL FIT + TONE KAT	REFORMER BLEND	ESSENTIAL ABS + ARMS JACKIE	CIRCUIT BUTT + THIGHS RJ		
PILATES REFORMER	7:30-8:30 ROOM 2	ESSENTIAL FIT + TONE VANESSA	ESSENTIAL BUTT + THIGHS JOHN	ESSENTIAL ABS + ARM TERESA	ESSENTIAL FIT + TONE CHER	ESSENTIAL ABS + ARM JACKIE		
PILATES REFORMER	8:00-9:00						ESSENTIAL FIT + TONE JERALD	ESSENTIAL BUTT + THIGHS PEWEE
PILATES REFORMER	8:15-9:15 ROOM 2						ESSENTIAL ABS + ARM PEWEE	ESSENTIAL FIT + TONE JULIE
YOGA	8:15-9:45	HATHA LUKE 90 min		Vinyasa TING 90 min		SHOULDER THERAPY* BEBE 90 min		INVERSION* MON (7:30-8:30)
CORE BLAST	8:30-9:30	CORE SUSPEND BUTT + THIGHS VANESSA		CORE BALST SCULPT JUDO		CORE SUSPEND ABS + ARM RJ		
PILATES REFORMER	8:30-9:30	ESSENTIAL BUTT + THIGHS MAE		ESSENTIAL FIT + TONE TERESA		YOGA STRETCHING ON REFORMER JACKIE		
PILATES REFORMER	8:30-9:00		Foundation		Foundation		(9:15-10:15)	(9:15-10:15)
	9:00-10:00		ESSENTIAL ABS + ARMS KAT		ESSENTIAL BUTT + THIGHS JACKIE		ESSENTIAL BUTT + THIGHS JULIE	CIRCUIT ABS + ARMS KAT
YOGA	8:45-9:45						ABSOLUTE FIT PAUL 60 min	HATHA MON 60 min
CORE BLAST	9:15-10:15						CORE SUSPEND ABS + ARM FAI	CORE SUSPEND BUTT + THIGHS PEWEE
PILATES REFORMER	9:30-10:00						Foundation	Foundation
	10:00-11:00 ROOM 2						ESSENTIAL FIT + TONE PEWEE	ESSENTIAL BUTT + THIGHS JULIE
PILATES REFORMER	9:45-10:45	CARDIO JUMPBOARD		CIRCUIT BUTT + THIGHS TERESA		ESSENTIAL FIT + TONE RJ		
YOGA	10:00-11:30	HOT (A) HARRISON 90 min	HATHA MONICA 90 min	HOT (AB) TING 90 min	HOT (A) CANDY 90 min	HOT (AB) KATE 90 min	HOT (A) KATE 90 min	HOT (A) PAUL 90 min
PILATES REFORMER	10:30-11:30						ESSENTIAL ABS + ARM JULIE	ESSENTIAL FIT + TONE KAT
YOGA	11:00-12:30 CB studio						ARM BALANCE* PAUL 90 min	YOGA PILATES MON 90 min
PILATES REFORMER	11:45-12:45						ESSENTIAL FIT + TONE PEWEE	ESSENTIAL ABS + ARM JULIE
YOGA	12:15-13:00	HF on the Go LUKE 45 min	HF on the Go MONICA 45 min	HF on the Go BENZ 45 min	HF on the Go CANDY 45 min	HF on the Go MON 45 min		
PILATES REFORMER	12:15-13:15		ESSENTIAL FIT + TONE KAT		ESSENTIAL BUTT + THIGHS JACKIE			
CORE BLAST	13:45-14:00						Foundation	Foundation
	14:00-15:00						CORE SUSPEND BUTT + THIGHS FAI	CORE SUSPEND ABS + ARMS PEWEE
PILATES REFORMER	14:00-14:30			Foundation				
	14:30-15:30	ESSENTIAL ABS + ARMS MAE		ESSENTIAL FIT + TONE TERESA		CIRCUIT ABS + ARMS RJ	ESSENTIAL ABS + ARMS JULIE	ESSENTIAL FIT + TONE KAT
YOGA	14:30-16:00	ABSOLUTE FIT MARVIN (14:30-15:30)	HATHA LUKE 90 min	HOT (AB) BENZ 90 min	ABSOLUTE FIT KNOT (14:30-15:30)	HOT (A) HARRISON 90 min	HOT (AB) KATE 90 min	HOT (A) PAUL 90 min
YOGA	15:15-16:45 CB studio						YIN YANG PAUL 90 min	Vinyasa MON 90 min
PILATES REFORMER	14:30-15:00						Foundation	Foundation
	15:00-16:00 ROOM 2						ESSENTIAL BUTT + THIGHS PEWEE	ESSENTIAL ABS + ARM JULIE
PILATES REFORMER	16:00-17:00						CIRCUIT BUTT + THIGHS JULIE	ESSENTIAL BUTT + THIGHS KAT
YOGA	16:30-17:30	Vinyasa MARVIN 60 min	HOT (A) LUKE 60 min	GENTLE FLOW SHANTI 60 min	TWISTING* KNOT 60 min	ABSOLUTE FIT MON 60 min	HOT (A) KATE 60 min	ABSOLUTE FIT PAUL 60 min
PILATES REFORMER	16:45-17:45	CIRCUIT ABS + ARMS VANESSA	ESSENTIAL FIT + TONE JERALD	ESSENTIAL BUTT + THIGHS RJ	ESSENTIAL ABS + ARM JEAB	ESSENTIAL FIT + TONE RACHEL		
PILATES REFORMER	17:00-17:30	Foundation	Foundation	Foundation	Foundation	Foundation		
	17:30-18:30 ROOM 2 (Class Added)	ESSENTIAL BUTT + THIGHS JULIE	ESSENTIAL ABS + ARM ANT P	ESSENTIAL FIT + TONE RISSA	ESSENTIAL BUTT + THIGHS CHER	ESSENTIAL ABS + ARM JACKIE		
CORE BLAST	17:45-18:00		Foundation	Foundation	Foundation	Foundation		
	18:00-19:00	CORE SUSPEND BUTT + THIGHS VANESSA	CORE SUSPEND ABS + ARM JACKIE	CORE SUSPEND WHOLE BODY JUDO	CORE SUSPEND BUTT + THIGHS LILY	CORE BLAST TONE RJ		
PILATES REFORMER	18:00-19:00	ESSENTIAL BUTT + THIGHS PEWEE	ESSENTIAL FIT + TONE JERALD	CIRCUIT ABS + ARMS MAE	ESSENTIAL BUTT + THIGHS JEAB	CIRCUIT BUTT + THIGHS RACHEL		
YOGA	18:00-19:30	HOT (A) HARRISON 90 min	YOGA PILATES LUKE (18:00-19:00)	HOT (A) BENZ 90 min	ABSOLUTE FIT KNOT (18:00-19:00)	HOT (AB) HARRISON 90 min		
PILATES REFORMER	18:40-19:40 ROOM 2 (Time Changed)	ESSENTIAL ABS + ARM JULIE	ESSENTIAL FIT + TONE ANT P	ESSENTIAL BUTT + THIGHS RISSA	ESSENTIAL ABS + ARM CHER	ESSENTIAL FIT + TONE JACKIE		
PILATES REFORMER	19:10-20:10	ESSENTIAL FIT + TONE PEWEE	CIRCUIT BUTT + THIGHS JULIE	ESSENTIAL BUTT + THIGHS MAE	ESSENTIAL ABS + ARM JEAB	ESSENTIAL FIT + TONE RACHEL		
YOGA	19:15-20:45 CB/YG studio	PRANA VASHYA* MARVIN 90 min	Vinyasa LUKE 90 min	BACKBEND* SHANTI 90 min	Vinyasa KNOT 90 min	HATHA MON 90 min		
YOGA	19:15-20:15 CB/YG studio		HATHA JACKIE 60 min		YOGA PILATES LILY 60 min			
PILATES REFORMER	19:45-20:45 ROOM 2 (Time Changed)	ESSENTIAL FIT + TONE JULIE	ESSENTIAL BUTT + THIGHS ANT P	ESSENTIAL ABS + ARM RISSA	ESSENTIAL FIT + TONE CHER	ESSENTIAL BUTT + THIGHS JACKIE		
YOGA	19:45-20:45	HOT (A) HARRISON 60 min		HOT (AB) BENZ 60 min		HOT (A) HARRISON 60 min		
PILATES REFORMER	20:15-21:15	ESSENTIAL BUTT + THIGHS PEWEE	ESSENTIAL ABS + ARM JULIE	ESSENTIAL FIT + TONE MAE	ESSENTIAL BUTT + THIGHS JEAB			

ABSOLUTE YOU CLASS SCHEDULE

AMARIN PLAZA STUDIO : RHYTHM CYCLING								
DATE		22-April	23-April	24-April	25-April	26-April	27-April	28-April
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
RHYTHM CYCLING	7:15-8:00	ABSOLUTE BEATS MEW	ABSOLUTE BEATS GIFT	ABSOLUTE BEATS GIFT	ABSOLUTE BEATS MEW	ABSOLUTE BEATS MARIA		
RHYTHM CYCLING	8:30-8:45	Foundation		Foundation		Foundation		
	8:45-9:30	ABSOLUTE BEATS MAE D.		ABSOLUTE BEATS AOM		ABSOLUTE BEATS FLYNN		
RHYTHM CYCLING	9:00-9:15							Foundation
	9:15-10:00						ABSOLUTE BEATS DAN	ABSOLUTE BEATS GIFT
RHYTHM CYCLING	10:15-10:30						Foundation	
	10:30-11:15						ABSOLUTE BEATS MARIA	ABSOLUTE BURN GIFT
RHYTHM CYCLING	12:15-13:00	LUNCH BEATS JUSTIN	LUNCH BEATS D.GIFT	LUNCH BEATS GIFT	LUNCH BEATS DAN	LUNCH BEATS MIMI		
RHYTHM CYCLING	14:45-15:00							Foundation
	15:00-15:45						ABSOLUTE BEATS MARIA	ABSOLUTE BEATS JUSTIN
RHYTHM CYCLING	16:00-16:15						Foundation	
	16:15-17:00						ABSOLUTE ESSENTIALS JUNE	ABSOLUTE BEATS JUSTIN
RHYTHM CYCLING	17:15-17:30	Foundation		Foundation		Foundation		
	17:30-18:15	ABSOLUTE BEATS FLYNN	ABSOLUTE BEATS D.GIFT	ABSOLUTE BEATS CHRISNA	ABSOLUTE BEATS MIMI	ABSOLUTE BEATS MEK		
RHYTHM CYCLING	18:30-19:15							
		ABSOLUTE BEATS JUSTIN	ABSOLUTE BURN DAN	ABSOLUTE BURN CHRISNA	ABSOLUTE BEATS BOAT	(18:30-19:30) ABSOLUTE 60 MEK		
RHYTHM CYCLING	19:30-19:45		Foundation	(19:45-20:30)	Foundation			
	19:45-20:30	ABSOLUTE BEATS FLYNN	ABSOLUTE BEATS PEARL	ABSOLUTE BEATS MEW	ABSOLUTE BEATS BOAT	ABSOLUTE BEATS FLYNN		

SILOM STUDIO								
DATE		22-April	23-April	24-April	25-April	26-April	27-April	28-April
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YOGA	7:00-7:45	HF on the Go TING 45 min	HF on the Go CANDY 45 min	HF on the Go MONICA 45 min	HF on the Go PLE 45 min	HF on the Go FU 45 min		
CORE BLAST	7:00-8:00	CORE SUSPEND BUTT + THIGHS JUDO		CORE SUSPEND ABS + ARM FAI		CORE BLAST CARDIO JUDO		
PILATES REFORMER	7:00-8:00	ESSENTIAL FIT + TONE JOHN		CIRCUIT ABS + ARM CHER		ESSENTIAL BUTT + THIGHS MAE		
CORE BLAST	8:00-8:15	Foundation		Foundation		Foundation		
	8:15-9:15	CORE SUSPEND ABS + ARM JUDO		CORE BLAST CARDIO FAI		CORE SUSPEND BUTT + THIGHS JUDO	CORE SUSPEND ABS + ARM JOHN	CORE SUSPEND BUTT + THIGHS ANT P
YOGA	8:15-9:15		GENTLE FLOW CANDY 60 min		HOT (AB) PLE 60 min			
YOGA	8:30-9:30						HATHA HARRISON 60 min	HOT (A) BENZ 60 min
PILATES REFORMER	8:30-9:00			Foundation				
	9:00-10:00	ESSENTIAL ABS + ARM JOHN	ESSENTIAL FIT + TONE MAE	ESSENTIAL BUTT + THIGHS CHER	ESSENTIAL FIT + TONE AU	CIRCUIT BUTT + THIGHS MAE		
PILATES REFORMER	9:15-10:15						ESSENTIAL FIT + TONE JOHN	ESSENTIAL ABS + ARMS ANT P
YOGA	9:30-11:00	HOT (A) TING 90 min	HOT (AB) CANDY 90 min	Vinyasa MONICA 90 min	HOT (A) PLE 90 min	HATHA FU 90 min	HOT (A) HARRISON (9:45-11:15)	YOGA PILATES BENZ (9:45-11:15)
PILATES REFORMER	10:15-10:45						Foundation	
	10:45-11:45						ESSENTIAL ABS + ARM JOHN	ESSENTIAL BUTT + THIGHS ANT P
YOGA	12:15-13:00	HF on the Go TING 45 min	HF on the Go CANDY 45 min	HF on the Go MONICA 45 min	HF on the Go PLE 45 min	HF on the Go FU 45 min		
PILATES REFORMER	14:00-14:30				Foundation			Foundation
	14:30-15:30		CIRCUIT BUTT + THIGHS MAE		ESSENTIAL FIT + TONE AU		CIRCUIT BUTT + THIGHS JOHN	ESSENTIAL FIT + TONE ANT P
YOGA	14:30-16:00	HOT (AB) KNOT 90 min		HOT (A) LEK 90 min		HOT (AB) ARTIE 90 min	YIN YANG HARRISON (15:30-17:00)	HOT (AB) BENZ (15:30-17:00)
PILATES REFORMER	17:00-18:00	ESSENTIAL ABS + ARM KAT	ESSENTIAL ABS + ARM JOHN	CARDIO JUMPMBOARD ANT	ESSENTIAL BUTT + THIGHS AU	ESSENTIAL ABS + ARM OHM		
YOGA	17:30-18:30	ABSOLUTE FIT KNOT 60 min	HOT (AB) MARVIN 60 min	HATHA LEK 60 min	Vinyasa LUKE 60 min	HOT (A) ARTIE 60 min		
CORE BLAST	17:45-18:00	Foundation		Foundation		Foundation		
	18:00-19:00	CORE SUSPEND WHOLE BODY JUDO	CORE SUSPEND ABS + ARM JUDO	CORE SUSPEND BUTT + THIGHS FAI	CORE SUSPEND ABS + ARM JUDO	CORE SUSPEND BUTT + THIGHS JUDO		
PILATES REFORMER	18:00-18:15		Foundation		Foundation	Foundation		
	18:15-19:15	CIRCUIT ABS + ARM KAT	ESSENTIAL BUTT + THIGHS JOHN	CIRCUIT BUTT + THIGHS ANT	ESSENTIAL ABS + ARM AU	ESSENTIAL FIT + TONE OHM		
YOGA	18:45-20:15	Vinyasa KNOT 90 min	PRANA VASHYA* MARVIN 90 min	HOT (AB) LEK 90 min	HOT (A) LUKE 90 min	HATHA ARTIE 90 min		
CORE BLAST	19:00-19:15		Foundation		Foundation			
	19:15-20:15	CORE SUSPEND ABS + ARM JUDO	CORE SUSPEND BUTT + THIGHS JUDO	CORE BLAST CARDIO FAI	CORE SUSPEND BUTT + THIGHS JUDO	CORE SUSPEND ABS + ARM JUDO		
PILATES REFORMER	19:30-20:30	ESSENTIAL BUTT + THIGHS KAT	CIRCUIT BUTT + THIGHS JOHN	ESSENTIAL ABS + ARM ANT	ESSENTIAL BUTT + THIGHS AU	ESSENTIAL ABS + ARM OHM		
YOGA	20:30-21:30	HOT (A) KNOT 60 min	HOT (AB) MARVIN 60 min	HOT (A) LEK 60 min	HATHA LUKE 60 min			

ABSOLUTE YOU CLASS SCHEDULE

EXCHANGE TOWER STUDIO								
DATE		22-April	23-April	24-April	25-April	26-April	27-April	28-April
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YOGA	7:00-7:45		HF on the Go TING 45 min		HF on the Go AIR 45 min			
RHYTHM CYCLING	7:15-8:00	ABSOLUTE BEATS JUNE	ABSOLUTE BEATS CHERIE	ABSOLUTE BEATS PLOU	ABSOLUTE BEATS FERN	ABSOLUTE BEATS DINI		
PILATES REFORMER	7:00-7:15	Foundation		Foundation		Foundation		
	7:15-8:15	ESSENTIAL ABS + ARM RJ	ESSENTIAL FIT + TONE JACKIE	ESSENTIAL BUTT + THIGHS KAT	ESSENTIAL ABS + ARM LILY	ESSENTIAL BUTT + THIGHS JOHN		
YOGA	8:30-9:30	GENTLE FLOW MONICA 60 min	ABSOLUTE FIT TING 60 min	HATHA JUSTIN 60 min	HOT (A) AIR 60 min	ABSOLUTE FIT PAUL 60 min	HOT (AB) BENZ 60 min	GENTLE FLOW HARRISON 60 min
PILATES REFORMER	8:30-9:00					Foundation	Foundation	Foundation
	9:00-10:00 <i>(Class Added)</i>			ESSENTIAL ABS + ARM KAT		ESSENTIAL FIT + TONE JOHN	ESSENTIAL BUTT + THIGHS RACHEL	ESSENTIAL ABS + ARM JOHN
RHYTHM CYCLING	9:00-9:15		Foundation	Foundation	Foundation		Foundation	Foundation
	9:15-10:00		ABSOLUTE BEATS CHERIE	ABSOLUTE ESSENTIALS PLOU	ABSOLUTE BEATS FERN		ABSOLUTE BEATS JUSTIN	ABSOLUTE BEATS AOM
PILATES REFORMER	9:30-10:00		Foundation		Foundation		(10:15-11:15)	(10:15-11:15)
	10:00-11:00	CIRCUIT BUTT + THIGHS RJ	ESSENTIAL ABS + ARM JACKIE	CIRCUIT BUTT + THIGHS KAT	ESSENTIAL FIT + TONE LILY	ESSENTIAL ABS + ARM JOHN	ESSENTIAL FIT + TONE RACHEL	ESSENTIAL BUTT + THIGHS JOHN
YOGA	10:00-11:30	Vinysa MONICA 90 min	HATHA TING 90 min	YOGA PILATES JUSTIN 90 min	Vinysa AIR 90 min	HOT (A) PAUL 90 min	CORE STRENGTH* BENZ 90 min	HOT (A) HARRISON 90 min
PILATES REFORMER	11:30-12:00	Foundation		Foundation		Foundation		
	12:00-13:00	ESSENTIAL FIT + TONE RJ		ESSENTIAL ABS + ARM JOHN		ESSENTIAL BUTT + THIGHS KAT	ESSENTIAL ABS + ARM RACHEL	ESSENTIAL FIT + TONE JOHN
RHYTHM CYCLING	12:15-13:00	LUNCH BEATS MAE D.		LUNCH BEATS AOM		LUNCH BEATS FERN		
YOGA	12:15-13:00			HF on the Go JUSTIN 45 min		HF on the Go PAUL 45 min		
YOGA	14:00-15:30						HOT (A) BENZ 90 min	HATHA AIR 90 min
RHYTHM CYCLING	14:00-14:15						Foundation	Foundation
	14:15-15:00						ABSOLUTE BEATS JUSTIN	ABSOLUTE BEATS AOM
PILATES REFORMER	15:00-15:30						Foundation	
	15:30-16:30						ESSENTIAL BUTT + THIGHS RACHEL	CIRCUIT ABS + ARM JOHN
PILATES REFORMER	17:00-18:00		CIRCUIT BUTT + THIGHS RACHEL		ESSENTIAL ABS + ARM VANESSA			
RHYTHM CYCLING	17:15-17:30	Foundation		Foundation		Foundation		
	17:30-18:15	ABSOLUTE ESSENTIALS TAE		ABSOLUTE BEATS KATIE		ABSOLUTE BEATS D.GIFT		
YOGA	17:30-18:30	ABSOLUTE FIT PAUL 60 min	HATHA KNOT 60 min	HOT (AB) LUKE 60 min	HOT (A) BENZ 60 min	Vinysa PAUL 60 min	ABSOLUTE FIT BENZ (16:30-17:30)	HOT (A) AIR (16:30-17:30)
PILATES REFORMER	17:30-18:00	Foundation		Foundation		Foundation		
	18:00-19:00	ESSENTIAL BUTT + THIGHS RJ	ESSENTIAL FIT + TONE RACHEL	ESSENTIAL ABS + ARM JULIE	ESSENTIAL BUTT + THIGHS VANESSA	ESSENTIAL ABS + ARM LILY		
RHYTHM CYCLING	18:30-18:45	Foundation		Foundation		Foundation		
	18:45-19:30	ABSOLUTE BEATS MEI	ABSOLUTE BEATS BOAT	ABSOLUTE BEATS DREAM	ABSOLUTE BEATS JUSTIN	ABSOLUTE BEATS D.GIFT		
YOGA	18:45-20:00	HATHA PAUL 75 min	HOT (A) KNOT 75 min	HATHA LUKE 75 min	HOT (AB) BENZ 75 min	HOT (A) PAUL 75 min		
PILATES REFORMER	19:00-19:15	Foundation		Foundation		Foundation		
	19:15-20:15	ESSENTIAL ABS + ARM RJ	ESSENTIAL BUTT + THIGHS RACHEL	ESSENTIAL FIT + TONE JULIE	ESSENTIAL ABS + ARM VANESSA	ESSENTIAL FIT + TONE LILY		
RHYTHM CYCLING	19:45-20:30	ABSOLUTE BEATS TAE	ABSOLUTE BEATS BOAT	ABSOLUTE BEATS DREAM	ABSOLUTE BEATS JUSTIN			
YOGA	20:15-21:15	HOT (AB) PAUL 60 min	Vinysa KNOT 60 min	HOT (A) LUKE 60 min	HATHA / VINYSYA BENZ 60 min			
PILATES REFORMER	20:15-21:15	ESSENTIAL BUTT + THIGHS RJ	ESSENTIAL ABS + ARM RACHEL	ESSENTIAL BUTT + THIGHS JULIE	ESSENTIAL FIT + TONE VANESSA	ESSENTIAL ABS + ARM LILY		

THE CIRCLE STUDIO								
DATE		22-April	23-April	24-April	25-April	26-April	27-April	28-April
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
RHYTHM CYCLING	8:00-8:15	Foundation		Foundation		Foundation		
	8:15-9:00	ABSOLUTE BEATS PAT		ABSOLUTE BEATS D.GIFT		ABSOLUTE BEATS PLOU		
PILATES REFORMER	8:30-9:00		Foundation		Foundation		Foundation	
	9:00-10:00	ESSENTIAL ABS + ARM ANT P	ESSENTIAL BUTT + THIGHS GUBGIB	ESSENTIAL FIT + TONE ART	ESSENTIAL ABS + ARM KAN P	ESSENTIAL BUTT + THIGHS AU	ESSENTIAL FIT + TONE CHER	ESSENTIAL ABS + ARM GUBGIB
RHYTHM CYCLING	10:00-10:15	Foundation		Foundation		Foundation		
	10:15-11:00		ABSOLUTE BEATS AE (T)		ABSOLUTE ESSENTIALS KENG (T)		ABSOLUTE BEATS D.GIFT	ABSOLUTE BEATS KENG (T)
YOGA	9:00-10:30	HOT (A) KWANG 90 min	Vinysa KWANG 90 min	AB FIT GROUND (9:00-10:00)	HATHA MON 90 min	HOT (A) BENZ 90 min	HOT (AB) AIR 90 min	HATHA FAI 90 min
PILATES REFORMER	10:00-10:30	Foundation		Foundation		Foundation		
	10:30-11:30	ESSENTIAL FIT + TONE ANT P	ESSENTIAL ABS + ARM GUBGIB	ESSENTIAL BUTT + THIGHS ART	ESSENTIAL FIT + TONE KAN P	ESSENTIAL ABS + ARM AU	ESSENTIAL BUTT + THIGHS CHER	ESSENTIAL FIT + TONE GUBGIB
YOGA	11:00-12:30		HOT (A) KWANG 90 min		HOT (AB) MON 90 min		AB FIT GROUND AIR (11:00-12:00)	HOT (A) FAI 90 min
YOGA	14:00-15:30	ABSOLUTE FIT CAKE (14:00-15:00)	HATHA KWANG 90 min	HOT (AB) PLE 90 min	ABSOLUTE FIT MON (14:00-15:00)	HOT (A) BENZ 90 min		YIN YANG FAI 90 min
RHYTHM CYCLING	14:00-14:15						Foundation	Foundation
	14:15-15:00						ABSOLUTE ESSENTIALS D.GIFT	ABSOLUTE BEATS KENG (T)
PILATES REFORMER	14:00-14:30	Foundation		Foundation		Foundation		
	14:30-15:30	ESSENTIAL BUTT + THIGHS ANT P	ESSENTIAL ABS + ARM GUBGIB	ESSENTIAL FIT + TONE ART	ESSENTIAL BUTT + THIGHS KAN P		ESSENTIAL ABS + ARM CHER	ESSENTIAL BUTT + THIGHS GUBGIB
PILATES REFORMER	16:00-17:00						ESSENTIAL BUTT + THIGHS CHER	ESSENTIAL ABS + ARMS GUBGIB
YOGA	16:30-18:00						YOGA PILATES AIR 90 min	HOT (AB) FAI 90 min
PILATES REFORMER	17:00-18:00	ESSENTIAL ABS + ARM ANT P		ESSENTIAL BUTT + THIGHS LILY		ESSENTIAL FIT + TONE AU		
YOGA	17:45-19:00	YOGA PILATES CAKE 75 min	ARM BALANCE* KWANG 75 min	Vinysa PLE 75 min	INVERSION* MON 75 min			HATHA BENZ 75 min
PILATES REFORMER	17:45-18:15	Foundation		Foundation		Foundation		
	18:15-19:15	ESSENTIAL BUTT + THIGHS ANT P	ESSENTIAL FIT + TONE GUBGIB	ESSENTIAL ABS + ARM LILY	ESSENTIAL FIT + TONE KAN P	ESSENTIAL BUTT + THIGHS AU		
RHYTHM CYCLING	18:15-18:30	Foundation		Foundation		Foundation		
	18:30-19:15	ABSOLUTE BEATS PAT	ABSOLUTE BEATS AOM	ABSOLUTE BEATS D.GIFT	ABSOLUTE BEATS KENG (T)	ABSOLUTE BEATS PLOU		
YOGA	19:15-20:30	HOT (AB) CAKE 75 min	HATHA KWANG 75 min	HOT (A) PLE 75 min	Vinysa MON 75 min	HOT (AB) BENZ 75 min		
RHYTHM CYCLING	19:30-20:15		ABSOLUTE BEATS AOM		ABSOLUTE BEATS KENG (T)			
PILATES REFORMER	19:30-20:30	ESSENTIAL ABS + ARM ANT P	ESSENTIAL BUTT + THIGHS GUBGIB	ESSENTIAL BUTT + THIGHS LILY	ESSENTIAL ABS + ARM KAN P	ESSENTIAL FIT + TONE AU		

ABSOLUTE YOU CLASS SCHEDULE

LADPRAO STUDIO									
DATE		22-April	23-April	24-April	25-April	26-April	27-April	28-April	
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
PILATES REFORMER	8:30-9:00	Foundation		Foundation		Foundation		Foundation	
	9:00-10:00	ESSENTIAL FIT + TONE LILY	CIRCUIT ABS + ARM ARM	ESSENTIAL BUTT + THIGHS KATE	CIRCUIT ABS + ARM ART	ESSENTIAL FIT + TONE KUNGGING	ESSENTIAL BUTT + THIGHS OHM	ESSENTIAL FIT + TONE OHM	ESSENTIAL ABS + ARM TERESA
YOGA	8:45-9:45						Vinyasa KWANG 60 min	ABSOLUTE FIT CANDY 60 min	
YOGA	10:00-11:30	HOT (A) AIR 90 min	HOT (AB) CAKE 90 min	HATHA ARTIE 90 min	HOT (A) KWANG 90 min	INVERSION* EVE 90 min	HOT (AB) KWANG 90 min	HOT (A) CANDY 90 min	
PILATES REFORMER	10:30-11:30	ESSENTIAL BUTT + THIGHS LILY		ESSENTIAL FIT + TONE KATE		ESSENTIAL ABS + ARM KUNGGING	ESSENTIAL FIT + TONE OHM	ESSENTIAL BUTT + THIGHS TERESA	
YOGA	11:45-13:15		HATHA CAKE 90 min		HATHA KWANG 90 min	HATHA EVE 90 min			
PILATES REFORMER	12:00-13:00						ESSENTIAL ABS + ARM OHM	ESSENTIAL FIT + TONE TERESA	
YOGA	14:30-16:00	HIP OPENER* AIR 90 min		Vinyasa ARTIE 90 min		HOT (AB) EVE 90 min	HATHA KWANG 90 min	YOGA PILATES CANDY 90 min	
PILATES REFORMER	17:15-18:15	CIRCUIT BUTT + THIGHS LILY	ESSENTIAL ABS + ARM ARM	CIRCUIT BUTT + THIGHS KATE	ESSENTIAL FIT + TONE ART	CIRCUIT ABS + ARM KUNGGING			
YOGA	17:15-18:15	HATHA AIR 60 min	HOT (AB) CAKE 60 min	YOGA PILATES ARTIE 60 min	HOT (A) FU 60 min	Vinyasa EVE 60 min	YIN YANG KWANG (16:30-18:00)	HOT (AB) CANDY (16:30-18:00)	
PILATES REFORMER	18:15-18:30	Foundation		Foundation		Foundation			
	18:30-19:30	ESSENTIAL ABS + ARM LILY	YOGA STRETCHING ON REFORMER ARM	ESSENTIAL FIT + TONE KATE	CIRCUIT ABS + ARM ART	ESSENTIAL BUTT + THIGHS KUNGGING			
YOGA	18:30-20:00	HOT (A) AIR 90 min	INVERSION* CAKE 90 min	HOT (AB) ARTIE 90 min	Vinyasa FU 90 min	HOT (A) EVE 90 min			
PILATES REFORMER	19:30-20:30	ESSENTIAL FIT + TONE LILY	CIRCUIT BUTT + THIGHS ARM	ESSENTIAL ABS + ARM KATE	ESSENTIAL BUTT + THIGHS ART	ESSENTIAL FIT + TONE KUNGGING			
YOGA	20:15-21:15	GENTLE FLOW AIR 60 min	HOT (A) CAKE 60 min	GENTLE FLOW ARTIE 60 min	HOT (AB) FU 60 min				

CRYSTAL PARK STUDIO								
DATE		22-April	23-April	24-April	25-April	26-April	27-April	28-April
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YOGA	7:30-8:30	HATHA CANDY	HOT (AB) FAI 60 min	YOGA PILATES KNOT 60 min	ABSOLUTE FIT ARTIE 60 min	HOT (A) BIG 60 min	ABSOLUTE FIT LEK 60 min	HOT (A) CAKE 60 min
PILATES REFORMER	8:00-8:30	Foundation		Foundation		Foundation		
	8:30-9:30	ESSENTIAL ABS + ARM ANT	ESSENTIAL ABS + ARM JEAB	CIRCUIT BUTT + THIGHS VANESSA	CIRCUIT ABS + ARM OHM	ESSENTIAL BUTT + THIGHS INK	ESSENTIAL FIT + TONE JEAB	CIRCUIT BUTT + THIGHS OHM
RHYTHM CYCLING	8:30-8:45	Foundation		Foundation		Foundation		
	8:45-9:30	ABSOLUTE BEATS TAE		ABSOLUTE BEATS TAE		ABSOLUTE BEATS BOJAT		
YOGA	8:45-9:45	HOT (A) KENG (T) CANDY 60 min	HIP OPENER* FAI (8:45-10:15)	HOT (AB) KNOT 60 min	HOT (A) ARTIE (8:45-10:15)	Vinyasa BIG 60 min	HOT (A) LEK 60 min	ABSOLUTE FIT CAKE 60 min
RHYTHM CYCLING	9:30-9:45	Foundation		Foundation		Foundation		
	9:45-10:30	ABSOLUTE BEATS PLOY		ABSOLUTE BEATS D.GIFT		ABSOLUTE BEATS MEW	ABSOLUTE BEATS DREAM	
PILATES REFORMER	9:45-10:15	Foundation		Foundation		Foundation		
	10:15-11:15	CIRCUIT BUTT + THIGHS ANT	ESSENTIAL FIT + TONE JEAB	ESSENTIAL ABS + ARM VANESSA	ESSENTIAL BUTT + THIGHS OHM	ESSENTIAL ABS + ARM INK	CARDIO JUMPBOARD JEAB	ESSENTIAL FIT + TONE OHM
YOGA	10:30-12:00	Vinyasa CANDY 90 min	YOGA PILATES FAI 90 min	HATHA KNOT 90 min	BACKBEND* ARTIE 90 min	HOT (A) BIG 90 min	HOT (AB) LEK 90 min	HATHA CAKE 90 min
PILATES REFORMER	11:00-11:30	Foundation		Foundation		Foundation		
	11:30-12:30	ESSENTIAL FIT + TONE ANT		ESSENTIAL BUTT + THIGHS VANESSA		ESSENTIAL FIT + TONE INK	ESSENTIAL BUTT + THIGHS JEAB	CIRCUIT ABS + ARM OHM
YOGA	14:00-15:30	SHOULDER THERAPY* BEBE 90 min		Vinyasa KNOT 90 min		Vinyasa AIR 90 min	Vinyasa LEK 90 min	YIN YANG CAKE 90 min
RHYTHM CYCLING	15:30-15:45	Foundation		Foundation		Foundation		
	15:45-16:30	ABSOLUTE BEATS KENG (T)	ABSOLUTE ESSENTIALS PLOY	ABSOLUTE BEATS TAE	ABSOLUTE BEATS D.GIFT	ABSOLUTE BEATS AE (T)		
PILATES REFORMER	15:30-16:00	Foundation		Foundation		Foundation		
	16:00-17:00					CIRCUIT ABS + ARM JEAB	ESSENTIAL BUTT + THIGHS OHM	
YOGA	17:30-18:30	HOT (A) BEBE 60 min	Vinyasa LEK 60 min	HOT (AB) KNOT 60 min	HATHA BIG 60 min	GENTLE FLOW AIR 60 min		
PILATES REFORMER	17:00-17:30	Foundation		Foundation		Foundation		
	17:30-18:30	ESSENTIAL FIT + TONE ANT	ESSENTIAL BUTT + THIGHS JEAB	ESSENTIAL FIT + TONE VANESSA	ESSENTIAL ABS + ARM OHM	CIRCUIT BUTT + THIGHS INK		
RHYTHM CYCLING	18:30-18:45	Foundation		Foundation		Foundation		
	18:45-19:30	ABSOLUTE BEATS KENG (T)	ABSOLUTE ESSENTIALS PLOY	ABSOLUTE BEATS TAE	ABSOLUTE BEATS D.GIFT	ABSOLUTE BEATS AE (T)		
PILATES REFORMER	18:30-19:00	Foundation		Foundation		Foundation		
	19:00-20:00	ESSENTIAL BUTT + THIGHS ANT	CIRCUIT ABS + ARM JEAB	ESSENTIAL ABS + ARM VANESSA	ESSENTIAL BUTT + THIGHS OHM	ESSENTIAL FIT + TONE INK		
YOGA	19:00-20:15	HATHA BEBE 75 min	HOT (AB) LEK (19:00-20:00)	Vinyasa KNOT 75 min	HOT (A) BIG (19:00-20:00)	HOT (A) AIR		
YOGA	20:10-21:10		HOT (A) LEK 60 min		HATHA BIG 60 min			

ABSOLUTE YOU CLASS SCHEDULE

COMMONS STUDIO								
DATE		22-April	23-April	24-April	25-April	26-April	27-April	28-April
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PILATES REFORMER	8:30-9:00	Foundation				Foundation		
	9:00-10:00	ESSENTIAL FIT + TONE RACHEL	ESSENTIAL ABS + ARM RJ	ESSENTIAL FIT + TONE KUNGKING	ESSENTIAL ABS + ARM KAT	ESSENTIAL BUTT + THIGHS ARM		
RHYTHM CYCLING	9:00-9:15	Foundation				Foundation		
	9:15-10:00	ABSOLUTE BEATS CHRISNA	ABSOLUTE BEATS MEK	ABSOLUTE BEATS FLYNN	ABSOLUTE BEATS DAN	ABSOLUTE BEATS DAN	ABSOLUTE BEATS PEARL	ABSOLUTE BEATS DINI
PILATES REFORMER	9:45-10:15	Foundation				Foundation		
	10:15-11:15	ESSENTIAL BUTT + THIGHS RACHEL	ESSENTIAL FIT + TONE RJ	ESSENTIAL ABS + ARM KUNGKING	ESSENTIAL FIT + TONE KAT	ESSENTIAL ABS + ARM ARM	ESSENTIAL FIT + TONE AU	CIRCUIT ABS + ARM VANESSA
RHYTHM CYCLING	10:15-10:30	Foundation				Foundation		
	10:30-11:15	ABSOLUTE BEATS CHRISNA	ABSOLUTE BEATS MEK	ABSOLUTE BEATS DAN	ABSOLUTE BEATS CHRISNA	ABSOLUTE BEATS GIFT	ABSOLUTE BURN PEARL	ABSOLUTE BEATS DINI
RHYTHM CYCLING	15:00-15:15	Foundation				Foundation		
RHYTHM CYCLING	15:15-16:00						ABSOLUTE BEATS FLYNN	
PILATES REFORMER	15:00-16:00						CIRCUIT BUTT + THIGHS AU	ESSENTIAL FIT + TONE VANESSA
RHYTHM CYCLING	16:30-16:45	Foundation				Foundation		
	16:45-17:30						ABSOLUTE BEATS FLYNN	(16:30-17:30) ABSOLUTE 60 PEARL
RHYTHM CYCLING	17:15-17:30	Foundation				Foundation		
	17:30-18:15	ABSOLUTE BEATS CHRISNA		ABSOLUTE BEATS FLYNN				
RHYTHM CYCLING	18:15-18:30	Foundation		(18:30-19:30)	Foundation		Foundation	
	18:30-19:15	ABSOLUTE BEATS DAN	ABSOLUTE BEATS CHRISNA	ABSOLUTE 60 MEK	ABSOLUTE BEATS MEI	ABSOLUTE BEATS PEARL		
PILATES REFORMER	18:00-18:30	Foundation		Foundation		Foundation		
	18:30-19:30	ESSENTIAL ABS + ARM RACHEL	ESSENTIAL BUTT + THIGHS RJ	ESSENTIAL FIT + TONE KUNGKING	ESSENTIAL ABS + ARM KAT	ESSENTIAL FIT + TONE ARM		
RHYTHM CYCLING	19:30-19:45	Foundation				Foundation		
	19:45-20:30	ABSOLUTE BEATS GIFT	ABSOLUTE BEATS CHRISNA	ABSOLUTE BEATS MEK	ABSOLUTE BEATS DINI			

JAS URBAN STUDIO								
DATE		22-April	23-April	24-April	25-April	26-April	27-April	28-April
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PILATES REFORMER	8:00-8:30	Foundation				Foundation		
	8:30-9:30	ESSENTIAL ABS + ARM KAN P	ESSENTIAL BUTT + THIGHS KUNGKING	ESSENTIAL FIT + TONE ARM	ESSENTIAL ABS + ARM KATE	ESSENTIAL BUTT + THIGHS CHER	ESSENTIAL FIT + TONE ANT P	ESSENTIAL ABS + ARM KAN P
YOGA	8:30-9:30	GENTLE FLOW LEK 60 min		HATHA CANDY 60 min		HOT (A) PLE 60 min		
RHYTHM CYCLING	8:45-9:00	Foundation		Foundation		Foundation		
	9:00-9:45	ABSOLUTE ESSENTIALS KATIE	ABSOLUTE BEATS DAN	ABSOLUTE BEATS AE (T)	ABSOLUTE BEATS PLA (T)	ABSOLUTE BEATS PAT	ABSOLUTE BEATS BOAT	ABSOLUTE BEATS JUNE
PILATES REFORMER	9:30-10:00	Foundation		Foundation		Foundation		
	10:00-11:00	ESSENTIAL FIT + TONE KAN P	ESSENTIAL ABS + ARM KUNGKING	ESSENTIAL BUTT + THIGHS ARM	ESSENTIAL FIT + TONE KATE	ESSENTIAL ABS + ARM CHER	ESSENTIAL ABS + ARM ANT P	ESSENTIAL BUTT + THIGHS KAN P
YOGA	10:00-11:30	HOT (A) LEK (10:00-11:00)	HATHA PAUL 90 min	HOT (A) CANDY 90 min	Vinyasa HARRISON 90 min	HATHA PLE (10:00-11:00)	HOT (A) MON 90 min	HATHA EVE 90 min
RHYTHM CYCLING	10:00-10:15	Foundation		Foundation		Foundation		
	10:15-11:00						ABSOLUTE BEATS BOAT	ABSOLUTE ESSENTIALS JUNE
YOGA	14:30-16:00	HOT (AB) LEK 90 min			GENTLE FLOW HARRISON 14:30-15:30		HATHA MON 90 min	HOT (A) EVE 90 min
PILATES REFORMER	14:30-15:00	Foundation		Foundation		Foundation		
	15:00-16:00						ESSENTIAL BUTT + THIGHS ANT P	ESSENTIAL FIT + TONE KAN P
PILATES REFORMER	17:45-18:15	Foundation		Foundation		Foundation		
	18:15-19:15	ESSENTIAL BUTT + THIGHS KAN P	ESSENTIAL FIT + TONE KUNGKING	ESSENTIAL ABS + ARM ARM	ESSENTIAL BUTT + THIGHS KATE	ESSENTIAL ABS + ARM CHER		
YOGA	18:00-19:30	Vinyasa LEK 90 min	HOT (A) PAUL 90 min	HOT (AB) CANDY 90 min	HATHA HARRISON 90 min	HOT (AB) PLE 90 min		
RHYTHM CYCLING	18:30-18:45	Foundation		Foundation		Foundation		
	18:45-19:30	ABSOLUTE BEATS SADIA	ABSOLUTE BEATS KENG (T)	ABSOLUTE BEATS MEI	ABSOLUTE BEATS DREAM	ABSOLUTE BEATS PAT		
PILATES REFORMER	19:15-19:45	Foundation		Foundation		Foundation		
	19:45-20:45	ESSENTIAL FIT + TONE KAN P	ESSENTIAL BUTT + THIGHS KUNGKING	ESSENTIAL BUTT + THIGHS ARM	ESSENTIAL ABS + ARM KATE			
RHYTHM CYCLING	19:45-20:30		ABSOLUTE BEATS KENG (T)		ABSOLUTE BEATS DREAM			
YOGA	19:45-20:45		GENTLE FLOW PAUL 60 min		HOT (A) HARRISON 60 min			

ABSOLUTE YOU CLASS SCHEDULE

G TOWER STUDIO								
DATE		22-April	23-April	24-April	25-April	26-April	27-April	28-April
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PILATES REFORMER	7:00-7:15	Foundation		Foundation				
	7:15-8:15	ESSENTIAL BUTT + THIGHS JEAB		ESSENTIAL ABS + ARM ANT P		ESSENTIAL FIT + TONE TERESA		
RHYTHM CYCLING	7:00-7:15	Foundation	Foundation	Foundation	Foundation	Foundation		
	7:15-8:15	ABSOLUTE BEATS SAFIYA	ABSOLUTE BEATS PLA (T)	ABSOLUTE BEATS SADIA	ABSOLUTE BEATS BOAT	ABSOLUTE BEATS PLA (T)		
PILATES REFORMER	8:30-9:00	Foundation	Foundation	Foundation	Foundation			
	9:00-10:00		ESSENTIAL ABS + ARM ART		ESSENTIAL BUTT + THIGHS INK			
RHYTHM CYCLING	9:00-9:15						Foundation	Foundation
	9:15-10:00						ABSOLUTE BEATS SADIA	ABSOLUTE BEATS BOAT
PILATES REFORMER	9:30-10:00						Foundation	Foundation
	10:00-11:00						ESSENTIAL FIT + TONE KUNGKING	ESSENTIAL ABS + ARM AU
PILATES REFORMER	11:45-12:00	Foundation	Foundation	Foundation	Foundation			
	12:00-13:00	ESSENTIAL ABS + ARM JEAB	ESSENTIAL BUTT + THIGHS ART	ESSENTIAL BUTT + THIGHS ANT P	ESSENTIAL FIT + TONE INK	ESSENTIAL FIT + TONE TERESA		
RHYTHM CYCLING	12:00-12:15		Foundation		Foundation			
	12:15-13:00		LUNCH BEATS TAE		LUNCH BEATS PLA (T)			
RHYTHM CYCLING	14:00-14:15						Foundation	Foundation
	14:15-15:00						ABSOLUTE ESSENTIALS SADIA	ABSOLUTE BEATS MAE D.
PILATES REFORMER	14:30-15:00						Foundation	Foundation
	15:00-16:00						ESSENTIAL ABS + ARM KUNGKING	ESSENTIAL FIT + TONE AU
PILATES REFORMER	17:45-18:15	Foundation	Foundation	Foundation	Foundation			
	18:15-19:15	ESSENTIAL BUTT + THIGHS JEAB	ESSENTIAL ABS + ARM ART	ESSENTIAL FIT + TONE ANT P	ESSENTIAL ABS + ARM INK	ESSENTIAL BUTT + THIGHS TERESA		
RHYTHM CYCLING	18:15-18:30	Foundation	Foundation	Foundation	Foundation	Foundation		
	18:30-19:15	ABSOLUTE BEATS PLA (T)	ABSOLUTE BEATS JUSTIN	ABSOLUTE BEATS FERN	ABSOLUTE BEATS KATIE	ABSOLUTE BEATS BOAT		
PILATES REFORMER	19:15-19:45	Foundation	Foundation	Foundation	Foundation			
	19:45-20:45	ESSENTIAL ABS + ARM JEAB	ESSENTIAL BUTT + THIGHS ART	ESSENTIAL FIT + TONE ANT P	ESSENTIAL ABS + ARM INK			
RHYTHM CYCLING	19:30-19:45	Foundation	Foundation	Foundation	Foundation			
	19:45-20:30	ABSOLUTE BEATS PLA (T)	ABSOLUTE BEATS TAE	ABSOLUTE BEATS FERN	ABSOLUTE BEATS SADIA			

ON-NUT STUDIO								
DATE		22-April	23-April	24-April	25-April	26-April	27-April	28-April
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PILATES REFORMER	7:30-8:30		ESSENTIAL BUTT + THIGHS RISSA		ESSENTIAL ABS + ARM TERESA			
YOGA	8:30-9:30	HATHA MON 60 min		GENTLE FLOW MARVIN 60 min		HOT (A) KWANG 60 min	ABSOLUTE FIT ARTIE 60 min	GENTLE FLOW LEK 60 min
PILATES REFORMER	8:30-9:00	Foundation	Foundation	Foundation	Foundation	Foundation	Foundation	Foundation
	9:00-10:00	ESSENTIAL FIT + TONE ARM	ESSENTIAL ABS + ARM RISSA	ESSENTIAL BUTT + THIGHS GUBGIB	ESSENTIAL FIT + TONE TERESA	ESSENTIAL ABS + ARM KATE	ESSENTIAL BUTT + THIGHS TERESA	ESSENTIAL FIT + TONE ART
RHYTHM CYCLING	9:00-9:15	Foundation	Foundation	Foundation	Foundation	Foundation	Foundation	Foundation
	9:15-10:00	ABSOLUTE BEATS PLA (T)	ABSOLUTE BEATS KATIE	ABSOLUTE BEATS KENG (T)	ABSOLUTE BEATS PAT	ABSOLUTE BEATS SADIA	ABSOLUTE BEATS MAE D.	ABSOLUTE BEATS D.GIFT
YOGA	10:00-11:15	HOT (A) MON 75 min	HATHA EVE 75 min	HOT (AB) MARVIN 75 min	HATHA BEBE 75 min	Vinyasa KWANG 75 min	HOT (A) ARTIE 75 min	HATHA LEK 75 min
PILATES REFORMER	10:00-10:30							Foundation
	10:30-11:30						ESSENTIAL ABS + ARM TERESA	ESSENTIAL BUTT + THIGHS ART
PILATES REFORMER	13:30-14:00	Foundation	Foundation	Foundation	Foundation	Foundation	Foundation	Foundation
	14:00-15:00	ESSENTIAL ABS + ARM ARM		ESSENTIAL FIT + TONE GUBGIB		ESSENTIAL BUTT + THIGHS KATE	ESSENTIAL FIT + TONE TERESA	ESSENTIAL ABS + ARM ART
YOGA	14:00-15:00		HOT (A) EVE 60 min		GENTLE FLOW BEBE 60 min		HOT (AB) ARTIE 60 min	HOT (A) LEK 60 min
RHYTHM CYCLING	14:45-15:00						Foundation	Foundation
	15:00-15:45						ABSOLUTE BEATS MAE D.	ABSOLUTE ESSENTIALS D.GIFT
PILATES REFORMER	17:45-18:15	Foundation	Foundation	Foundation	Foundation	Foundation		
	18:15-19:15	ESSENTIAL FIT + TONE ARM	ESSENTIAL BUTT + THIGHS RISSA	ESSENTIAL ABS + ARM GUBGIB	ESSENTIAL BUTT + THIGHS TERESA	ESSENTIAL FIT + TONE KATE		
YOGA	18:00-19:30	HOT (A) MON 90 min	HATHA EVE 90 min	HOT (A) MARVIN 90 min	Vinyasa BEBE 90 min	HOT (AB) KWANG 90 min		
RHYTHM CYCLING	18:15-18:30	Foundation	Foundation	Foundation	Foundation	Foundation		
	18:30-19:15	ABSOLUTE BEATS BOAT	ABSOLUTE BEATS KATIE	ABSOLUTE BEATS KENG (T)	ABSOLUTE BEATS PLOY	ABSOLUTE BEATS SADIA		
PILATES REFORMER	19:15-19:30		Foundation	Foundation	Foundation			
	19:30-20:30	ESSENTIAL ABS + ARM ARM	ESSENTIAL FIT + TONE RISSA	ESSENTIAL BUTT + THIGHS GUBGIB	ESSENTIAL ABS + ARM TERESA			
RHYTHM CYCLING	19:30-19:45	Foundation	Foundation	Foundation	Foundation			
	19:45-20:30	ABSOLUTE BEATS BOAT	ABSOLUTE BEATS KATIE	ABSOLUTE ESSENTIALS KENG (T)	ABSOLUTE BEATS PLOY			
YOGA	19:45-20:45	GENTLE FLOW MON 60 min	HOT (A) EVE 60 min	HATHA MARVIN 60 min	HOT (AB) BEBE 60 min			

ABSOLUTE YOU CLASS SCHEDULE

NANG-LIN-CHEE STUDIO								
DATE		22-April	23-April	24-April	25-April	26-April	27-April	28-April
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YOGA	7:30-8:15		HF on the Go PLE 45 min		HF on the Go MARVIN 45 min			
PILATES REFORMER	7:30-8:30	ESSENTIAL BUTT + THIGHS AU	ESSENTIAL ABS + ARM VANESSA	ESSENTIAL FIT + TONE RJ	ESSENTIAL BUTT + THIGHS ARM	ESSENTIAL FIT + TONE RISSA		
YOGA	8:30-9:30						ABSOLUTE FIT JACKIE 60 min	GENTLE FLOW MARVIN 60 min
PILATES REFORMER	8:30-9:00	Foundation		Foundation		Foundation	Foundation	Foundation
	9:00-10:00	ESSENTIAL FIT + TONE AU	ESSENTIAL ABS + ARM VANESSA	ESSENTIAL BUTT + THIGHS RJ	ESSENTIAL FIT + TONE ARM	ESSENTIAL ABS + ARM RISSA	ESSENTIAL BUTT + THIGHS GUBGIB	ESSENTIAL FIT + TONE KATE
RHYTHM CYCLING	9:00-9:15	Foundation	Foundation	Foundation	Foundation	Foundation	Foundation	Foundation
	9:15-10:00	ABSOLUTE BEATS PLOY	ABSOLUTE BEATS JUSTIN	ABSOLUTE ESSENTIALS MAE D	ABSOLUTE BEATS TAE	ABSOLUTE BEATS DREAM	ABSOLUTE BEATS AOM	ABSOLUTE BEATS MARIA
YOGA	10:00-11:15	HOT (A) EVE 75 min	HATHA PLE 75 min	HOT (AB) BEBE 75 min	HATHA MARVIN 75 min	Vinyasa TING 75 min	HOT (A) JACKIE 75 min	HATHA MARVIN 75 min
PILATES REFORMER	10:00-10:30						Foundation	Foundation
	10:30-11:30						ESSENTIAL ABS + ARM GUBGIB	ESSENTIAL BUTT + THIGHS KATE
PILATES REFORMER	13:30-14:00						Foundation	Foundation
	14:00-15:00	ESSENTIAL BUTT + THIGHS AU		ESSENTIAL ABS + ARM RJ			ESSENTIAL FIT + TONE GUBGIB	ESSENTIAL ABS + ARM KATE
YOGA	14:00-15:30						HOT (AB) JACKIE 90 min	HOT (A) MARVIN 90 min
RHYTHM CYCLING	14:45-15:00						Foundation	Foundation
	15:00-15:45						ABSOLUTE ESSENTIALS AOM	ABSOLUTE BEATS MARIA
PILATES REFORMER	17:45-18:15	Foundation		Foundation		Foundation		
	18:15-19:15	ESSENTIAL FIT + TONE AU	ESSENTIAL BUTT + THIGHS VANESSA	ESSENTIAL ABS + ARM CHER	ESSENTIAL BUTT + THIGHS ARM	ESSENTIAL FIT + TONE RISSA		
YOGA	18:00-19:30	HOT (AB) EVE 90 min	HATHA PLE 90 min	HOT (A) BEBE 90 min	Vinyasa MARVIN 90 min	HOT (AB) TING 90 min		
RHYTHM CYCLING	18:15-18:30	Foundation	Foundation	Foundation	Foundation	Foundation		
	18:30-19:15	ABSOLUTE BEATS PLOY	ABSOLUTE BEATS MEI	ABSOLUTE BEATS JUSTIN	ABSOLUTE BEATS TAE	ABSOLUTE BEATS DREAM		
PILATES REFORMER	19:15-19:30		Foundation		Foundation			
	19:30-20:30	ESSENTIAL ABS + ARM AU	ESSENTIAL FIT + TONE VANESSA	ESSENTIAL BUTT + THIGHS CHER	ESSENTIAL ABS + ARM ARM			
RHYTHM CYCLING	19:30-20:15	ABSOLUTE BEATS PLOY	ABSOLUTE BEATS SAFIYA	ABSOLUTE BEATS MAE D	ABSOLUTE BEATS AE (T)			
YOGA	19:45-20:45	GENTLE FLOW EVE 60 min		HATHA BEBE 60 min				

ARI STUDIO								
DATE		22-April	23-April	24-April	25-April	26-April	27-April	28-April
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YOGA	7:00-7:45	HF on the Go PLE 45 min		HF on the Go FU 45 min		HF on the Go CAKE 45 min		
PILATES REFORMER	7:30-8:30	ESSENTIAL BUTT + THIGHS GUBGIB		ESSENTIAL FIT + TONE JACKIE		ESSENTIAL ABS + ARM ANT		
YOGA	8:30-9:30						ABSOLUTE FIT EVE 60 min	GENTLE FLOW ARTIE 60 min
PILATES REFORMER	8:30-9:00	Foundation		Foundation		Foundation	Foundation	
	9:00-10:00	ESSENTIAL FIT + TONE GUBGIB	ESSENTIAL ABS + ARM KAN P	ESSENTIAL BUTT + THIGHS JACKIE	ESSENTIAL FIT + TONE KUNGKING	ESSENTIAL ABS + ARM ANT	ESSENTIAL BUTT + THIGHS RISSA	ESSENTIAL FIT + TONE CHER
YOGA	10:00-11:15	HOT (A) PLE 75 min	HATHA BEBE 75 min	HOT (AB) FU 75 min	HOT (A) TING 75 min	Vinyasa CAKE 75 min	HOT (A) EVE 75 min	HATHA ARTIE 75 min
PILATES REFORMER	10:00-10:30						Foundation	Foundation
	10:30-11:30		ESSENTIAL FIT + TONE KAN P		ESSENTIAL ABS + ARM KUNGKING		ESSENTIAL ABS + ARM RISSA	ESSENTIAL BUTT + THIGHS CHER
YOGA	11:30-13:00	Vinyasa PLE 90 min		HATHA FU 90 min				
PILATES REFORMER	13:30-14:00	(13:30-14:30)		(13:30-14:30)			Foundation	Foundation
	14:00-15:00	ESSENTIAL BUTT + THIGHS GUBGIB		ESSENTIAL FIT + TONE JACKIE			ESSENTIAL FIT + TONE RISSA	ESSENTIAL ABS + ARM CHER
YOGA	14:00-15:30		HATHA BEBE 90 min		INVERSION* TING 90 min		HOT (AB) EVE 90 min	HOT (A) ARTIE 90 min
YOGA	16:15-17:45	HATHA FAI 90 min		Vinyasa KWANG 90 min		HOT (A) CAKE 90 min		
PILATES REFORMER	17:15-17:30	Foundation		Foundation		Foundation		
	17:30-18:30	ESSENTIAL FIT + TONE ART	ESSENTIAL BUTT + THIGHS LILY	ESSENTIAL ABS + ARM PEWEE	ESSENTIAL BUTT + THIGHS KUNGKING	ESSENTIAL FIT + TONE ANT		
YOGA	18:00-19:30	HOT (AB) FAI 90 min	HOT (A) BEBE 90 min	HOT (A) KWANG 90 min	Vinyasa MONICA 90 min	HOT (AB) CAKE 90 min		
PILATES REFORMER	18:45-19:00		Foundation		Foundation			
	19:00-20:00	ESSENTIAL BUTT + THIGHS ART	ESSENTIAL ABS + ARM LILY	ESSENTIAL FIT + TONE PEWEE	ESSENTIAL FIT + TONE KUNGKING			
PILATES REFORMER	20:15-21:15	ESSENTIAL ABS + ARM ART	ESSENTIAL FIT + TONE LILY	ESSENTIAL BUTT + THIGHS PEWEE	ESSENTIAL ABS + ARM KUNGKING			
YOGA	19:45-20:45	GENTLE FLOW FAI 60 min	YIN YANG BEBE 60 min	GENTLE FLOW KWANG 60 min	HOT (AB) MONICA 60 min			

CLASS SCHEDULE (Boat Avenue)
22-28 APRIL 2019



APRIL	TIME	22 - MON	23 - TUE	24 - WED	25 - THU	26 - FRI	27 - SAT	28 - SUN
YOGA	08.30-10.00	YOGA VINYASA AM		YOGA HEART OPENING AM		YOGA GENTLE FLOW AM		
YOGA	09.00-10.15		YOGA YOGA PILATES MIKE		YOGA HOT A MIKE			
YOGA	09.30-10.30						YOGA HOT AB MIKE	YOGA HATHA MIKE
PILATES REFORMER	8.30-9.00	Foundation		Foundation		Foundation		Foundation
	9.00-10.00	PILATES REFORMER ESSENTIAL BUTT + THIGHS JP		PILATES REFORMER ESSENTIAL FIT+ TONE JP		PILATES REFORMER ESSENTIAL BUTT + THIGHS JP		PILATES REFORMER ESSENTIAL BUTT + THIGHS JP
CYCLING	9.00-9.15		Foundation		Foundation		Foundation	
	9.15-10.00		RHYTHM CYCLING ABSOLUTE BEATS AM		RHYTHM CYCLING ABSOLUTE BEATS JP		RHYTHM CYCLING ABSOLUTE BEATS AM	
CYCLING	10.00-10.15	Foundation		Foundation		Foundation		
	10.15-11.00	RHYTHM CYCLING ABSOLUTE BEATS AM		RHYTHM CYCLING ABSOLUTE BEATS NUI		RHYTHM CYCLING ABSOLUTE BEATS AM		
CYCLING	10.30-10.45							Foundation
	10.45-11.30							RHYTHM CYCLING ABSOLUTE BEATS NUI
PILATES REFORMER	10.00-10.30	Foundation				Foundation		
	10.30-11.30	PILATES REFORMER ESSENTIAL ABS + ARMS JP	PILATES REFORMER ESSENTIAL ABS + ARMS MIKE	PILATES REFORMER ESSENTIAL BUTT + THIGHS JP	PILATES REFORMER ESSENTIAL ABS + ARMS JP	PILATES REFORMER ESSENTIAL FIT+ TONE JP	PILATES REFORMER ESSENTIAL FIT+ TONE MIKE	
PILATES REFORMER	14.00-14.30							Foundation
	14.30-15.30							PILATES REFORMER ESSENTIAL FIT+ TONE JP
CYCLING	14.00-14.15						Foundation	
	14.15-15.00						RHYTHM CYCLING ABSOLUTE BEATS AM	
YOGA	15.30-16.30						YOGA YOGA PILATES AM	YOGA VINYASA MIKE
PILATES REFORMER	17.30-18.00	Foundation		Foundation				
	18.00-19.00	PILATES REFORMER ESSENTIAL FIT+ TONE JP		PILATES REFORMER ESSENTIAL ABS + ARMS JP		PILATES REFORMER ESSENTIAL BUTT + THIGHS JP		
CYCLING	18.00-18.15		Foundation		Foundation			
	18.15-19.00		RHYTHM CYCLING ABSOLUTE BEATS AM		RHYTHM CYCLING ABSOLUTE BEATS NUI			
YOGA	18.00-19.15	YOGA HOT A MIKE		YOGA GENTLE FLOW AM		YOGA HATHA MIKE		
YOGA	19.30-20.30		YOGA TWISTING AM		YOGA YOGA PILATES MIKE			
PILATES REFORMER	19.15-19.30				Foundation			
	19.30-20.30		PILATES REFORMER ESSENTIAL BUTT + THIGHS MIKE		PILATES REFORMER ESSENTIAL FIT+ TONE JP			
CYCLING	19.15-19.30	Foundation				Foundation		
	19.30-20.15	RHYTHM CYCLING ABSOLUTE BEATS NUI		RHYTHM CYCLING ABSOLUTE BEATS AM		RHYTHM CYCLING ABSOLUTE BEATS NUI		

Boat Avenue Tel 076-685-285, 076-685-286

Line: @absoluteyouphuket

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