

ABSOLUTE YOU CLASS SCHEDULE

AMARIN PLAZA STUDIO								
DATE		21-October	22-October	23-October	24-October	25-October	26-October	27-October
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 PAUL 45 min		HF on the Go HARRISON 45 min	HF on the Go CANDY 45 min		
PILATES REFORMER	7:15-8:15	CIRCUIT ABS + ARMS MAE	ESSENTIAL FIT + TONE KATE		ESSENTIAL ABS + ARMS KATE	CIRCUIT BUTT + THIGHS JACKIE		
PILATES REFORMER	7:30-8:30 ROOM 2	ESSENTIAL FIT + TONE PEWEE	ESSENTIAL BUTT + THIGHS LUKE		ESSENTIAL FIT + TONE RACHEL	ESSENTIAL ABS + ARM PEWEE		
PILATES REFORMER	8:00-9:00			ESSENTIAL FIT + TONE JERALD			ESSENTIAL FIT + TONE JERALD	ESSENTIAL BUTT + THIGHS KAT
PILATES REFORMER	8:15-9:15 ROOM 2			ESSENTIAL ABS + ARM CHER			ESSENTIAL ABS + ARM CHER	ESSENTIAL FIT + TONE VANESSA
YOGA	8:15-9:45	HATHA LUKE 90 min				SHOULDER* CANDY 90 min		SHOULDER* KNOT (7:30-8:30)
PILATES REFORMER	8:30-9:30	ESSENTIAL BUTT + THIGHS MAE				STRETCH & DESTRESS JACKIE		
PILATES REFORMER	8:30-9:00		Foundation	(9:15-10:15)	Foundation		(9:15-10:15)	(9:15-10:15)
	9:00-10:00		ESSENTIAL ABS + ARMS KATE	ESSENTIAL BUTT + THIGHS JULIE	ESSENTIAL BUTT + THIGHS KATE		ESSENTIAL BUTT + THIGHS JULIE	CIRCUIT ABS + ARMS KAT
YOGA	8:45-9:45			ABSOLUTE FIT EVE 60 min			ABSOLUTE FIT PAUL 60 min	HATHA KNOT 60 min
PILATES REFORMER	9:30-10:30 ROOM 2			ESSENTIAL FIT + TONE CHER			ESSENTIAL FIT + TONE CHER	ESSENTIAL BUTT + THIGHS VANESSA
PILATES REFORMER	9:45-10:45	CARDIO JUMPBOARD MAE				ESSENTIAL FIT + TONE JACKIE		
YOGA	10:00-11:30	HOT (A) HARRISON 90 min	HATHA PAUL 90 min	HOT (A) CANDY 90 min	HOT (A) HARRISON 90 min	HOT (AB) CANDY 90 min	HOT (A) HARRISON 90 min	HOT (A) PAUL 90 min
PILATES REFORMER	10:30-11:30			ESSENTIAL ABS + ARM JULIE			ESSENTIAL ABS + ARM JULIE	ESSENTIAL FIT + TONE KAT
PILATES REFORMER	10:30-11:00			Foundation			Foundation	Foundation
	11:00-12:00 ROOM 2			ESSENTIAL ABS + ARM CHER			ESSENTIAL ABS + ARM CHER	ESSENTIAL FIT + TONE JULIE
YOGA	11:00-12:30 CB studio			SHOULDER* EVE 90 min			SHOULDER* PAUL 90 min	YOGA PILATES KNOT 90 min
PILATES REFORMER	11:45-12:45			ESSENTIAL FIT + TONE JULIE			ESSENTIAL FIT + TONE JULIE	ESSENTIAL ABS + ARM VANESSA
YOGA	12:15-13:00	HF on the Go LUKE 45 min	HF on the Go PAUL 45 min		HF on the Go HARRISON 45 min	HF on the Go CANDY 45 min		
PILATES REFORMER	12:15-13:15		ESSENTIAL FIT + TONE LUKE		ESSENTIAL BUTT + THIGHS RACHEL			
PILATES REFORMER	14:00-14:30							
	14:30-15:30	ESSENTIAL ABS + ARMS MAE		ESSENTIAL ABS + ARMS PEWEE		CIRCUIT ABS + ARMS JACKIE	ESSENTIAL ABS + ARMS PEWEE	ESSENTIAL FIT + TONE JULIE
YOGA	14:30-16:00	ABSOLUTE FIT PAUL (14:30-15:30)	HATHA PAUL 90 min	HOT (AB) CANDY 90 min	ABSOLUTE FIT KNOT (14:30-15:30)	HOT (A) PAUL 90 min	HOT (AB) HARRISON 90 min	HOT (A) PAUL 90 min
YOGA	15:15-16:45 CB studio			YIN YANG EVE 90 min		YIN YANG PAUL 90 min	YIN YANG PAUL 90 min	Vinyasa KNOT 90 min
PILATES REFORMER	14:30-15:00			Foundation			Foundation	Foundation
	15:00-16:00 ROOM 2			ESSENTIAL BUTT + THIGHS CHER			ESSENTIAL BUTT + THIGHS CHER	ESSENTIAL ABS + ARM VANESSA
PILATES REFORMER	16:00-17:00			CIRCUIT BUTT + THIGHS PEWEE			CIRCUIT BUTT + THIGHS PEWEE	ESSENTIAL BUTT + THIGHS JULIE
YOGA	16:30-17:30	Vinyasa PAUL 60 min	HOT (A) LUKE 60 min	HOT (A) CANDY 60 min	SHOULDER* KNOT 60 min	ABSOLUTE FIT PAUL 60 min	HOT (A) HARRISON 60 min	ABSOLUTE FIT PAUL 60 min
PILATES REFORMER	16:45-17:45	CIRCUIT ABS + ARMS PEWEE	ESSENTIAL FIT + TONE JERALD		ESSENTIAL ABS + ARM RACHEL	ESSENTIAL FIT + TONE MICHAEL		
PILATES REFORMER	17:00-17:30	Foundation	Foundation		Foundation	Foundation		
	17:30-18:30 ROOM 2	ESSENTIAL BUTT + THIGHS JULIE	ESSENTIAL ABS + ARM KAN P		ESSENTIAL BUTT + THIGHS JOHN	ESSENTIAL ABS + ARM PEWEE		
PILATES REFORMER	18:00-19:00	ESSENTIAL BUTT + THIGHS MICHAEL	ESSENTIAL FIT + TONE JERALD		ESSENTIAL BUTT + THIGHS MHE ANN	CIRCUIT BUTT + THIGHS MICHAEL		
YOGA	18:00-19:30	HOT (A) HARRISON 90 min	YOGA PILATES LUKE (18:00-19:00)		ABSOLUTE FIT KNOT (18:00-19:00)	HOT (AB) PAUL 90 min		
PILATES REFORMER	18:40-19:40 ROOM 2	ESSENTIAL ABS + ARM JULIE	ESSENTIAL FIT + TONE KAN P		ESSENTIAL ABS + ARM JOHN	ESSENTIAL FIT + TONE PEWEE		
PILATES REFORMER	19:10-20:10	ESSENTIAL FIT + TONE MICHAEL	CIRCUIT BUTT + THIGHS TERESA		ESSENTIAL ABS + ARM MHE ANN	ESSENTIAL FIT + TONE MICHAEL		
YOGA	19:15-20:45 CB/YG studio	SHOULDER* PAUL 90 min	Vinyasa LUKE 90 min		Vinyasa KNOT 90 min	HATHA CANDY 90 min		
YOGA	19:15-20:15 CB/YG studio		HATHA PAUL 60 min		YOGA PILATES HARRISON 60 min			
PILATES REFORMER	19:45-20:45 ROOM 2	ESSENTIAL FIT + TONE JULIE	ESSENTIAL BUTT + THIGHS KAN P		ESSENTIAL FIT + TONE JOHN	ESSENTIAL BUTT + THIGHS PEWEE		
YOGA	19:45-20:45	HOT (A) HARRISON 60 min				HOT (A) PAUL 60 min		
PILATES REFORMER	20:15-21:15	ESSENTIAL BUTT + THIGHS MICHAEL	ESSENTIAL ABS + ARM TERESA		ESSENTIAL BUTT + THIGHS MHE ANN			



ABSOLUTE YOU CLASS SCHEDULE

AMARIN PLAZA STUDIO : RHYTHM CYCLING								
DATE		21-October	22-October	23-October	24-October	25-October	26-October	27-October
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
RHYTHM CYCLING	7:15-8:00	ABSOLUTE BEATS MEW	ABSOLUTE BEATS MARIA		ABSOLUTE BEATS MEW	ABSOLUTE BEATS MARIA		
RHYTHM CYCLING	8:30-8:45 8:45-9:30	Foundation ABSOLUTE BEATS MAE D.				Foundation ABSOLUTE BEATS FLYNN		
RHYTHM CYCLING	9:00-9:15 9:15-10:00			ABSOLUTE BEATS PLYO			ABSOLUTE BEATS FLYNN	Foundation ABSOLUTE BEATS GIFT
RHYTHM CYCLING	10:15-10:30 10:30-11:15			Foundation ABSOLUTE BEATS PLYO			Foundation ABSOLUTE BEATS FLYNN	ABSOLUTE BURN GIFT
RHYTHM CYCLING	12:15-13:00	LUNCH BEATS JUSTIN	LUNCH BEATS D.GIFT		LUNCH BEATS MAE D.	LUNCH BEATS FLYNN		
RHYTHM CYCLING	14:45-15:00 15:00-15:45			ABSOLUTE BEATS AGM			ABSOLUTE BEATS AGM	Foundation ABSOLUTE BEATS JUSTIN
RHYTHM CYCLING	16:00-16:15 16:15-17:00			Foundation ABSOLUTE ESSENTIALS AGM			Foundation ABSOLUTE ESSENTIALS AGM	ABSOLUTE BEATS JUSTIN
RHYTHM CYCLING	17:15-17:30 17:30-18:15	Foundation ABSOLUTE BEATS FLYNN	ABSOLUTE BEATS D.GIFT		ABSOLUTE BEATS PLYO	ABSOLUTE BEATS MEK (18:30-19:30)		
RHYTHM CYCLING	18:30-19:15	ABSOLUTE BEATS JUSTIN	ABSOLUTE BURN PEARL		ABSOLUTE BEATS BOAT	ABSOLUTE 60 MEK		
RHYTHM CYCLING	19:30-19:45 19:45-20:30	Foundation ABSOLUTE BEATS FLYNN	(19:30-20:15) ABSOLUTE BEATS PEARL		(19:30-20:15) ABSOLUTE BEATS BOAT	ABSOLUTE BEATS MEW		
RHYTHM CYCLING	20:30-21:15		ABSOLUTE BEATS MAE D.		ABSOLUTE BEATS BOAT			

SILOM STUDIO								
DATE		21-October	22-October	23-October	24-October	25-October	26-October	27-October
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YOGA	7:00-7:45	HF on the Go LEK 45 min	HF on the Go CANDY 45 min		HF on the Go OAT 45 min	HF on the Go PANG 45 min		
PILATES REFORMER	7:00-8:00	ESSENTIAL FIT + TONE JOHN	ESSENTIAL BUTT + THIGHS MAE		ESSENTIAL ABS + ARM STAMP	ESSENTIAL BUTT + THIGHS OHM		
PILATES REFORMER	8:00-9:00			ESSENTIAL BUTT + THIGHS JACKIE			ESSENTIAL BUTT + THIGHS VANESSA	ESSENTIAL ABS + ARM LILY
YOGA	8:30-9:30			HATHA KWANG 60 min			HATHA CANDY 60 min	HOT (A) HARRISON 60 min
PILATES REFORMER	8:30-9:00 9:00-10:00	ESSENTIAL ABS + ARM JOHN	ESSENTIAL FIT + TONE MAE		ESSENTIAL FIT + TONE STAMP	CIRCUIT BUTT + THIGHS OHM		
PILATES REFORMER	9:15-10:15			ESSENTIAL FIT + TONE JACKIE			ESSENTIAL FIT + TONE VANESSA	ESSENTIAL ABS + ARMS LILY
YOGA	9:30-11:00	HOT (A) LEK 90 min	HOT (AB) CANDY 90 min	HOT (A) KWANG (9:45-11:15)	HOT (A) OAT 90 min	HATHA PANG 90 min	HOT (A) CANDY (9:45-11:15)	YOGA PILATES HARRISON (9:45-11:15)
PILATES REFORMER	10:15-10:45 10:45-11:45			Foundation ESSENTIAL ABS + ARM JACKIE			Foundation ESSENTIAL ABS + ARM VANESSA	ESSENTIAL BUTT + THIGHS LILY
YOGA	12:15-13:00	HF on the Go LEK 45 min	HF on the Go CANDY 45 min		HF on the Go OAT 45 min	HF on the Go PANG 45 min		
PILATES REFORMER	14:00-14:30 14:30-15:30		CIRCUIT BUTT + THIGHS MAE	CIRCUIT BUTT + THIGHS JACKIE	ESSENTIAL FIT + TONE STAMP		CIRCUIT BUTT + THIGHS VANESSA	Foundation ESSENTIAL FIT + TONE LILY
YOGA	15:30-17:00			YIN YANG KWANG 90 min			YIN YANG CANDY 90 min	HOT (AB) HARRISON 90 min
PILATES REFORMER	17:00-18:00	ESSENTIAL FIT + TONE KATE	ESSENTIAL ABS + ARM JULIE		ESSENTIAL BUTT + THIGHS RJ	ESSENTIAL ABS + ARM RACHEL		
YOGA	17:30-18:30	ABSOLUTE FIT BEBE 60 min	HOT (AB) EVE 60 min		Vinvasa LUKE 60 min	HOT (A) PANG 60 min		
PILATES REFORMER	18:00-18:15 18:15-19:15	CIRCUIT ABS + ARM KATE	Foundation ESSENTIAL BUTT + THIGHS JULIE		Foundation ESSENTIAL ABS + ARM RJ	Foundation ESSENTIAL BUTT + THIGHS RACHEL		
YOGA	18:45-20:15	Vinvasa BEBE 90 min	SHOULDER* EVE 90 min		HOT (A) LUKE 90 min	HATHA PANG 90 min		
PILATES REFORMER	19:20-20:20	ESSENTIAL BUTT + THIGHS JOHN	ESSENTIAL FIT + TONE JULIE		ESSENTIAL BUTT + THIGHS RJ	ESSENTIAL ABS + ARM RACHEL		
PILATES REFORMER	20:30-21:30	ESSENTIAL FIT + TONE JOHN						
YOGA	20:30-21:30	HOT (A) BEBE 60 min	HOT (AB) EVE 60 min		HATHA LUKE 60 min			

ABSOLUTE YOU CLASS SCHEDULE

EXCHANGE TOWER STUDIO								
DATE		21-October	22-October	23-October	24-October	25-October	26-October	27-October
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YOGA	7:00-7:45		HF on the Go BIG 45 min		HF on the Go AIR 45 min			
RHYTHM CYCLING	7:15-8:00	ABSOLUTE BEATS JUNE	ABSOLUTE BEATS CHERIE		ABSOLUTE BEATS PAT	ABSOLUTE BEATS JUNE		
PILATES REFORMER	7:00-7:15	Foundation						
	7:15-8:15	ESSENTIAL ABS + ARM RI	ESSENTIAL FIT + TONE TERESA		ESSENTIAL ABS + ARM MAE	ESSENTIAL BUTT + THIGHS JERALD		
YOGA	8:30-9:30	GENTLE FLOW KNOT 60 min	ABSOLUTE FIT BIG 60 min	HOT (AB) MON 60 min	HOT (A) AIR 60 min	ABSOLUTE FIT HARRISON 60 min	HOT (AB) MON 60 min	GENTLE FLOW CAKE 60 min
PILATES REFORMER	8:30-9:00		Foundation			Foundation	Foundation	Foundation
	9:00-10:00		ESSENTIAL BUTT + THIGHS ART	ESSENTIAL BUTT + THIGHS DREAM	ABSOLUTE BEATS DREAM	ESSENTIAL FIT + TONE JERALD	ESSENTIAL BUTT + THIGHS RACHEL	ESSENTIAL ABS + ARM ART
RHYTHM CYCLING	9:00-9:15		Foundation	Foundation	Foundation		Foundation	Foundation
	9:15-10:00		ABSOLUTE BEATS CHERIE	ABSOLUTE BEATS DREAM	ABSOLUTE BEATS DREAM		ABSOLUTE BEATS MEW	ABSOLUTE BEATS AOM
PILATES REFORMER	9:30-10:00		Foundation	Foundation	Foundation		Foundation	Foundation
	10:00-11:00	CIRCUIT BUTT + THIGHS RI	ESSENTIAL ABS + ARM TERESA	ESSENTIAL FIT + TONE ART	ESSENTIAL FIT + TONE MAE	ESSENTIAL ABS + ARM JERALD	ESSENTIAL FIT + TONE RACHEL	ESSENTIAL BUTT + THIGHS ART
YOGA	10:00-11:30	Vinyasa KNOT 90 min	HATHA BIG 90 min	SHOULDER* MON 90 min	Vinyasa AIR 90 min	HOT (A) HARRISON 90 min	SHOULDER* MON 90 min	HOT (A) CAKE 90 min
PILATES REFORMER	11:30-12:00	Foundation				Foundation		
	12:00-13:00		ESSENTIAL FIT + TONE RI	ESSENTIAL ABS + ARM ART		ESSENTIAL BUTT + THIGHS JOHN	ESSENTIAL ABS + ARM RACHEL	ESSENTIAL FIT + TONE ART
RHYTHM CYCLING	12:15-13:00	LUNCH BEATS MAE D.				LUNCH BEATS D.GIFT		
YOGA	12:15-13:00					HF on the Go HARRISON 45 min		
YOGA	14:00-15:30			HOT (A) MON 90 min			HOT (A) MON 90 min	HATHA CAKE 90 min
RHYTHM CYCLING	14:00-14:15			Foundation			Foundation	Foundation
	14:15-15:00			ABSOLUTE BEATS DREAM			ABSOLUTE BEATS JUSTIN	ABSOLUTE BEATS AOM
RHYTHM CYCLING	15:30-16:15			ABSOLUTE BEATS FLYNN			ABSOLUTE BEATS JUSTIN	
PILATES REFORMER	15:00-15:30			Foundation			Foundation	
	15:30-16:30			ESSENTIAL BUTT + THIGHS ART			ESSENTIAL BUTT + THIGHS RACHEL	CIRCUIT ABS + ARM ART
PILATES REFORMER	17:00-18:00		CIRCUIT BUTT + THIGHS VANESSA		ESSENTIAL ABS + ARM RISSA			
RHYTHM CYCLING	17:15-17:30	Foundation				Foundation		
	17:30-18:15	ABSOLUTE ESSENTIALS TAE				ABSOLUTE BEATS AOM		
YOGA	17:30-18:30	ABSOLUTE FIT BIG 60 min	HATHA BIG 60 min	ABSOLUTE FIT MON (16:30-17:30)	HOT (A) CANDY 60 min	Vinyasa HARRISON 60 min	ABSOLUTE FIT MON (16:30-17:30)	HOT (A) CAKE (16:30-17:30)
PILATES REFORMER	17:30-18:00	Foundation				Foundation		
	18:00-19:00		ESSENTIAL BUTT + THIGHS RI	ESSENTIAL FIT + TONE VANESSA		ESSENTIAL ABS + ARM JOHN		
RHYTHM CYCLING	18:30-18:45	Foundation	Foundation		Foundation	Foundation		
	18:45-19:30	ABSOLUTE BEATS TAE	ABSOLUTE BEATS BOAT		ABSOLUTE BEATS JUSTIN	ABSOLUTE BEATS PEARL		
YOGA	18:45-20:00	HATHA KNOT 75 min	HOT (A) BIG 75 min		HOT (AB) CANDY 75 min	HOT (A) HARRISON 75 min		
PILATES REFORMER	19:00-19:15							
	19:15-20:15		ESSENTIAL ABS + ARM VANESSA	ESSENTIAL BUTT + THIGHS VANESSA		ESSENTIAL FIT + TONE JOHN		
RHYTHM CYCLING	19:45-20:30	ABSOLUTE BEATS MAE D.	ABSOLUTE BEATS BOAT		ABSOLUTE BEATS JUSTIN			
YOGA	20:15-21:15	HOT (AB) KNOT 60 min	Vinyasa BIG 60 min		HATHA / VINYASA CANDY 60 min			
PILATES REFORMER	20:20-21:20	ESSENTIAL BUTT + THIGHS RI	ESSENTIAL ABS + ARM VANESSA		ESSENTIAL FIT + TONE RISSA	ESSENTIAL ABS + ARM JOHN		

THE CIRCLE STUDIO								
DATE		21-October	22-October	23-October	24-October	25-October	26-October	27-October
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YOGA	7:45-8:45			Vinyasa BIG 60 min			Vinyasa CAKE 60 min	
RHYTHM CYCLING	8:00-8:15	Foundation				Foundation		
	8:15-9:00	ABSOLUTE BEATS CHERIE				ABSOLUTE BEATS PLOY		
PILATES REFORMER	8:30-9:00		Foundation		Foundation			
	9:00-10:00	ESSENTIAL ABS + ARM ANT P	ESSENTIAL BUTT + THIGHS STAMP	ESSENTIAL FIT + TONE KUNGKING	ESSENTIAL ABS + ARM GUBGIB	ESSENTIAL BUTT + THIGHS KWANG	ESSENTIAL FIT + TONE AU	ESSENTIAL ABS + ARM EVE
RHYTHM CYCLING	9:00-9:45			ABSOLUTE BEATS D.GIFT			ABSOLUTE BEATS D.GIFT	ABSOLUTE BEATS FERN
RHYTHM CYCLING	10:00-10:15		Foundation	Foundation	Foundation		Foundation	Foundation
	10:15-11:00	ABSOLUTE BEATS CHERIE	ABSOLUTE BEATS AE (T)	ABSOLUTE BEATS D.GIFT	ABSOLUTE ESSENTIALS KENG (T)		ABSOLUTE BEATS D.GIFT	ABSOLUTE BEATS FERN
YOGA	9:00-10:30	HOT (A) AIR 90 min	Vinyasa PLE 90 min	HOT (AB) BIG 90 min	HATHA ARTIE 90 min	HOT (A) FAI 90 min	HOT (AB) CAKE 90 min	HATHA MON 90 min
PILATES REFORMER	10:00-10:30	Foundation		Foundation		Foundation	Foundation	Foundation
	10:30-11:30		ESSENTIAL FIT + TONE ANT P	ESSENTIAL BUTT + THIGHS STAMP	ESSENTIAL BUTT + THIGHS KUNGKING	ESSENTIAL FIT + TONE GUBGIB	ESSENTIAL BUTT + THIGHS KWANG	ESSENTIAL FIT + TONE EVE
YOGA	11:00-12:30		HOT (A) PLE 90 min	HOT (A) BIG 90 min	HOT (AB) ARTIE 90 min	HOT (A) CAKE 90 min	HOT (A) CAKE 90 min	HOT (A) MON 90 min
RHYTHM CYCLING	12:15-13:00			ABSOLUTE BEATS CHERIE			ABSOLUTE BEATS PLA (T)	
YOGA	14:00-15:30	ABSOLUTE FIT AIR (14:00-15:00)	HATHA PLE 90 min	HATHA BIG 90 min	ABSOLUTE FIT ARTIE (14:00-15:00)	HOT (A) FAI 90 min	HATHA CAKE 90 min	YIN YANG MON 90 min
RHYTHM CYCLING	14:00-14:15			Foundation			Foundation	Foundation
	14:15-15:00			ABSOLUTE ESSENTIALS CHERIE			ABSOLUTE ESSENTIALS PLA (T)	ABSOLUTE BEATS AE (T)
PILATES REFORMER	14:00-14:30		Foundation	Foundation	Foundation		Foundation	Foundation
	14:30-15:30		ESSENTIAL ABS + ARM STAMP	ESSENTIAL ABS + ARM KUNGKING	ESSENTIAL BUTT + THIGHS GUBGIB	ESSENTIAL FIT + TONE KWANG	ESSENTIAL ABS + ARM AU	ESSENTIAL BUTT + THIGHS EVE
PILATES REFORMER	15:45-16:45			ESSENTIAL BUTT + THIGHS KUNGKING			ESSENTIAL BUTT + THIGHS AU	ESSENTIAL ABS + ARMS EVE
YOGA	16:30-18:00			YOGA PILATES BIG 90 min			YOGA PILATES BIG 90 min	HOT (AB) MON 90 min
PILATES REFORMER	17:00-17:30			Foundation			Foundation	
	17:30-18:30			ESSENTIAL ABS + ARM KUNGKING			ESSENTIAL ABS + ARM AU	
PILATES REFORMER	17:00-18:00	ESSENTIAL ABS + ARM FAI				ESSENTIAL FIT + TONE FAI		
RHYTHM CYCLING	17:30-18:15	ABSOLUTE BEATS CHERIE	ABSOLUTE BEATS AE (T)		ABSOLUTE BEATS KENG (T)	ABSOLUTE BEATS PLOY		
YOGA	17:45-19:00	YOGA PILATES AIR 75 min	SHOULDER* PLE 75 min		SHOULDER* ARTIE 75 min	HATHA KWANG 75 min		
PILATES REFORMER	17:45-18:15			Foundation				
	18:15-19:15		ESSENTIAL BUTT + THIGHS ANT P	ESSENTIAL FIT + TONE STAMP		ESSENTIAL FIT + TONE GUBGIB	ESSENTIAL BUTT + THIGHS FAI	
RHYTHM CYCLING	18:30-18:45	Foundation	Foundation		Foundation	Foundation		
	18:45-19:30	ABSOLUTE BEATS FAI	ABSOLUTE BEATS AE (T)		ABSOLUTE BEATS KENG (T)	ABSOLUTE BEATS PLOY		
YOGA	19:15-20:30	HOT (AB) AIR 75 min	HATHA PLE 75 min		Vinyasa ARTIE 75 min	HOT (AB) KWANG 75 min		
RHYTHM CYCLING	19:45-20:30	ABSOLUTE BEATS FAI	ABSOLUTE BEATS FERN		ABSOLUTE BEATS KENG (T)			
PILATES REFORMER	19:30-20:30	ESSENTIAL ABS + ARM ANT P	ESSENTIAL BUTT + THIGHS STAMP		ESSENTIAL ABS + ARM GUBGIB	ESSENTIAL FIT + TONE FAI		

ABSOLUTE YOU CLASS SCHEDULE

LADPROA STUDIO								
DATE		21-October	22-October	23-October	24-October	25-October	26-October	27-October
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 BENZ	ESSENTIAL BUTT + THIGHS STAMP	CIRCUIT ABS + ARM PANG	ESSENTIAL FIT + TONE MHE ANN	ESSENTIAL BUTT + THIGHS GUBGIB	ESSENTIAL ABS + ARM AIR
YOGA	8:45-9:45			Vinyasa CAKE 60 min			Vinyasa OAT 60 min	ABSOLUTE FIT LEK 60 min
PILATES REFORMER	9:00-9:30		Foundation		Foundation			
	9:30-10:30 ROOM 2	ESSENTIAL BUTT + THIGHS LILY	HOT (A) EVE 90 min	HOT (AB) KNOT 90 min	ESSENTIAL BUTT + THIGHS KUNGKING			
YOGA	10:00-11:30	HOT (A) EVE 90 min	HOT (AB) KNOT 90 min	HOT (AB) CAKE 90 min	HOT (A) BIG 90 min	SHOULDER* ARTIE 90 min	HOT (AB) OAT 90 min	HOT (A) LEK 90 min
PILATES REFORMER	10:15-11:15	ESSENTIAL BUTT + THIGHS LILY		ESSENTIAL FIT + TONE STAMP		ESSENTIAL ABS + ARM MHE ANN	ESSENTIAL FIT + TONE GUBGIB	ESSENTIAL BUTT + THIGHS AIR
YOGA	11:45-13:15	SHOULDER* EVE 90 min	HATHA KNOT 90 min		HATHA BIG 90 min	HATHA ARTIE 90 min		
PILATES REFORMER	12:00-13:00			ESSENTIAL ABS + ARM STAMP			ESSENTIAL ABS + ARM GUBGIB	ESSENTIAL FIT + TONE AIR
YOGA	14:30-16:00			HATHA CAKE 90 min			HATHA OAT 90 min	YOGA PILATES 90 min
PILATES REFORMER	17:15-18:15	CIRCUIT BUTT + THIGHS LILY	ESSENTIAL ABS + ARM BENZ		ESSENTIAL FIT + TONE PANG	CIRCUIT ABS + ARM MHE ANN		
YOGA	17:15-18:15	HATHA EVE 60 min	HOT (AB) KNOT 60 min	YIN YANG CAKE (16:30-18:00)	HOT (A) BIG 60 min	Vinyasa ARTIE 60 min	YIN YANG OAT (16:30-18:00)	HOT (AB) LEK (16:30-18:00)
PILATES REFORMER	17:30-18:30 ROOM 2	ESSENTIAL ABS + ARM MINT						
PILATES REFORMER	18:15-18:30					Foundation		
	18:30-19:30	ESSENTIAL ABS + ARM LILY	STRETCH & DESTRESS PANG		CIRCUIT ABS + ARM KUNGKING	ESSENTIAL BUTT + THIGHS MHE ANN		
PILATES REFORMER	18:30-19:00		Foundation					
	19:00-20:00 ROOM 2	ESSENTIAL ABS + ARM BENZ			ESSENTIAL FIT + TONE PANG			
YOGA	18:30-20:00	HOT (A) EVE 90 min	SHOULDER* KNOT 90 min		Vinyasa BIG 90 min	HOT (A) ARTIE 90 min		
PILATES REFORMER	19:30-20:30	ESSENTIAL FIT + TONE MINT	CIRCUIT BUTT + THIGHS PANG		ESSENTIAL BUTT + THIGHS KUNGKING			
YOGA	20:15-21:15	GENTLE FLOW EVE 60 min	HOT (A) KNOT 60 min		HOT (AB) BIG 60 min			

CRYSTAL PARK STUDIO								
DATE		21-October	22-October	23-October	24-October	25-October	26-October	27-October
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YOGA	7:30-8:30	HATHA BIG 60 min	HOT (AB) FAI 60 min	ABSOLUTE FIT KNOT 60 min	ABSOLUTE FIT BEBE 60 min	HOT (A) AIR 60 min	ABSOLUTE FIT ARTIE 60 min	HOT (A) OAT 60 min
PILATES REFORMER	8:00-9:00			ESSENTIAL FIT + TONE VANESSA			ESSENTIAL FIT + TONE JACKIE	CIRCUIT ABS + ARM OHM
PILATES REFORMER	8:30-9:30	CIRCUIT ABS + ARM CHER	ESSENTIAL ABS + ARM KUNGKING		CIRCUIT ABS + ARM OHM	ESSENTIAL BUTT + THIGHS ANT P		
RHYTHM CYCLING	8:30-8:45	Foundation				Foundation		
	8:45-9:30	ABSOLUTE BEATS KENG ITI				ABSOLUTE BEATS BOAT		
YOGA	8:45-9:45	HOT (A) BIG 60 min	SHOULDER* FAI (8:45-10:15)	HOT (A) KNOT 60 min	HOT (A) BEBE (8:45-10:15)	Vinyasa AIR 60 min	HOT (A) ARTIE 60 min	ABSOLUTE FIT OAT 60 min
PILATES REFORMER	9:15-10:15			ESSENTIAL ABS + ARM VANESSA			ESSENTIAL ABS + ARM JACKIE	ESSENTIAL BUTT + THIGHS OHM
RHYTHM CYCLING	9:30-9:45		Foundation	Foundation	Foundation		Foundation	Foundation
	9:45-10:30		ABSOLUTE BEATS PLOU	ABSOLUTE BEATS TAE	ABSOLUTE BEATS FAI		ABSOLUTE BEATS PAT	ABSOLUTE BEATS CHERIE
PILATES REFORMER	9:45-10:15	Foundation	(9:45-10:45)		(9:45-10:45)	Foundation		
	10:15-11:15	ESSENTIAL BUTT + THIGHS CHER	ESSENTIAL FIT + TONE KUNGKING		ESSENTIAL BUTT + THIGHS OHM	ESSENTIAL ABS + ARM ANT P		
PILATES REFORMER	10:30-11:30			CARDIO JUMPBOARD VANESSA			CARDIO JUMPBOARD JACKIE	ESSENTIAL FIT + TONE KAN P
YOGA	10:30-12:00	Vinyasa BIG 90 min	HOT (A) FAI 90 min	HOT (AB) KNOT 90 min	SHOULDER* BEBE 90 min	HOT (A) AIR 90 min	HOT (AB) ARTIE 90 min	HATHA OAT 90 min
RHYTHM CYCLING	10:45-11:30			ABSOLUTE BEATS TAE			ABSOLUTE BEATS PAT	ABSOLUTE BEATS CHERIE
PILATES REFORMER	11:00-11:30		(11:00-12:00)		(11:00-12:00)			
	11:30-12:30	ESSENTIAL FIT + TONE CHER	ESSENTIAL ABS + ARM KUNGKING		ESSENTIAL ABS + ARM OHM	ESSENTIAL FIT + TONE ANT P		
PILATES REFORMER	11:45-12:15			Foundation			Foundation	
	12:15-13:15			ESSENTIAL BUTT + THIGHS TERESA			ESSENTIAL BUTT + THIGHS JACKIE	ESSENTIAL ABS + ARM KAN P
YOGA	14:00-15:30	SHOULDER* BIG 90 min		Vinyasa KNOT 90 min		YIN YANG AIR 90 min	Vinyasa ARTIE 90 min	YIN YANG OAT 90 min
RHYTHM CYCLING	15:30-15:45			Foundation			Foundation	Foundation
	15:45-16:30			ABSOLUTE ESSENTIALS TAE			ABSOLUTE ESSENTIALS PAT	ABSOLUTE BEATS CHERIE
PILATES REFORMER	15:30-16:00							Foundation
	16:00-17:00			CIRCUIT ABS + ARM TERESA			CIRCUIT ABS + ARM JACKIE	ESSENTIAL BUTT + THIGHS KAN P
YOGA	17:30-18:30	HOT (A) BIG 60 min	Vinyasa LEK 60 min		HATHA BEBE 60 min	GENTLE FLOW AIR 60 min		
PILATES REFORMER	17:00-17:30		Foundation					
	17:30-18:30	ESSENTIAL FIT + TONE ART		ESSENTIAL BUTT + THIGHS CHER		ESSENTIAL ABS + ARM JACKIE	ESSENTIAL BUTT + THIGHS ANT P	
RHYTHM CYCLING	18:30-18:45	Foundation	Foundation		Foundation	Foundation		
	18:45-19:30	ABSOLUTE BEATS KENG ITI	ABSOLUTE ESSENTIALS PLOU		ABSOLUTE BEATS FAI	ABSOLUTE BEATS AE ITI		
PILATES REFORMER	18:30-19:00	Foundation			Foundation			
	19:00-20:00	ESSENTIAL BUTT + THIGHS ART	CIRCUIT ABS + ARM CHER		ESSENTIAL BUTT + THIGHS JACKIE	ESSENTIAL FIT + TONE ANT P		
YOGA	19:00-20:15	HATHA BIG 75 min	HOT (AB) LEK (19:00-20:00)		HOT (A) BEBE (19:00-20:00)	HOT (A) AIR 75 min		
YOGA	20:10-21:10		HOT (A) LEK 60 min		HATHA BEBE 60 min			

ABSOLUTE YOU CLASS SCHEDULE

COMMONS STUDIO								
DATE		21-October	22-October	23-October	24-October	25-October	26-October	27-October
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PILATES REFORMER	8:30-9:00	Foundation		Foundation		Foundation	Foundation	Foundation
	9:00-10:00	ESSENTIAL FIT + TONE MHE ANN	ESSENTIAL ABS + ARM RJ	ESSENTIAL FIT + TONE RISSA	ESSENTIAL ABS + ARM KAT	ESSENTIAL BUTT + THIGHS TERESA	ESSENTIAL FIT + TONE JOHN	ESSENTIAL ABS + ARM CHER
RHYTHM CYCLING	9:00-9:15	Foundation		Foundation		Foundation	Foundation	Foundation
	9:15-10:00	ABSOLUTE BEATS ARIS	ABSOLUTE BEATS MEK	ABSOLUTE BEATS MEI	ABSOLUTE BEATS MAE D.	ABSOLUTE 60 MAE D.	ABSOLUTE BEATS GIFT	ABSOLUTE BEATS MEK
PILATES REFORMER	10:15-11:15	ESSENTIAL BUTT + THIGHS MHE ANN	ESSENTIAL FIT + TONE RJ	CIRCUIT BUTT + THIGHS RISSA	ESSENTIAL FIT + TONE KAT	ESSENTIAL ABS + ARM TERESA	CIRCUIT BUTT + THIGHS JOHN	ESSENTIAL FIT + TONE CHER
RHYTHM CYCLING	10:15-10:30	Foundation		Foundation		Foundation	Foundation	Foundation
	10:30-11:15	ABSOLUTE BEATS ARIS	ABSOLUTE BEATS MEK	ABSOLUTE BURN MEI	ABSOLUTE BEATS MAE D.	ABSOLUTE BEATS GIFT	ABSOLUTE BURN GIFT	ABSOLUTE BEATS MEK
PILATES REFORMER	11:30-12:30	ESSENTIAL ABS + ARM MHE ANN	ESSENTIAL BUTT + THIGHS RJ					
RHYTHM CYCLING	15:00-15:15			Foundation			Foundation	Foundation
	15:15-16:00			ABSOLUTE BEATS MEK			ABSOLUTE BEATS DINI	ABSOLUTE BEATS PEARL
PILATES REFORMER	15:00-16:00			ESSENTIAL ABS + ARM RISSA			ESSENTIAL ABS + ARM JOHN	ESSENTIAL BUTT + THIGHS CHER
RHYTHM CYCLING	16:30-16:45			Foundation			Foundation	(16:30-17:30)
	16:45-17:30			ABSOLUTE BEATS MEK			ABSOLUTE BEATS DINI	ABSOLUTE 60 PEARL
RHYTHM CYCLING	17:15-17:30							
	17:30-18:15	ABSOLUTE BEATS CIN						
RHYTHM CYCLING	18:15-18:30		Foundation		Foundation	Foundation		
	18:30-19:15	ABSOLUTE BURN MEI	ABSOLUTE BEATS FLYNN		ABSOLUTE BEATS PEARL	ABSOLUTE BEATS D.GIFT		
PILATES REFORMER	18:00-18:30	Foundation					Foundation	
	18:30-19:30	ESSENTIAL ABS + ARM MHE ANN	ESSENTIAL BUTT + THIGHS RJ		ESSENTIAL ABS + ARM KAT	ESSENTIAL FIT + TONE TERESA		
RHYTHM CYCLING	19:30-19:45	Foundation						
	19:45-20:30	ABSOLUTE BEATS MEI	ABSOLUTE BEATS FLYNN		ABSOLUTE BEATS PEARL			
PILATES REFORMER	19:45-20:45	ESSENTIAL BUTT + THIGHS MHE ANN	ESSENTIAL FIT + TONE RJ		ESSENTIAL BUTT + THIGHS KAT			

JAS URBAN STUDIO								
DATE		21-October	22-October	23-October	24-October	25-October	26-October	27-October
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PILATES REFORMER	8:00-8:30		Foundation	Foundation	Foundation		Foundation	Foundation
	8:30-9:30	ESSENTIAL ABS + ARM STAMP	ESSENTIAL BUTT + THIGHS MINT	ESSENTIAL FIT + TONE GUBGIB	ESSENTIAL ABS + ARM BENZ		ESSENTIAL FIT + TONE ANT P	ESSENTIAL ABS + ARM AU
YOGA	8:30-9:30					HOT (A) BEBE 60 min		
RHYTHM CYCLING	8:45-9:00	Foundation	Foundation	Foundation	Foundation	Foundation	Foundation	Foundation
	9:00-9:45	ABSOLUTE ESSENTIALS PAT	ABSOLUTE BEATS BOAT	ABSOLUTE BEATS AE (T)	ABSOLUTE BEATS PLA (T)	ABSOLUTE BEATS PAT	ABSOLUTE BEATS BOAT	ABSOLUTE BEATS DREAM
PILATES REFORMER	9:30-10:00							
	10:00-11:00	ESSENTIAL FIT + TONE STAMP	ESSENTIAL ABS + ARM MINT	ESSENTIAL ABS + ARM GUBGIB	ESSENTIAL FIT + TONE BENZ	ESSENTIAL ABS + ARM KAN P	ESSENTIAL ABS + ARM ANT P	ESSENTIAL BUTT + THIGHS AU
YOGA	10:00-11:30	ABSOLUTE FIT KWANG (10:00-11:00)	HATHA CAKE 90 min	HOT (A) LEK 90 min	Vinyasa EVE 90 min		HOT (A) FAR 90 min	HOT (AB) FAR 90 min
RHYTHM CYCLING	10:00-10:15			Foundation			Foundation	Foundation
	10:15-11:00			ABSOLUTE BEATS AE (T)			ABSOLUTE BEATS BOAT	ABSOLUTE ESSENTIALS DREAM
PILATES REFORMER	11:15-12:15			ESSENTIAL FIT + TONE GUBGIB			ESSENTIAL FIT + TONE ANT P	ESSENTIAL ABS + ARM AU
YOGA	14:30-16:00	HOT (AB) KWANG 90 min		HATHA LEK 90 min	GENTLE FLOW EVE (14:30-15:30)		HATHA FAR 90 min	YIN YANG FAR 90 min
PILATES REFORMER	14:30-15:00			Foundation			Foundation	Foundation
	15:00-16:00			ESSENTIAL BUTT + THIGHS GUBGIB			ESSENTIAL BUTT + THIGHS ANT P	ESSENTIAL FIT + TONE AU
PILATES REFORMER	17:45-18:15	Foundation	Foundation		Foundation	Foundation		
	18:15-19:15	ESSENTIAL BUTT + THIGHS STAMP	ESSENTIAL FIT + TONE MINT		ESSENTIAL BUTT + THIGHS BENZ	ESSENTIAL ABS + ARM KAN P		
YOGA	18:00-19:30	Vinyasa KWANG 90 min	HOT (A) CAKE 90 min		HOT (A) EVE 90 min	HOT (AB) BEBE 90 min		
RHYTHM CYCLING	18:30-18:45	Foundation	Foundation		Foundation	Foundation		
	18:45-19:30	ABSOLUTE BEATS PAT	ABSOLUTE BEATS KENG (T)		ABSOLUTE BEATS DREAM	ABSOLUTE BEATS PAT		
PILATES REFORMER	19:15-19:45	Foundation						
	19:45-20:45	ESSENTIAL FIT + TONE STAMP	ESSENTIAL BUTT + THIGHS MINT		ESSENTIAL ABS + ARM BENZ			
RHYTHM CYCLING	19:45-20:30		ABSOLUTE BEATS KENG (T)		ABSOLUTE BEATS DREAM			
YOGA	19:45-20:45		SHOULDER* CAKE 60 min		YIN YANG EVE 60 min			

ABSOLUTE YOU CLASS SCHEDULE

G TOWER STUDIO								
DATE		21-October	22-October	23-October	24-October	25-October	26-October	27-October
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PILATES REFORMER	7:00-7:15	Foundation						
	7:15-8:15	ESSENTIAL BUTT + THIGHS ARM				ESSENTIAL FIT + TONE KUNGKING		
RHYTHM CYCLING	7:00-7:15	Foundation	Foundation		Foundation	Foundation		
	7:15-8:00	ABSOLUTE BEATS MARIA	ABSOLUTE BEATS PLA(T)		ABSOLUTE BEATS BOAT	ABSOLUTE BEATS PLA(T)		
PILATES REFORMER	8:30-9:00			Foundation			Foundation	Foundation
	9:00-10:00			ESSENTIAL BUTT + THIGHS MINT			ESSENTIAL BUTT + THIGHS ART	ESSENTIAL FIT + TONE GUBGIB
RHYTHM CYCLING	9:00-9:15			Foundation			Foundation	Foundation
	9:15-10:00			ABSOLUTE BEATS			ABSOLUTE BEATS	ABSOLUTE BEATS
PILATES REFORMER	10:15-11:15				ESSENTIAL FIT + TONE MINT		ESSENTIAL FIT + TONE ART	ESSENTIAL ABS + ARM GUBGIB
	11:30-12:00	Foundation				Foundation		
PILATES REFORMER	12:00-13:00	ESSENTIAL ABS + ARM ARM	ESSENTIAL BUTT + THIGHS LILY		ESSENTIAL FIT + TONE ANT P	ESSENTIAL FIT + TONE KUNGKING		
	12:00-12:15		Foundation		Foundation			
RHYTHM CYCLING	12:15-13:00		LUNCH BEATS TAE		LUNCH BEATS PLA(T)			
	14:00-14:15			Foundation			Foundation	Foundation
RHYTHM CYCLING	14:15-15:00			ABSOLUTE ESSENTIALS FERN			ABSOLUTE ESSENTIALS JUNE	ABSOLUTE BEATS BOAT
	14:30-15:00							
PILATES REFORMER	14:30-15:00			Foundation			Foundation	Foundation
	15:00-16:00			ESSENTIAL ABS + ARM MINT			ESSENTIAL ABS + ARM ART	ESSENTIAL FIT + TONE GUBGIB
PILATES REFORMER	17:00-17:30	Foundation	Foundation		Foundation	Foundation		
	17:30-18:30	ESSENTIAL FIT + TONE ARM	ESSENTIAL ABS + ARM LILY		ESSENTIAL FIT + TONE ANT P	ESSENTIAL BUTT + THIGHS KUNGKING		
PILATES REFORMER	18:45-19:45	ESSENTIAL BUTT + THIGHS ARM	ESSENTIAL ABS + ARM LILY		ESSENTIAL ABS + ARM ANT P	ESSENTIAL BUTT + THIGHS KUNGKING		
	18:15-18:30						Foundation	
RHYTHM CYCLING	18:30-19:15	ABSOLUTE BEATS PLA(T)	ABSOLUTE BEATS JUSTIN		ABSOLUTE BEATS KATIE	ABSOLUTE BEATS BOAT		
	19:45-20:45	ESSENTIAL ABS + ARM ARM	ESSENTIAL BUTT + THIGHS LILY		ESSENTIAL ABS + ARM LILY			
RHYTHM CYCLING	19:30-19:45	Foundation	Foundation		Foundation			
	19:45-20:30	ABSOLUTE BEATS PLA(T)	ABSOLUTE BEATS TAE		ABSOLUTE BEATS CIN			

ON-NUT STUDIO								
DATE		21-October	22-October	23-October	24-October	25-October	26-October	27-October
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PILATES REFORMER	7:15-8:15		ESSENTIAL BUTT + THIGHS RISSA		ESSENTIAL ABS + ARM MINT			
	8:30-9:30	HATHA MON 60 min		ABSOLUTE FIT ARTIE 60 min		HOT (A) OAT 60 min	ABSOLUTE FIT BEBE 60 min	GENTLE FLOW FAI 60 min
PILATES REFORMER	8:30-9:00	Foundation		Foundation		Foundation	Foundation	Foundation
	9:00-10:00	ESSENTIAL FIT + TONE KAN P	ESSENTIAL ABS + ARM RISSA	ESSENTIAL BUTT + THIGHS LILY	ESSENTIAL FIT + TONE MINT	ESSENTIAL ABS + ARM GUBGIB	ESSENTIAL BUTT + THIGHS RISSA	ESSENTIAL FIT + TONE MHE ANN
RHYTHM CYCLING	9:00-9:15	Foundation		Foundation		Foundation	Foundation	Foundation
	9:15-10:00	ABSOLUTE BEATS PLA(T)	ABSOLUTE BEATS KATIE	ABSOLUTE BEATS KENG (T)	ABSOLUTE BEATS FERN	ABSOLUTE BEATS TAE	ABSOLUTE BEATS DREAM	ABSOLUTE BEATS MAE D
YOGA	10:00-11:15	HOT (A) MON 75 min	HATHA KWANG 75 min	HOT (A) ARTIE 75 min	HATHA PAUL 75 min	Vinyasa OAT 75 min	HOT (A) BEBE 75 min	HATHA FAI 75 min
	10:00-10:30							Foundation
PILATES REFORMER	10:30-11:30			ESSENTIAL ABS + ARM LILY			ESSENTIAL ABS + ARM RISSA	ESSENTIAL BUTT + THIGHS MHE ANN
	13:30-14:00	Foundation		Foundation		Foundation	Foundation	Foundation
PILATES REFORMER	14:00-15:00	ESSENTIAL ABS + ARM KAN P		ESSENTIAL FIT + TONE LILY		ESSENTIAL BUTT + THIGHS GUBGIB	ESSENTIAL FIT + TONE RISSA	ESSENTIAL ABS + ARM MHE ANN
	14:00-15:00		HOT (A) KWANG 60 min	HOT (AB) PAUL (14:00-15:30)	GENTLE FLOW PAUL 60 min		HOT (AB) BEBE (14:00-15:30)	HOT (A) FAI (14:00-15:30)
RHYTHM CYCLING	14:45-15:00			Foundation			Foundation	Foundation
	15:00-15:45			ABSOLUTE BEATS KENG (T)			ABSOLUTE BEATS DREAM	ABSOLUTE ESSENTIALS MAE D
PILATES REFORMER	17:45-18:15	Foundation				Foundation		
	18:15-19:15	ESSENTIAL FIT + TONE KAN P	ESSENTIAL BUTT + THIGHS RISSA		ESSENTIAL BUTT + THIGHS MINT	ESSENTIAL FIT + TONE GUBGIB		
YOGA	18:00-19:30	HOT (A) MON 90 min	HATHA KWANG 90 min		Vinyasa PAUL 90 min	HOT (AB) OAT 90 min		
	18:15-18:30	Foundation			Foundation	Foundation		
RHYTHM CYCLING	18:30-19:15	ABSOLUTE BEATS BOAT	ABSOLUTE BEATS KATIE		ABSOLUTE BEATS D.GIFT	ABSOLUTE BEATS TAE		
	19:15-19:30				Foundation			
PILATES REFORMER	19:30-20:30	ESSENTIAL ABS + ARM KAN P	ESSENTIAL FIT + TONE RISSA		ESSENTIAL ABS + ARM MINT			
	19:30-19:45	Foundation	Foundation		Foundation			
RHYTHM CYCLING	19:45-20:30	ABSOLUTE BEATS BOAT	ABSOLUTE BEATS KATIE		ABSOLUTE BEATS D.GIFT			
	19:45-20:45	GENTLE FLOW MON 60 min	HOT (A) KWANG 60 min		HOT (AB) PAUL 60 min			

ABSOLUTE YOU CLASS SCHEDULE

NANG-LIN-CHEE STUDIO								
DATE		21-October	22-October	23-October	24-October	25-October	26-October	27-October
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YOGA	7:30-8:15		HF on the Go MON 45 min		HF on the Go KWANG 45 min			
PILATES REFORMER	7:30-8:30	ESSENTIAL BUTT + THIGHS JACKIE	ESSENTIAL ABS + ARM ART		ESSENTIAL BUTT + THIGHS TERESA	ESSENTIAL FIT + TONE FERN		
YOGA	8:30-9:30			ABSOLUTE FIT REBE 60 min			ABSOLUTE FIT PANG 60 min	GENTLE FLOW ARTIE 60 min
PILATES REFORMER	8:30-9:00 9:00-10:00	Foundation ESSENTIAL FIT + TONE JACKIE	ESSENTIAL ABS + ARM ART	Foundation ESSENTIAL BUTT + THIGHS BI	ESSENTIAL FIT + TONE TERESA	Foundation ESSENTIAL ABS + ARM FERN	Foundation ESSENTIAL BUTT + THIGHS MHE ANN	Foundation ESSENTIAL FIT + TONE JOHN
RHYTHM CYCLING	9:00-9:15 9:15-10:00	Foundation ABSOLUTE BEATS PLOY	Foundation ABSOLUTE BEATS JUSTIN	Foundation ABSOLUTE BEATS FLYNN	Foundation ABSOLUTE BEATS AOM	Foundation ABSOLUTE BEATS DREAM	Foundation ABSOLUTE BEATS MAE D.	Foundation ABSOLUTE BEATS D.GIFT
YOGA	10:00-11:15	HOT (A) PLE 75 min	HATHA MON 75 min	HOT (A) BEBE 75 min	HATHA KWANG 75 min	Vinyasa LUKE 75 min	HOT (A) PANG 75 min	HATHA ARTIE 75 min
PILATES REFORMER	10:00-10:30 10:30-11:30		Foundation ESSENTIAL FIT + TONE ART	Foundation ESSENTIAL ABS + ARM BI	Foundation ESSENTIAL BUTT + THIGHS TAE		Foundation ESSENTIAL ABS + ARM MHE ANN	Foundation ESSENTIAL BUTT + THIGHS JOHN
PILATES REFORMER	13:30-14:00 14:00-15:00			Foundation ESSENTIAL FIT + TONE BI			Foundation ESSENTIAL FIT + TONE MHE ANN	Foundation ESSENTIAL ABS + ARM JOHN
YOGA	14:00-15:30			HOT (AB) BEBE 90 min			HOT (AB) PANG 90 min	HOT (A) ARTIE 90 min
RHYTHM CYCLING	14:45-15:00 15:00-15:45			Foundation ABSOLUTE ESSENTIALS JUSTIN			Foundation ABSOLUTE ESSENTIALS MAE D.	Foundation ABSOLUTE BEATS D.GIFT
PILATES REFORMER	17:15-18:15	ESSENTIAL BUTT + THIGHS VANESSA						
RHYTHM CYCLING	17:30-18:15	ABSOLUTE BEATS FERN	ABSOLUTE BEATS MEI		ABSOLUTE BEATS TAE			
PILATES REFORMER	17:45-18:15 18:15-19:15		Foundation ESSENTIAL BUTT + THIGHS VANESSA		Foundation ESSENTIAL BUTT + THIGHS TERESA	Foundation ESSENTIAL FIT + TONE FERN		
YOGA	18:00-19:30	HOT (AB) PLE 90 min	HATHA MON 90 min		Vinyasa KWANG 90 min	HOT (AB) LUKE 90 min		
RHYTHM CYCLING	18:30-18:45 18:45-19:30	Foundation ABSOLUTE BEATS PLOY	Foundation ABSOLUTE BEATS MEI		Foundation ABSOLUTE BEATS TAE	Foundation ABSOLUTE BEATS DREAM		
PILATES REFORMER	19:15-19:30 19:30-20:30		Foundation ESSENTIAL FIT + TONE ART		Foundation ESSENTIAL ABS + ARM TERESA			
RHYTHM CYCLING	19:45-20:30	ABSOLUTE BEATS PLOY	ABSOLUTE BEATS DREAM		ABSOLUTE BEATS AE (T)			
YOGA	19:45-20:45	GENTLE FLOW PLE 60 min	Vinyasa MON 60 min		GENTLE FLOW KWANG 60 min			

ARI STUDIO								
DATE		21-October	22-October	23-October	24-October	25-October	26-October	27-October
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YOGA	7:00-7:45	HF on the Go OAT 45 min		HOT (AB) PANG (8:30-9:30)		HF on the Go CAKE 45 min	HOT (AB) AIR (8:30-9:30)	GENTLE FLOW CANDY (8:30-9:30)
PILATES REFORMER	7:30-8:30	ESSENTIAL BUTT + THIGHS AU				ESSENTIAL ABS + ARM RISSA		
PILATES REFORMER	8:30-9:00 9:00-10:00	Foundation ESSENTIAL FIT + TONE AU	ESSENTIAL ABS + ARM ARM	Foundation ESSENTIAL BUTT + THIGHS ANT P	ESSENTIAL FIT + TONE LILY	ESSENTIAL BUTT + THIGHS RISSA	ESSENTIAL BUTT + THIGHS TERESA	ESSENTIAL FIT + TONE MINT
YOGA	10:00-11:15	HOT (A) OAT 75 min	HATHA BEBE 75 min	HOT (A) PANG 75 min	HOT (A) LEK 75 min	Vinyasa CAKE 75 min	HOT (A) AIR 75 min	HATHA CANDY 75 min
PILATES REFORMER	10:00-10:30 10:30-11:30		ESSENTIAL FIT + TONE ARM	ESSENTIAL ABS + ARM ANT P	ESSENTIAL ABS + ARM LILY		ESSENTIAL ABS + ARM TERESA	Foundation ESSENTIAL BUTT + THIGHS MINT
YOGA	11:30-13:00	Vinyasa OAT 90 min						
PILATES REFORMER	13:30-14:00 14:00-15:00	(13:30-14:30) ESSENTIAL BUTT + THIGHS AU		Foundation ESSENTIAL FIT + TONE ANT P		(13:30-14:30) ESSENTIAL ABS + ARM RISSA	Foundation ESSENTIAL FIT + TONE TERESA	Foundation ESSENTIAL ABS + ARM MINT
YOGA	14:00-15:30			HATHA PANG 90 min			HATHA AIR 90 min	HOT (A) CANDY 90 min
PILATES REFORMER	15:15-16:15			ESSENTIAL BUTT + THIGHS ANT P			ESSENTIAL BUTT + THIGHS TERESA	ESSENTIAL FIT + TONE MINT
PILATES REFORMER	17:15-17:45 17:45-18:45	Foundation ESSENTIAL FIT + TONE KUNGKING	(17:30-18:30) ESSENTIAL BUTT + THIGHS ARM		(17:30-18:30) ESSENTIAL BUTT + THIGHS LILY	Foundation ESSENTIAL FIT + TONE RISSA		
YOGA	18:00-19:30	HOT (AB) OAT 90 min	HOT (A) BEBE 90 min		Vinyasa LEK 90 min	HOT (AB) CAKE 90 min		
PILATES REFORMER	18:45-19:00 19:00-20:00		Foundation ESSENTIAL ABS + ARM KUNGKING		Foundation ESSENTIAL FIT + TONE LILY			
PILATES REFORMER	20:15-21:15	ESSENTIAL ABS + ARM KUNGKING	ESSENTIAL FIT + TONE ARM		ESSENTIAL ABS + ARM LILY			
YOGA	19:45-20:45	GENTLE FLOW OAT 60 min	YIN YANG BEBE 60 min		HOT (AB) LEK 60 min			

CLASS SCHEDULE (Boat Avenue)

21-27 October 2019



AUGUST	TIME	21 - MON	22 - TUE	23 - WED	24 - THU	25 - FRI	26 - SAT	27 - SUN
YOGA	08.30-10.00	YOGA VINYASA 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 AM			YOGA HOT AB MIKE	YOGA HATHA AM
PILATES REFORMER	08.30-09.00	Foundation				Foundation		Foundation
	09.00-10.00	PILATES REFORMER ESSENTIAL BUTT + THIGHS JP				PILATES REFORMER ESSENTIAL BUTT + THIGHS YING		PILATES REFORMER ESSENTIAL BUTT + THIGHS JP
CYCLING	09.00-09.15		Foundation	Foundation	Foundation		Foundation	
	09.15-10.00		RHYTHM CYCLING ABSOLUTE BEATS NUI	RHYTHM CYCLING ABSOLUTE BEATS NUI	RHYTHM CYCLING ABSOLUTE BEATS JP		RHYTHM CYCLING ABSOLUTE BEATS NUI	
CYCLING	10.00-10.15	Foundation				Foundation		
	10.15-11.00	RHYTHM CYCLING ABSOLUTE BEATS AM				RHYTHM CYCLING ABSOLUTE BEATS JP		
CYCLING	10.30-10.45							Foundation
	10.45-11.30							RHYTHM CYCLING ABSOLUTE BEATS JP
PILATES REFORMER	10.00-10.30	Foundation				Foundation		
	10.30-11.30	PILATES REFORMER ESSENTIAL ABS + ARMS JP	PILATES REFORMER ESSENTIAL ABS + ARMS YING	PILATES REFORMER ESSENTIAL FIT+ TONE NUI	PILATES REFORMER ESSENTIAL ABS + ARMS JP	PILATES REFORMER ESSENTIAL FIT+ TONE YING	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			Foundation	
	14.15-15.00			RHYTHM CYCLING ABSOLUTE BEATS AM			RHYTHM CYCLING ABSOLUTE BEATS NUI	
YOGA	15.30-16.30			YOGA YOGA PILATES AM			YOGA YOGA PILATES MIKE	YOGA ARM BALANCE AM
PILATES REFORMER	17.30-18.00	Foundation						
	18.00-19.00	PILATES REFORMER ESSENTIAL FIT+ TONE JP				PILATES REFORMER ESSENTIAL BUTT + THIGHS YING		
CYCLING	18.00-18.15		Foundation		Foundation			
	18.15-19.00		RHYTHM CYCLING ABSOLUTE BEATS NUI		RHYTHM CYCLING ABSOLUTE BEATS NUI			
YOGA	18.00-19.15	YOGA HOT A AM				YOGA HATHA AM		
YOGA	19.30-20.30		YOGA YOGA for OFFICE SYNDROME MIKE		YOGA YIN YANG MIKE			
PILATES REFORMER	19.15-19.30				Foundation			
	19.30-20.30		PILATES REFORMER ESSENTIAL BUTT + THIGHS YING		PILATES REFORMER ESSENTIAL FIT+ TONE NUI			
CYCLING	19.15-19.30	Foundation				Foundation		
	19.30-20.15	RHYTHM CYCLING ABSOLUTE BEATS JP				RHYTHM CYCLING ABSOLUTE BEATS JP		