



ABSOLUTE YOU CLASS SCHEDULE

| AMARIN PLAZA STUDIO | | | | | | | | |
|---------------------|-----------------------------|--|---------------------------------------|--|---|---|---|--|
| DATE | | 20-May | 21-May | 22-May | 23-May | 24-May | 25-May | 26-May |
| CLASS TYPE | TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| YOGA | 7:00-7:45 | | HF on the Go MONICA 45 min | HF on the Go BIG 45 min | HF on the Go CANDY 45 min | HF on the Go TING 45 min | | |
| PILATES REFORMER | 7:15-8:15 | | ESSENTIAL FIT + TONE KAT | REFORMER BLEND JERALD | ESSENTIAL ABS + ARMS MAE | CIRCUIT BUTT + THIGHS RI | | |
| PILATES REFORMER | 7:30-8:30 ROOM 2 | | ESSENTIAL BUTT + THIGHS JULIE | ESSENTIAL ABS + ARM ART | ESSENTIAL FIT + TONE JOHN | ESSENTIAL ABS + ARM PEWEE | | |
| PILATES REFORMER | 8:00-9:00 | ESSENTIAL FIT + TONE VANESSA | | | | | ESSENTIAL BUTT + THIGHS JERALD | ESSENTIAL BUTT + THIGHS PEWEE |
| PILATES REFORMER | 8:15-9:15 ROOM 2 | ESSENTIAL ABS + ARM MAE | | | | | ESSENTIAL ABS + ARM MICHAEL | ESSENTIAL FIT + TONE JULIE |
| YOGA | 8:15-9:45 | | | Vinvasa BIG 90 min | | CORE STRENGTH* TING 90 min | | FORWARD BEND* KNOT (7:30-8:30) |
| CORE BLAST | 8:30-9:30 | | | CORE BALST SCULPT JUDO | | CORE SUSPEND ABS + ARM RI | | |
| PILATES REFORMER | 8:30-9:30 | | | ESSENTIAL FIT + TONE ART | | YOGA STRETCHING ON REFORMER PEWEE | | |
| PILATES REFORMER | 8:30-9:00 | (9:15-10:15) | Foundation | | Foundation | | (9:15-10:15) | (9:15-10:15) |
| | 9:00-10:00 | ESSENTIAL BUTT + THIGHS KAT | ESSENTIAL ABS + ARMS KAT | | ESSENTIAL BUTT + THIGHS MAE | | ESSENTIAL BUTT + THIGHS JULIE | CIRCUIT ABS + ARMS KAT |
| YOGA | 8:45-9:45 | ABSOLUTE FIT LUKE 60 min | | | | | ABSOLUTE FIT PAUL 60 min | HATHA KNOT 60 min |
| CORE BLAST | 9:15-10:15 | CORE SUSPEND ABS + ARM VANESSA | | | | | CORE SUSPEND ABS + ARM JERALD | CORE SUSPEND BUTT + THIGHS PEWEE |
| PILATES REFORMER | 9:30-10:00 | Foundation | | | | | Foundation | Foundation |
| | 10:00-11:00 ROOM 2 | ESSENTIAL FIT + TONE MAE | | | | | ESSENTIAL FIT + TONE MICHAEL | ESSENTIAL BUTT + THIGHS JULIE |
| PILATES REFORMER | 9:45-10:45 | | | CIRCUIT BUTT + THIGHS ART | | ESSENTIAL FIT + TONE RI | | |
| YOGA | 10:00-11:30 | HOT (A) PAUL 90 min | HATHA MONICA 90 min | HOT (AB) BIG 90 min | HOT (A) CANDY 90 min | HOT (AB) TING 90 min | HOT (A) HARRISON 90 min | HOT (A) PAUL 90 min |
| PILATES REFORMER | 10:30-11:30 | ESSENTIAL ABS + ARM KAT | | | | | ESSENTIAL ABS + ARM JULIE | ESSENTIAL FIT + TONE KAT |
| YOGA | 11:00-12:30 CB studio | TWISTING* LUKE 90 min | | | | | INVERSION* PAUL 90 min | YOGA PILATES KNOT 90 min |
| PILATES REFORMER | 11:45-12:45 | ESSENTIAL FIT + TONE MAE | | | | | ESSENTIAL FIT + TONE MICHAEL | ESSENTIAL ABS + ARM JULIE |
| YOGA | 12:15-13:00 | | HF on the Go MONICA 45 min | HF on the Go BEBE 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 MAE | | | |
| CORE BLAST | 13:45-14:00 | Foundation | | | | | Foundation | Foundation |
| | 14:00-15:00 | CORE SUSPEND BUTT + THIGHS VANESSA | | | | | CORE SUSPEND BUTT + THIGHS JERALD | CORE SUSPEND ABS + ARMS PEWEE |
| PILATES REFORMER | 14:00-14:30 | | | Foundation | | | | |
| | 14:30-15:30 | ESSENTIAL ABS + ARMS KAT | | ESSENTIAL FIT + TONE ART | | CIRCUIT ABS + ARMS RI | ESSENTIAL ABS + ARMS JULIE | ESSENTIAL FIT + TONE KAT |
| YOGA | 14:30-16:00 | HOT (AB) PAUL 90 min | HATHA LUKE 90 min | HOT (AB) BENZ 90 min | ABSOLUTE FIT MARVIN (14:30-15:30) | HOT (A) HARRISON 90 min | HOT (AB) HARRISON 90 min | HOT (A) PAUL 90 min |
| YOGA | 15:15-16:45 CB studio | YIN YANG LUKE 90 min | | | | | YIN YANG PAUL 90 min | Vinvasa KNOT 90 min |
| PILATES REFORMER | 14:30-15:00 | Foundation | | | | | Foundation | Foundation |
| | 15:00-16:00 ROOM 2 | ESSENTIAL BUTT + THIGHS MAE | | | | | ESSENTIAL BUTT + THIGHS MICHAEL | ESSENTIAL ABS + ARM JULIE |
| PILATES REFORMER | 16:00-17:00 | CIRCUIT BUTT + THIGHS KAT | | | | | CIRCUIT BUTT + THIGHS JULIE | ESSENTIAL BUTT + THIGHS KAT |
| YOGA | 16:30-17:30 | HOT (A) PAUL 60 min | HOT (A) LUKE 60 min | GENTLE FLOW BEBE 60 min | HIP OPENER* JOHN 60 min | ABSOLUTE FIT MON 60 min | HOT (A) HARRISON 60 min | ABSOLUTE FIT PAUL 60 min |
| PILATES REFORMER | 16:45-17:45 | | ESSENTIAL FIT + TONE JERALD | ESSENTIAL BUTT + THIGHS BENZ | ESSENTIAL ABS + ARM JEAB | ESSENTIAL FIT + TONE MICHAEL | | |
| PILATES REFORMER | 17:00-17:30 | | Foundation | Foundation | Foundation | Foundation | | |
| | 17:30-18:30 ROOM 2 | ESSENTIAL ABS + ARM AU | ESSENTIAL ABS + ARM AU | ESSENTIAL FIT + TONE KUNGKING | ESSENTIAL BUTT + THIGHS JOHN | ESSENTIAL ABS + ARM PEWEE | | |
| CORE BLAST | 17:45-18:00 | | Foundation | Foundation | Foundation | Foundation | | |
| | 18:00-19:00 | | CORE SUSPEND ABS + ARM LILY | CORE SUSPEND WHOLE BODY JUDO | CORE SUSPEND BUTT + THIGHS JACKIE | CORE BLAST TONE RI | | |
| PILATES REFORMER | 18:00-19:00 | | ESSENTIAL FIT + TONE JERALD | CIRCUIT ABS + ARMS MAE | ESSENTIAL BUTT + THIGHS JEAB | CIRCUIT BUTT + THIGHS MICHAEL | | |
| YOGA | 18:00-19:30 | | YOGA PILATES LUKE (18:00-19:00) | HOT (A) BENZ 90 min | ABSOLUTE FIT MARVIN (18:00-19:00) | HOT (AB) HARRISON 90 min | | |
| PILATES REFORMER | 18:40-19:40 ROOM 2 | | ESSENTIAL FIT + TONE AU | ESSENTIAL BUTT + THIGHS KUNGKING | ESSENTIAL ABS + ARM JOHN | ESSENTIAL FIT + TONE PEWEE | | |
| PILATES REFORMER | 19:10-20:10 | | CIRCUIT BUTT + THIGHS JULIE | ESSENTIAL BUTT + THIGHS MAE | ESSENTIAL ABS + ARM JEAB | ESSENTIAL FIT + TONE MICHAEL | | |
| YOGA | 19:15-20:45 CB/YG studio | | Vinvasa LUKE 90 min | CORE STRENGTH* BEBE 90 min | Vinvasa MARVIN 90 min | HATHA MON 90 min | | |
| YOGA | 19:15-20:15 CB/YG studio | | HATHA LILY 60 min | | YOGA PILATES JACKIE 60 min | | | |
| PILATES REFORMER | 19:45-20:45 ROOM 2 | | ESSENTIAL BUTT + THIGHS AU | ESSENTIAL ABS + ARM KUNGKING | ESSENTIAL FIT + TONE JOHN | ESSENTIAL BUTT + THIGHS PEWEE | | |
| YOGA | 19:45-20:45 | | | HOT (AB) BENZ 60 min | | HOT (A) HARRISON 60 min | | |
| PILATES REFORMER | 20:15-21:15 | | ESSENTIAL ABS + ARM JULIE | ESSENTIAL FIT + TONE MAE | ESSENTIAL BUTT + THIGHS JEAB | | | |



ABSOLUTE YOU CLASS SCHEDULE

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

| SILOM STUDIO | | | | | | | | |
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| DATE | | 20-May | 21-May | 22-May | 23-May | 24-May | 25-May | 26-May |
| CLASS TYPE | TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| YOGA | 7:00-7:45 | | HF on the Go KNOT 45 min | HF on the Go PLE 45 min | HF on the Go TING 45 min | HF on the Go FU 45 min | | |
| CORE BLAST | 7:00-8:00 | | | CORE SUSPEND ABS + ARM PEWEE | | CORE BLAST CARDIO JUDO | | |
| PILATES REFORMER | 7:00-8:00 | | | CIRCUIT ABS + ARM CHER | | ESSENTIAL BUTT + THIGHS MAE | | |
| CORE BLAST | 8:00-8:15 | Foundation | | Foundation | | Foundation | | |
| CORE BLAST | 8:15-9:15 | CORE SUSPEND ABS + ARM MICHAEL | | CORE BLAST CARDIO PEWEE | | CORE SUSPEND BUTT + THIGHS JUDO | CORE SUSPEND ABS + ARM PEWEE | CORE SUSPEND BUTT + THIGHS ANT P |
| YOGA | 8:15-9:15 | | GENTLE FLOW KNOT 60 min | | HOT (AB) TING 60 min | | | |
| YOGA | 8:30-9:30 | HATHA MARVIN 60 min | | | | | HATHA BENZ 60 min | HOT (A) HARRISON 60 min |
| PILATES REFORMER | 8:30-9:00 | | | Foundation | | | | |
| PILATES REFORMER | 9:00-10:00 | | ESSENTIAL FIT + TONE MAE | ESSENTIAL BUTT + THIGHS CHER | ESSENTIAL FIT + TONE RJ | CIRCUIT BUTT + THIGHS MAE | | |
| PILATES REFORMER | 9:15-10:15 | ESSENTIAL FIT + TONE MICHAEL | | | | | ESSENTIAL FIT + TONE PEWEE | ESSENTIAL ABS + ARMS ANT P |
| YOGA | 9:30-11:00 | HOT (A) MARVIN (9:45-11:15) | HOT (AB) KNOT 90 min | HOT (AB) PLE 90 min | HOT (A) TING 90 min | HATHA FU 90 min | HOT (A) BENZ (9:45-11:15) | YOGA PILATES HARRISON (9:45-11:15) |
| PILATES REFORMER | 10:15-10:45 | Foundation | | | | | Foundation | |
| PILATES REFORMER | 10:45-11:45 | ESSENTIAL ABS + ARM MICHAEL | | | | | ESSENTIAL ABS + ARM PEWEE | ESSENTIAL BUTT + THIGHS ANT P |
| YOGA | 12:15-13:00 | | HF on the Go KNOT 45 min | HF on the Go PLE 45 min | HF on the Go TING 45 min | HF on the Go FU 45 min | | |
| PILATES REFORMER | 14:00-14:30 | | | | Foundation | | | Foundation |
| PILATES REFORMER | 14:30-15:30 | CIRCUIT BUTT + THIGHS MICHAEL | CIRCUIT BUTT + THIGHS MAE | | ESSENTIAL FIT + TONE RJ | | CIRCUIT BUTT + THIGHS PEWEE | ESSENTIAL FIT + TONE ANT P |
| YOGA | 14:30-16:00 | YIN YANG MARVIN (15:30-17:00) | | HOT (A) LEK 90 min | | HOT (AB) CANDY 90 min | YIN YANG BENZ (15:30-17:00) | HOT (AB) HARRISON (15:30-17:00) |
| PILATES REFORMER | 17:00-18:00 | | ESSENTIAL ABS + ARM MICHAEL | CARDIO JUMPBOARD ANT | ESSENTIAL BUTT + THIGHS RJ | ESSENTIAL ABS + ARM RACHEL | | |
| YOGA | 17:30-18:30 | | HOT (AB) MARVIN 60 min | HATHA LEK 60 min | Vinyasa LUKE 60 min | HOT (A) CANDY 60 min | | |
| CORE BLAST | 17:45-18:00 | | | Foundation | | Foundation | | |
| CORE BLAST | 18:00-19:00 | | CORE SUSPEND ABS + ARM JUDO | CORE SUSPEND BUTT + THIGHS PEWEE | CORE SUSPEND ABS + ARM JUDO | CORE SUSPEND BUTT + THIGHS JUDO | | |
| PILATES REFORMER | 18:00-18:15 | | Foundation | | Foundation | Foundation | | |
| PILATES REFORMER | 18:15-19:15 | | ESSENTIAL BUTT + THIGHS MICHAEL | CIRCUIT BUTT + THIGHS ANT | ESSENTIAL ABS + ARM RJ | ESSENTIAL FIT + TONE RACHEL | | |
| YOGA | 18:45-20:15 | | FORWARD BEND* MARVIN 90 min | HOT (AB) LEK 90 min | HOT (A) LUKE 90 min | HATHA CANDY 90 min | | |
| CORE BLAST | 19:00-19:15 | | Foundation | | Foundation | | | |
| CORE BLAST | 19:15-20:15 | | CORE SUSPEND BUTT + THIGHS JUDO | CORE BLAST CARDIO PEWEE | CORE SUSPEND BUTT + THIGHS JUDO | CORE SUSPEND ABS + ARM JUDO | | |
| PILATES REFORMER | 19:30-20:30 | | CIRCUIT BUTT + THIGHS MICHAEL | ESSENTIAL ABS + ARM ANT | ESSENTIAL BUTT + THIGHS RJ | ESSENTIAL ABS + ARM RACHEL | | |
| YOGA | 20:30-21:30 | | HOT (AB) MARVIN 60 min | HOT (A) LEK 60 min | HATHA LUKE 60 min | | | |



ABSOLUTE YOU CLASS SCHEDULE

| EXCHANGE TOWER STUDIO | | | | | | | | |
|-----------------------|-----------------------------------|---|---------------------------------------|--|---------------------------------------|-----------------------------------|--|-----------------------------------|
| DATE | | 20-May | 21-May | 22-May | 23-May | 24-May | 25-May | 26-May |
| 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 CHERIE | ABSOLUTE BEATS PLOU | ABSOLUTE BEATS SADIA | ABSOLUTE BEATS JUNE | | |
| PILATES REFORMER | 7:00-7:15 | | | Foundation ESSENTIAL BUTT + THIGHS | | ESSENTIAL BUTT + THIGHS | | |
| | 7:15-8:15 | | ESSENTIAL FIT + TONE LILY | KAT | JACKIE | JERALD | | |
| YOGA | 8:30-9:30 | HOT (AB) MONICA 60 min | ABSOLUTE FIT BIG 60 min | HATHA JUSTIN 60 min | HOT (A) AIR 60 min | ABSOLUTE FIT PAUL 60 min | HOT (AB) CANDY 60 min | GENTLE FLOW MON 60 min |
| PILATES REFORMER | 8:30-9:00 | Foundation | | | | Foundation | Foundation | Foundation |
| | 9:00-10:00 | ESSENTIAL BUTT + THIGHS RJ | | ESSENTIAL ABS + ARM KAT | | ESSENTIAL FIT + TONE JERALD | ESSENTIAL BUTT + THIGHS RACHEL | ESSENTIAL ABS + ARM ART |
| RHYTHM CYCLING | 9:00-9:15 | Foundation | Foundation | Foundation | Foundation | | Foundation | Foundation |
| | 9:15-10:00 | ABSOLUTE BEATS TAE | ABSOLUTE BEATS CHERIE | ABSOLUTE ESSENTIALS | ABSOLUTE BEATS SADIA | | ABSOLUTE BEATS MARIA | ABSOLUTE BEATS AOM |
| PILATES REFORMER | 9:30-10:00 | (10-15-11:15) | Foundation | | Foundation | | (10-15-11:15) | (10-15-11:15) |
| | 10:00-11:00 | ESSENTIAL FIT + TONE RJ | ESSENTIAL ABS + ARM | CIRCUIT BUTT + THIGHS | ESSENTIAL FIT + TONE JACKIE | ESSENTIAL ABS + ARM | ESSENTIAL FIT + TONE RACHEL | ESSENTIAL BUTT + THIGHS ART |
| YOGA | 10:00-11:30 | FORWARD BEND* MONICA 90 min | HATHA BIG 90 min | YOGA PILATES JUSTIN 90 min | Vinyasa AIR 90 min | HOT (A) PAUL 90 min | HIP OPENER* CANDY 90 min | HOT (A) MON 90 min |
| PILATES REFORMER | 11:30-12:00 | | | Foundation | | Foundation | | |
| | 12:00-13:00 | ESSENTIAL ABS + ARM RJ | | ESSENTIAL ABS + ARM KAT | | ESSENTIAL BUTT + THIGHS AU | ESSENTIAL ABS + ARM RACHEL | ESSENTIAL FIT + TONE ART |
| RHYTHM CYCLING | 12:15-13:00 | | | LUNCH BEATS AOM | | LUNCH BEATS CHRISNA | | |
| 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) MONICA 90 min | | | | | HOT (A) CANDY 90 min | HATHA MON 90 min |
| RHYTHM CYCLING | 14:00-14:15 | Foundation | | | | | Foundation | Foundation |
| | 14:15-15:00 | ABSOLUTE BEATS TAE | | | | | ABSOLUTE BEATS JUSTIN | ABSOLUTE BEATS AOM |
| RHYTHM CYCLING | 15:30-16:15 <i>(New Class)</i> | | | | | | ABSOLUTE BEATS JUSTIN | |
| PILATES REFORMER | 15:00-15:30 | Foundation | | | | | Foundation | |
| | 15:30-16:30 | ESSENTIAL BUTT + THIGHS RJ | | | | | ESSENTIAL BUTT + THIGHS RACHEL | CIRCUIT ABS + ARM ART |
| PILATES REFORMER | 17:00-18:00 | | CIRCUIT BUTT + THIGHS RACHEL | | ESSENTIAL ABS + ARM RISSA | | | |
| RHYTHM CYCLING | 17:15-17:30 | | | Foundation | | Foundation | | |
| | 17:30-18:15 | | | ABSOLUTE BEATS KATIE | | ABSOLUTE BEATS D.GIFT | | |
| YOGA | 17:30-18:30 | ABSOLUTE FIT MONICA (16:30-17:30) | HATHA BIG 60 min | HOT (AB) LUKE 60 min | HOT (A) HARRISON 60 min | Vinyasa PAUL 60 min | ABSOLUTE FIT CANDY (16:30-17:30) | HOT (A) MON (16:30-17:30) |
| PILATES REFORMER | 17:30-18:00 | | | Foundation | | Foundation | | |
| | 18:00-19:00 | ESSENTIAL FIT + TONE RACHEL | ESSENTIAL ABS + ARM MICHAEL | ESSENTIAL BUTT + THIGHS RISSA | ESSENTIAL ABS + ARM RISSA | ESSENTIAL ABS + ARM AU | | |
| RHYTHM CYCLING | 18:30-18:45 | Foundation | Foundation | Foundation | Foundation | Foundation | | |
| | 18:45-19:30 | ABSOLUTE BEATS BOAT | ABSOLUTE BEATS DREAM | ABSOLUTE BEATS JUSTIN | ABSOLUTE BEATS PEARL | | | |
| YOGA | 18:45-20:00 | | HOT (A) BIG 75 min | HATHA LUKE 75 min | HOT (AB) HARRISON 75 min | HOT (A) PAUL 75 min | | |
| PILATES REFORMER | 19:00-19:15 | Foundation | Foundation | Foundation | Foundation | Foundation | | |
| | 19:15-20:15 | ESSENTIAL BUTT + THIGHS RACHEL | ESSENTIAL BUTT + THIGHS MICHAEL | ESSENTIAL FIT + TONE RISSA | ESSENTIAL ABS + ARM RISSA | ESSENTIAL FIT + TONE AU | | |
| RHYTHM CYCLING | 19:45-20:30 | | ABSOLUTE BEATS BOAT | ABSOLUTE BEATS DREAM | ABSOLUTE BEATS JUSTIN | | | |
| YOGA | 20:15-21:15 | | Vinyasa BIG 60 min | HOT (A) LUKE 60 min | HATHA / VINYASA HARRISON 60 min | | | |
| PILATES REFORMER | 20:20-21:20 | | ESSENTIAL ABS + ARM RACHEL | ESSENTIAL BUTT + THIGHS MICHAEL | ESSENTIAL FIT + TONE RISSA | ESSENTIAL ABS + ARM AU | | |

| THE CIRCLE STUDIO | | | | | | | | |
|-------------------|-------------|--|------------------------------------|-------------------------------------|--------------------------------------|------------------------------------|---------------------------------------|--|
| DATE | | 20-May | 21-May | 22-May | 23-May | 24-May | 25-May | 26-May |
| CLASS TYPE | TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| YOGA | 7:45-8:45 | Vinyasa CAKE 60 min | | | | | Vinyasa MON 60 min | |
| RHYTHM CYCLING | 8:00-8:15 | | | Foundation | | Foundation | | |
| | 8:15-9:00 | | | ABSOLUTE BEATS PAT | | ABSOLUTE BEATS PLOU | | |
| PILATES REFORMER | 8:30-9:00 | Foundation | Foundation | Foundation | Foundation | Foundation | Foundation | Foundation |
| | 9:00-10:00 | ESSENTIAL FIT + TONE ANT P | ESSENTIAL BUTT + THIGHS KATE | ESSENTIAL FIT + TONE ARM | ESSENTIAL ABS + ARM KAN P | ESSENTIAL BUTT + THIGHS BENZ | ESSENTIAL FIT + TONE GUBGIB | ESSENTIAL ABS + ARM KUNGKING |
| RHYTHM CYCLING | 10:00-10:15 | Foundation | Foundation | Foundation | Foundation | | Foundation | Foundation |
| | 10:15-11:00 | ABSOLUTE BEATS FAI | ABSOLUTE BEATS AE (T) | ABSOLUTE BEATS PAT | ABSOLUTE ESSENTIALS KENG (T) | | ABSOLUTE BEATS D.GIFT | ABSOLUTE BEATS KENG (T) |
| YOGA | 9:00-10:30 | HOT (AB) CAKE 90 min | Vinyasa PLE 90 min | AB FIT GROUND FU (9:00-10:00) | HATHA BIG 90 min | HOT (A) ARTIE 90 min | HOT (AB) MON 90 min | HATHA EVE 90 min |
| PILATES REFORMER | 10:00-10:30 | | | Foundation | | Foundation | | Foundation |
| | 10:30-11:30 | ESSENTIAL BUTT + THIGHS ANT P | ESSENTIAL ABS + ARM KATE | ESSENTIAL BUTT + THIGHS ARM | ESSENTIAL FIT + TONE KAN P | ESSENTIAL ABS + ARM BENZ | ESSENTIAL BUTT + THIGHS GUBGIB | ESSENTIAL FIT + TONE KUNGKING |
| YOGA | 11:00-12:30 | AB FIT GROUND CAKE (11:00-12:00) | HOT (A) PLE 90 min | | HOT (AB) BIG 90 min | | AB FIT GROUND MON (11:00-12:00) | HOT (A) EVE 90 min |
| RHYTHM CYCLING | 12:15-13:00 | Foundation | | | | | ABSOLUTE BEATS D.GIFT | |
| YOGA | 14:00-15:30 | HATHA CAKE 90 min | HATHA PLE 90 min | HOT (AB) FU 90 min | ABSOLUTE FIT BIG (14:00-15:00) | HOT (A) ARTIE 90 min | HATHA MON 90 min | YIN YANG EVE 90 min |
| RHYTHM CYCLING | 14:00-14:15 | Foundation | | | | | Foundation | Foundation |
| | 14:15-15:00 | ABSOLUTE ESSENTIALS FAI | | | | | ABSOLUTE ESSENTIALS D.GIFT | ABSOLUTE BEATS KENG (T) |
| PILATES REFORMER | 14:00-14:30 | Foundation | Foundation | Foundation | Foundation | Foundation | Foundation | Foundation |
| | 14:30-15:30 | ESSENTIAL ABS + ARM ANT P | ESSENTIAL ABS + ARM KATE | ESSENTIAL FIT + TONE ARM | ESSENTIAL BUTT + THIGHS KAN P | | ESSENTIAL ABS + ARM GUBGIB | ESSENTIAL BUTT + THIGHS KUNGKING |
| PILATES REFORMER | 16:00-17:00 | ESSENTIAL BUTT + THIGHS ANT P | | | | | ESSENTIAL BUTT + THIGHS GUBGIB | ESSENTIAL ABS + ARMS KUNGKING |
| YOGA | 16:30-18:00 | YOGA PILATES CAKE 90 min | | | | | YOGA PILATES MON 90 min | HOT (AB) EVE 90 min |
| PILATES REFORMER | 17:00-18:00 | | | ESSENTIAL BUTT + THIGHS ARM | | ESSENTIAL FIT + TONE BENZ | | |
| YOGA | 17:45-19:00 | | INVERSION* PLE 75 min | Vinyasa FU 75 min | ARM BALANCE* BIG 75 min | HATHA ARTIE 75 min | | |
| PILATES REFORMER | 17:45-18:15 | | Foundation | | Foundation | | | |
| | 18:15-19:15 | ESSENTIAL FIT + TONE KATE | | ESSENTIAL ABS + ARM ARM | ESSENTIAL FIT + TONE KAN P | ESSENTIAL BUTT + THIGHS BENZ | | |
| RHYTHM CYCLING | 18:15-18:30 | Foundation | Foundation | Foundation | Foundation | Foundation | | |
| | 18:30-19:15 | ABSOLUTE BEATS AOM | ABSOLUTE BEATS D.GIFT | ABSOLUTE BEATS KENG (T) | ABSOLUTE BEATS KENG (T) | ABSOLUTE BEATS PLOU | | |
| YOGA | 19:15-20:30 | | HATHA PLE 75 min | HOT (A) FU 75 min | Vinyasa BIG 75 min | HOT (AB) ARTIE 75 min | | |
| RHYTHM CYCLING | 19:30-20:15 | | ABSOLUTE BEATS AOM | ABSOLUTE BEATS D.GIFT | ABSOLUTE BEATS KENG (T) | | | |
| PILATES REFORMER | 19:30-20:30 | | ESSENTIAL BUTT + THIGHS KATE | ESSENTIAL BUTT + THIGHS ARM | ESSENTIAL ABS + ARM KAN P | ESSENTIAL FIT + TONE BENZ | | |

ABSOLUTE YOU CLASS SCHEDULE

| LADPRO STUDIO | | | | | | | | |
|------------------|-----------------------|-----------------------------------|--------------------------------------|----------------------------------|-------------------------------------|-------------------------------------|--------------------------------|---------------------------------|
| DATE | | 20-May | 21-May | 22-May | 23-May | 24-May | 25-May | 26-May |
| CLASS TYPE | TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| PILATES REFORMER | 8:30-9:00 | <i>Foundation</i> | | | | | <i>Foundation</i> | <i>Foundation</i> |
| | 9:00-10:00 | ESSENTIAL BUTT + THIGHS LILY | CIRCUIT ABS + ARM ANT P | ESSENTIAL BUTT + THIGHS RISSA | CIRCUIT ABS + ARM ART | ESSENTIAL FIT + TONE JOHN | ESSENTIAL BUTT + THIGHS OHM | ESSENTIAL ABS + ARM LILY |
| YOGA | 8:45-9:45 | Vinyasa KNOT 60 min | | | | | Vinyasa LEK 60 min | ABSOLUTE FIT ARTIE 60 min |
| PILATES REFORMER | 9:00-9:30 | | <i>Foundation</i> | | <i>Foundation</i> | | | |
| | 9:30-10:30 ROOM 2 | | ESSENTIAL FIT + TONE CHER | | ESSENTIAL BUTT + THIGHS ARM | | | |
| YOGA | 10:00-11:30 | HOT (AB) KNOT 90 min | HOT (AB) KWANG 90 min | HATHA ARTIE 90 min | HOT (A) PAUL 90 min | SHOULDER THERAPY* BEBE 90 min | HOT (AB) LEK 90 min | HOT (A) ARTIE 90 min |
| PILATES REFORMER | 10:15-11:15 | ESSENTIAL FIT + TONE LILY | | ESSENTIAL FIT + TONE AU | | ESSENTIAL ABS + ARM JOHN | ESSENTIAL FIT + TONE OHM | ESSENTIAL BUTT + THIGHS LILY |
| YOGA | 11:45-13:15 | | HATHA KWANG 90 min | | HATHA PAUL 90 min | | | |
| PILATES REFORMER | 12:00-13:00 | ESSENTIAL ABS + ARM LILY | | | | | ESSENTIAL ABS + ARM OHM | ESSENTIAL FIT + TONE LILY |
| YOGA | 14:30-16:00 | HATHA KNOT 90 min | | Vinyasa ARTIE 90 min | | HOT (AB) BEBE 90 min | HATHA LEK 90 min | YOGA PILATES ARTIE 90 min |
| PILATES REFORMER | 17:15-18:15 | | ESSENTIAL ABS + ARM CHER | CIRCUIT BUTT + THIGHS RISSA | ESSENTIAL FIT + TONE JOHN | CIRCUIT ABS + ARM JOHN | | |
| YOGA | 17:15-18:15 | YIN YANG KNOT (16:30-18:00) | HOT (AB) KWANG 60 min | YOGA PILATES ARTIE 60 min | HOT (A) PAUL 60 min | Vinyasa BEBE 60 min | YIN YANG (16:30-18:00) | HOT (AB) (16:30-18:00) |
| PILATES REFORMER | 17:30-18:30 ROOM 2 | | | ESSENTIAL BUTT + THIGHS AU | | | | |
| PILATES REFORMER | 18:15-18:30 | | | <i>Foundation</i> | | <i>Foundation</i> | | |
| | 18:30-19:30 | | YOGA STRETCHING ON REFORMER ANT P | ESSENTIAL FIT + TONE RISSA | CIRCUIT ABS + ARM KUNGKING | ESSENTIAL BUTT + THIGHS JOHN | | |
| PILATES REFORMER | 18:30-19:00 | | <i>Foundation</i> | | <i>Foundation</i> | | | |
| | 19:00-20:00 ROOM 2 | | ESSENTIAL ABS + ARM CHER | | ESSENTIAL FIT + TONE ARM | | | |
| YOGA | 18:30-20:00 | | FORWARD BEND* KWANG 90 min | HOT (AB) EVE 90 min | Vinyasa FLE 90 min | HOT (A) BEBE 90 min | | |
| PILATES REFORMER | 19:30-20:30 | | CIRCUIT BUTT + THIGHS ANT P | ESSENTIAL ABS + ARM AU | ESSENTIAL BUTT + THIGHS KUNGKING | ESSENTIAL FIT + TONE JOHN | | |
| YOGA | 20:15-21:15 | | HOT (A) KWANG 60 min | GENTLE FLOW EVE 60 min | HOT (AB) essential | | | |

| CRYSTAL PARK STUDIO | | | | | | | | |
|---------------------|-------------|---------------------------------|--|---|--|---|---------------------------------|--------------------------------|
| DATE | | 20-May | 21-May | 22-May | 23-May | 24-May | 25-May | 26-May |
| CLASS TYPE | TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| YOGA | 7:30-8:30 | ABSOLUTE FIT BIG 60 min | HOT (AB) FAI 60 min | YOGA PILATES KNOT 60 min | ABSOLUTE FIT FU 60 min | HOT (A) AIR 60 min | ABSOLUTE FIT KWANG 60 min | HOT (A) LEK 60 min |
| PILATES REFORMER | 8:00-9:00 | ESSENTIAL FIT + TONE KATE | | | | | ESSENTIAL FIT + TONE JEAB | ESSENTIAL ABS + ARM OHM |
| PILATES REFORMER | 8:30-9:30 | | ESSENTIAL ABS + ARM JEAB | CIRCUIT BUTT + THIGHS VANESSA | CIRCUIT ABS + ARM OHM | ESSENTIAL BUTT + THIGHS ANT P | | |
| RHYTHM CYCLING | 8:30-8:45 | | | <i>Foundation</i> | | <i>Foundation</i> | | |
| | 8:45-9:30 | | | ABSOLUTE BEATS TAE | | ABSOLUTE BEATS BOAT | | |
| YOGA | 8:45-9:45 | HOT (A) BIG 60 min | TWISTING* FAI (8:45-10:15) | HOT (AB) KNOT 60 min | HOT (A) FU (8:45-10:15) | Vinyasa AIR 60 min | HOT (A) KWANG 60 min | ABSOLUTE FIT LEK 60 min |
| PILATES REFORMER | 9:15-10:15 | ESSENTIAL ABS + ARM KATE | | | | | ESSENTIAL ABS + ARM JEAB | ESSENTIAL BUTT + THIGHS OHM |
| RHYTHM CYCLING | 9:30-9:45 | <i>Foundation</i> | <i>Foundation</i> | | <i>Foundation</i> | | <i>Foundation</i> | <i>Foundation</i> |
| | 9:45-10:15 | ABSOLUTE BEATS KENG (T) | ABSOLUTE BEATS PLOV | | ABSOLUTE BEATS DREAM | | ABSOLUTE BEATS FAI | ABSOLUTE BEATS MAE D |
| PILATES REFORMER | 10:15-11:15 | | (9:45-10:45) ESSENTIAL FIT + TONE JEAB | <i>Foundation</i> ESSENTIAL ABS + ARM VANESSA | (9:45-10:45) ESSENTIAL BUTT + THIGHS OHM | <i>Foundation</i> ESSENTIAL ABS + ARM ANT P | | |
| PILATES REFORMER | 10:30-11:30 | CARDIO JUMPBOARD KATE | | | | | CARDIO JUMPBOARD JEAB | ESSENTIAL FIT + TONE OHM |
| YOGA | 10:30-12:00 | HOT (AB) BIG 90 min | HOT (A) FAI 90 min | HATHA KNOT 90 min | INVERSION* FU 90 min | HOT (A) AIR 90 min | HOT (AB) KWANG 90 min | HATHA LEK 90 min |
| PILATES REFORMER | 11:00-11:30 | | (11:00-12:00) | | (11:00-12:00) | | | |
| | 11:30-12:30 | | ESSENTIAL ABS + ARM JEAB | ESSENTIAL BUTT + THIGHS VANESSA | ESSENTIAL ABS + ARM OHM | ESSENTIAL FIT + TONE ANT P | | |
| PILATES REFORMER | 11:45-12:15 | <i>Foundation</i> | | | | | <i>Foundation</i> | |
| | 12:15-13:15 | ESSENTIAL BUTT + THIGHS KATE | | | | | ESSENTIAL BUTT + THIGHS JEAB | CIRCUIT ABS + ARM OHM |
| YOGA | 14:00-15:30 | Vinyasa BIG 90 min | | HOT (A) KNOT 90 min | | Vinyasa AIR 90 min | Vinyasa KWANG 90 min | YIN YANG LEK 90 min |
| RHYTHM CYCLING | 15:30-15:45 | <i>Foundation</i> | | | | | <i>Foundation</i> | <i>Foundation</i> |
| | 15:45-16:30 | ABSOLUTE ESSENTIALS KENG (T) | | | | | ABSOLUTE ESSENTIALS FAI | ABSOLUTE BEATS MAE D |
| PILATES REFORMER | 15:30-16:00 | | | | | | | <i>Foundation</i> |
| | 16:00-17:00 | CIRCUIT ABS + ARM KATE | | | | | CIRCUIT ABS + ARM JEAB | ESSENTIAL BUTT + THIGHS OHM |
| YOGA | 17:30-18:30 | | Vinyasa MON 60 min | HOT (AB) KNOT 60 min | HATHA ARTIE 60 min | GENTLE FLOW AIR 60 min | | |
| PILATES REFORMER | 17:00-17:30 | | <i>Foundation</i> | | | | | |
| | 17:30-18:30 | | ESSENTIAL BUTT + THIGHS JEAB | ESSENTIAL FIT + TONE VANESSA | ESSENTIAL ABS + ARM OHM | ESSENTIAL BUTT + THIGHS ANT P | | |
| RHYTHM CYCLING | 18:30-18:45 | | <i>Foundation</i> | <i>Foundation</i> | <i>Foundation</i> | <i>Foundation</i> | | |
| | 18:45-19:30 | | ABSOLUTE ESSENTIALS PLOV | ABSOLUTE BEATS TAE | ABSOLUTE BEATS DREAM | ABSOLUTE BEATS AE (T) | | |
| PILATES REFORMER | 18:30-19:00 | | | <i>Foundation</i> | <i>Foundation</i> | <i>Foundation</i> | | |
| | 19:00-20:00 | | CIRCUIT ABS + ARM JEAB | ESSENTIAL ABS + ARM VANESSA | ESSENTIAL BUTT + THIGHS OHM | ESSENTIAL FIT + TONE ANT P | | |
| YOGA | 19:00-20:15 | | HOT (AB) MON (19:00-20:00) | Vinyasa KNOT 75 min | HOT (A) ARTIE (19:00-20:00) | HOT (A) AIR 75 min | | |
| YOGA | 20:10-21:10 | | HOT (A) MON 60 min | | HATHA ARTIE 60 min | | | |

ABSOLUTE YOU CLASS SCHEDULE

| COMMONS STUDIO | | | | | | | | |
|------------------|-------------------------------------|---------------------------------|-------------------------------|-------------------------------|--------------------------------|--------------------------------|--------------------------------|---------------------------------|
| DATE | | 20-May | 21-May | 22-May | 23-May | 24-May | 25-May | 26-May |
| 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 RACHEL | ESSENTIAL ABS + ARM RJ | ESSENTIAL FIT + TONE JULIE | ESSENTIAL ABS + ARM KAT | DAN BUTT + THIGHS JACKIE | ESSENTIAL FIT + TONE RISSA | ESSENTIAL ABS + ARM JOHN |
| RHYTHM CYCLING | 9:00-9:15 | Foundation | | | Foundation | (9:15-10:15) | Foundation | |
| | 9:15-10:00 | ABSOLUTE BEATS GIFT | ABSOLUTE BEATS MEK | ABSOLUTE BEATS FLYNN | ABSOLUTE BEATS DAN | ABSOLUTE BEATS CHRISNA | ABSOLUTE BEATS GIFT | ABSOLUTE BEATS MEK |
| PILATES REFORMER | 10:15-11:15 | CIRCUIT BUTT + THIGHS RACHEL | ESSENTIAL FIT + TONE RJ | ESSENTIAL ABS + ARM JULIE | ESSENTIAL FIT + TONE KAT | ESSENTIAL ABS + ARM JACKIE | CIRCUIT BUTT + THIGHS RISSA | ESSENTIAL FIT + TONE JOHN |
| | 10:15-10:30 | Foundation | | | Foundation | | Foundation | Foundation |
| RHYTHM CYCLING | 10:30-11:15 | ABSOLUTE BURN GIFT | ABSOLUTE BEATS MEK | ABSOLUTE BEATS DAN | ABSOLUTE BEATS CHRISNA | ABSOLUTE BEATS GIFT | ABSOLUTE BURN GIFT | ABSOLUTE BEATS MEK |
| | 15:00-15:15 | Foundation | | | | | Foundation | Foundation |
| PILATES REFORMER | 15:00-16:00 | ESSENTIAL ABS + ARM RACHEL | | | | | ESSENTIAL ABS + ARM RISSA | ESSENTIAL BUTT + THIGHS JOHN |
| | 15:15-16:00 | ABSOLUTE BEATS ARIS | | | | | ABSOLUTE BEATS CHRISNA | ABSOLUTE BEATS PEARL |
| RHYTHM CYCLING | 16:30-16:45 | Foundation | | | | | Foundation | (16:30-17:30) |
| | 16:45-17:30 | ABSOLUTE BEATS ARIS | | | | | ABSOLUTE BEATS CHRISNA | ABSOLUTE 60 PEARL |
| RHYTHM CYCLING | 17:15-17:30 | | | Foundation | | | | |
| | 17:30-18:15 | | | ABSOLUTE BEATS FLYNN | | | | |
| RHYTHM CYCLING | 18:15-18:30 | | Foundation | (18:30-19:30) | Foundation | Foundation | | |
| | 18:30-19:15 | | ABSOLUTE BEATS FLYNN | ABSOLUTE 60 MEK | ABSOLUTE BEATS CHRISNA | ABSOLUTE BEATS GIFT | | |
| PILATES REFORMER | 18:00-18:30 | | Foundation | | | | | |
| | 18:30-19:30 | | ESSENTIAL BUTT + THIGHS RJ | ESSENTIAL FIT + TONE JULIE | ESSENTIAL ABS + ARM KAT | ESSENTIAL FIT + TONE JACKIE | | |
| RHYTHM CYCLING | 19:30-19:45 | | | | | | | |
| | 19:45-20:30 | | ABSOLUTE BEATS FLYNN | ABSOLUTE BEATS MEK | ABSOLUTE BEATS PEARL | | | |
| PILATES REFORMER | 19:45-20:45 <i>(Class Added)</i> | | ESSENTIAL FIT + TONE RJ | | ESSENTIAL BUTT + THIGHS KAT | | | |

| JAS URBAN STUDIO | | | | | | | | |
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| DATE | | 20-May | 21-May | 22-May | 23-May | 24-May | 25-May | 26-May |
| CLASS TYPE | TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| PILATES REFORMER | 8:00-8:30 | Foundation | Foundation | Foundation | Foundation | Foundation | Foundation | Foundation |
| | 8:30-9:30 | ESSENTIAL FIT + TONE ARM | ESSENTIAL BUTT + THIGHS ART | ESSENTIAL FIT + TONE GUBGIB | ESSENTIAL ABS + ARM AU | ESSENTIAL BUTT + THIGHS KAN P | ESSENTIAL FIT + TONE ANT P | ESSENTIAL ABS + ARM BENZ |
| YOGA | 8:30-9:30 | | | HATHA KWANG 60 min | | HOT (A) CAKE 60 min | | |
| RHYTHM CYCLING | 8:45-9:00 | Foundation | Foundation | Foundation | Foundation | Foundation | Foundation | Foundation |
| | 9:00-9:45 | ABSOLUTE BEATS KATIE | ABSOLUTE BEATS DAN | ABSOLUTE BEATS AE (T) | ABSOLUTE BEATS PLA (T) | ABSOLUTE BEATS PAT | ABSOLUTE BEATS BOAT | ABSOLUTE BEATS SADIA |
| PILATES REFORMER | 9:30-10:00 | | | Foundation | | | | |
| | 10:00-11:00 | ESSENTIAL ABS + ARM ARM | ESSENTIAL ABS + ARM ART | ESSENTIAL BUTT + THIGHS GUBGIB | ESSENTIAL FIT + TONE AU | ESSENTIAL ABS + ARM KAN P | ESSENTIAL ABS + ARM ANT P | ESSENTIAL BUTT + THIGHS BENZ |
| YOGA | 10:00-11:30 | HOT (A) AIR 90 min | HATHA LEK 90 min | HOT (A) KWANG 90 min | Vinyasa EVE 90 min | HATHA CAKE (10:00-11:00) | HOT (A) AIR 90 min | HOT (AB) FAI 90 min |
| RHYTHM CYCLING | 10:00-10:15 | Foundation | | | | | Foundation | Foundation |
| | 10:15-11:00 | ABSOLUTE BEATS FERN | | | | | ABSOLUTE BEATS BOAT | ABSOLUTE ESSENTIALS SADIA |
| YOGA | 14:30-16:00 | HATHA AIR 90 min | | | GENTLE FLOW EVE 14:30-15:30 | | HATHA AIR 90 min | YIN YANG FAI 90 min |
| PILATES REFORMER | 14:30-15:00 | Foundation | | | | | Foundation | Foundation |
| | 15:00-16:00 | ESSENTIAL BUTT + THIGHS ARM | | | | | ESSENTIAL BUTT + THIGHS ANT P | ESSENTIAL FIT + TONE BENZ |
| PILATES REFORMER | 17:45-18:15 | | Foundation | Foundation | Foundation | Foundation | | |
| | 18:15-19:15 | | ESSENTIAL FIT + TONE ART | ESSENTIAL ABS + ARM GUBGIB | ESSENTIAL BUTT + THIGHS AU | ESSENTIAL ABS + ARM KAN P | | |
| YOGA | 18:00-19:30 | | HOT (A) LEK 90 min | HOT (AB) KWANG 90 min | HATHA EVE 90 min | HOT (AB) CAKE 90 min | | |
| RHYTHM CYCLING | 18:30-18:45 | Foundation | | | Foundation | Foundation | | |
| | 18:45-19:30 | ABSOLUTE BEATS KENG (T) | ABSOLUTE BEATS AE (T) | ABSOLUTE BEATS D.GIFT | ABSOLUTE BEATS PAT | | | |
| PILATES REFORMER | 19:15-19:45 | | Foundation | | | | | |
| | 19:45-20:45 | | ESSENTIAL BUTT + THIGHS ART | ESSENTIAL BUTT + THIGHS GUBGIB | ESSENTIAL ABS + ARM AU | | | |
| RHYTHM CYCLING | 19:45-20:30 | | ABSOLUTE BEATS KENG (T) | | ABSOLUTE BEATS D.GIFT | | | |
| YOGA | 19:45-20:45 | | FORWARD BEND* LEK 60 min | | HOT (A) EVE 60 min | | | |

ABSOLUTE YOU CLASS SCHEDULE

| G TOWER STUDIO | | | | | | | | |
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| DATE | | 20-May | 21-May | 22-May | 23-May | 24-May | 25-May | 26-May |
| CLASS TYPE | TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| PILATES REFORMER | 7:00-7:15 | | | Foundation | | | | |
| | 7:15-8:15 | | | ESSENTIAL ABS + ARM JACKIE | | ESSENTIAL FIT + TONE CHER | | |
| RHYTHM CYCLING | 7:00-7:15 | | Foundation | Foundation | Foundation | Foundation | | |
| | 7:15-8:15 | | ABSOLUTE BEATS PLA (T) | ABSOLUTE BEATS SADIA | ABSOLUTE BEATS BOAT | ABSOLUTE BEATS PLA (T) | | |
| RHYTHM CYCLING | 9:00-9:15 | Foundation | | | | | Foundation | Foundation |
| | 9:15-10:00 | ABSOLUTE BEATS MEW | | | | | ABSOLUTE BEATS JUNE | ABSOLUTE BEATS BOAT |
| PILATES REFORMER | 9:30-10:00 | Foundation | | | | | Foundation | Foundation |
| | 10:00-11:00 | ESSENTIAL FIT + TONE JEAB | | | | | ESSENTIAL FIT + TONE ART | ESSENTIAL ABS + ARM JEAB |
| PILATES REFORMER | 11:45-12:00 | | | Foundation | | Foundation | | |
| | 12:00-13:00 | | ESSENTIAL BUTT + THIGHS GUBGIB | ESSENTIAL BUTT + THIGHS JACKIE | ESSENTIAL FIT + TONE ART | ESSENTIAL FIT + TONE CHER | | |
| 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 | Foundation |
| | 14:15-15:00 | ABSOLUTE ESSENTIALS MEW | | | | | ABSOLUTE ESSENTIALS JUNE | ABSOLUTE BEATS DINI |
| PILATES REFORMER | 14:30-15:00 | Foundation | | | | | Foundation | Foundation |
| | 15:00-16:00 | ESSENTIAL ABS + ARM JEAB | | | | | ESSENTIAL ABS + ARM ART | ESSENTIAL FIT + TONE JEAB |
| PILATES REFORMER | 17:30-18:30 | | | ESSENTIAL BUTT + THIGHS JACKIE | | | | |
| PILATES REFORMER | 17:45-18:15 | | | (18:45-19:45) | | Foundation | | |
| | 18:15-19:15 | | ESSENTIAL ABS + ARM GUBGIB | ESSENTIAL FIT + TONE JACKIE | ESSENTIAL ABS + ARM ART | ESSENTIAL BUTT + THIGHS CHER | | |
| RHYTHM CYCLING | 18:15-18:30 | Foundation | Foundation | Foundation | Foundation | Foundation | | |
| | 18:30-19:15 | ABSOLUTE BEATS JUSTIN | ABSOLUTE BEATS FERN | ABSOLUTE BEATS KATIE | ABSOLUTE BEATS BOAT | | | |
| PILATES REFORMER | 19:15-19:45 | Foundation | | Foundation | | Foundation | | |
| | 19:45-20:45 | ESSENTIAL BUTT + THIGHS GUBGIB | | ESSENTIAL FIT + TONE JACKIE | | ESSENTIAL ABS + ARM ART | | |
| RHYTHM CYCLING | 19:30-19:45 | Foundation | Foundation | Foundation | | | | |
| | 19:45-20:30 | ABSOLUTE BEATS TAE | ABSOLUTE BEATS FERN | ABSOLUTE BEATS SADIA | | | | |

| ON-NUT STUDIO | | | | | | | | |
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| DATE | | 20-May | 21-May | 22-May | 23-May | 24-May | 25-May | 26-May |
| CLASS TYPE | TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| YOGA | 7:15-8:15 | | | GENTLE FLOW | | HOT (A) | | |
| | (Time Changed) | | | CANDY 60 min | | FAI 60 min | | |
| PILATES REFORMER | 7:15-8:15 | | ESSENTIAL BUTT + THIGHS | | ESSENTIAL ABS + ARM | | | |
| | (Time Changed) | | RISSA | | CHER | | | |
| RHYTHM CYCLING | 7:15-8:00 | | ABSOLUTE BEATS | | ABSOLUTE BEATS | | | |
| | | | KATIE | | FERN | | | |
| YOGA | 8:30-9:30 | ABSOLUTE FIT MON 60 min | | | | | ABSOLUTE FIT EVE 60 min | GENTLE FLOW CAKE 60 min |
| PILATES REFORMER | 8:30-9:00 | Foundation | | Foundation | | Foundation | Foundation | Foundation |
| | 9:00-10:00 | ESSENTIAL BUTT + THIGHS JACKIE | ESSENTIAL ABS + ARM RISSA | ESSENTIAL BUTT + THIGHS LILY | ESSENTIAL FIT + TONE CHER | ESSENTIAL ABS + ARM ARM | ESSENTIAL BUTT + THIGHS AU | ESSENTIAL FIT + TONE GUBGIB |
| RHYTHM CYCLING | 9:00-9:15 | Foundation | | Foundation | | Foundation | Foundation | Foundation |
| | (Time Changed) | ABSOLUTE BEATS PLA (T) | | ABSOLUTE BEATS KENG (T) | | ABSOLUTE BEATS SADIA | ABSOLUTE BEATS DREAM | ABSOLUTE BEATS D.GIFT |
| YOGA | 10:00-11:15 | HOT (A) MON 75 min | HATHA TING 75 min | HOT (AB) CANDY 75 min | HATHA BEBE 75 min | Vinyasa FAI 75 min | HOT (A) EVE 75 min | HATHA CAKE 75 min |
| PILATES REFORMER | 10:00-10:30 | | | | | | | Foundation |
| | 10:30-11:30 | ESSENTIAL ABS + ARM JACKIE | | | | | ESSENTIAL ABS + ARM AU | ESSENTIAL BUTT + THIGHS GUBGIB |
| PILATES REFORMER | 13:30-14:00 | Foundation | | Foundation | | Foundation | Foundation | Foundation |
| | 14:00-15:00 | ESSENTIAL FIT + TONE JACKIE | | ESSENTIAL FIT + TONE LILY | | ESSENTIAL BUTT + THIGHS ARM | ESSENTIAL FIT + TONE AU | ESSENTIAL ABS + ARM GUBGIB |
| YOGA | 14:00-15:00 | HOT (AB) MON (14:00-15:30) | HOT (A) TING 60 min | | GENTLE FLOW BEBE 60 min | | HOT (AB) EVE (14:00-15:30) | HOT (A) CAKE (14:00-15:30) |
| RHYTHM CYCLING | 14:45-15:00 | Foundation | | | | | Foundation | Foundation |
| | 15:00-15:45 | ABSOLUTE BEATS AE (T) | | | | | ABSOLUTE BEATS DREAM | ABSOLUTE ESSENTIALS D.GIFT |
| PILATES REFORMER | 17:45-18:15 | | | Foundation | | Foundation | | |
| | 18:15-19:15 | | ESSENTIAL BUTT + THIGHS RISSA | ESSENTIAL ABS + ARM LILY | ESSENTIAL BUTT + THIGHS CHER | ESSENTIAL FIT + TONE ARM | | |
| YOGA | 18:00-19:30 | | HATHA TING 90 min | HOT (A) CANDY 90 min | Vinyasa BEBE 90 min | HOT (AB) FAI 90 min | | |
| RHYTHM CYCLING | 18:15-18:30 | | Foundation | Foundation | Foundation | Foundation | | |
| | 18:30-19:15 | | ABSOLUTE BEATS KATIE | ABSOLUTE BEATS KENG (T) | ABSOLUTE BEATS PILO | ABSOLUTE BEATS SADIA | | |
| PILATES REFORMER | 19:15-19:30 | Foundation | | Foundation | | Foundation | | |
| | 19:30-20:30 | ESSENTIAL FIT + TONE RISSA | | ESSENTIAL BUTT + THIGHS LILY | | ESSENTIAL ABS + ARM CHER | | |
| RHYTHM CYCLING | 19:30-19:45 | Foundation | | Foundation | | Foundation | | |
| | 19:45-20:30 | ABSOLUTE BEATS KATIE | ABSOLUTE ESSENTIALS KENG (T) | ABSOLUTE BEATS PILO | | ABSOLUTE BEATS SADIA | | |
| YOGA | 19:45-20:45 | | HOT (A) TING 60 min | HATHA CANDY 60 min | HOT (AB) BEBE 60 min | | | |

ABSOLUTE YOU CLASS SCHEDULE

| NANG-LIN-CHEE STUDIO | | | | | | | | |
|----------------------|-------------|---------------------------------------|------------------------------------|--------------------------------------|--------------------------------------|----------------------------------|------------------------------------|-----------------------------------|
| DATE | | 20-May | 21-May | 22-May | 23-May | 24-May | 25-May | 26-May |
| CLASS TYPE | TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| YOGA | 7:30-8:15 | | HF on the Go CAKE 45 min | | HF on the Go BENZ 45 min | | | |
| PILATES REFORMER | 7:30-8:30 | | ESSENTIAL ABS + ARM VANESSA | ESSENTIAL FIT + TONE RJ | ESSENTIAL BUTT + THIGHS RACHEL | ESSENTIAL FIT + TONE RISSA | | |
| YOGA | 8:30-9:30 | ABSOLUTE FIT LEK 60 min | | | | | ABSOLUTE FIT ARTIE 60 min | GENTLE FLOW CANDY 60 min |
| PILATES REFORMER | 8:30-9:00 | Foundation | | Foundation | Foundation | Foundation | Foundation | Foundation |
| | 9:00-10:00 | ESSENTIAL BUTT + THIGHS JULIE | ESSENTIAL ABS + ARM VANESSA | ESSENTIAL BUTT + THIGHS RJ | ESSENTIAL FIT + TONE RACHEL | ESSENTIAL ABS + ARM RISSA | ESSENTIAL BUTT + THIGHS JOHN | ESSENTIAL FIT + TONE ANT |
| RHYTHM CYCLING | 9:00-9:15 | Foundation | | Foundation | Foundation | Foundation | Foundation | Foundation |
| YOGA | 10:00-11:15 | HOT (A) LEK 75 min | HATHA CAKE 75 min | HOT (AB) HARRESON 75 min | HATHA BENZ 75 min | Vinyasa KWANG 75 min | HOT (A) ARTIE 75 min | HATHA CANDY 75 min |
| PILATES REFORMER | 10:00-10:30 | Foundation | | | | | Foundation | Foundation |
| | 10:30-11:30 | ESSENTIAL ABS + ARM JULIE | | ESSENTIAL ABS + ARM RJ | | | ESSENTIAL ABS + ARM JOHN | ESSENTIAL BUTT + THIGHS ANT |
| PILATES REFORMER | 13:30-14:00 | Foundation | | | | | Foundation | Foundation |
| | 14:00-15:00 | ESSENTIAL FIT + TONE JULIE | | ESSENTIAL ABS + ARM RJ | | | ESSENTIAL FIT + TONE JOHN | ESSENTIAL ABS + ARM ANT |
| YOGA | 14:00-15:30 | HOT (AB) LEK 90 min | | | | | HOT (AB) ARTIE 90 min | HOT (A) CANDY 90 min |
| RHYTHM CYCLING | 14:45-15:00 | Foundation | | | | | Foundation | Foundation |
| | 15:00-15:45 | ABSOLUTE ESSENTIALS PLOY | | ABSOLUTE ESSENTIALS JUSTIN | | | ABSOLUTE ESSENTIALS MAE D. | ABSOLUTE BEATS MARIA |
| PILATES REFORMER | 17:15-18:15 | | | ESSENTIAL FIT + TONE RJ | | | | |
| RHYTHM CYCLING | 17:30-18:15 | | | ABSOLUTE BEATS MAE D. | | | | |
| PILATES REFORMER | 17:45-18:15 | Foundation | | Foundation | Foundation | Foundation | | |
| | 18:15-19:15 | ESSENTIAL BUTT + THIGHS VANESSA | ESSENTIAL ABS + ARM CHER | ESSENTIAL BUTT + THIGHS RACHEL | ESSENTIAL FIT + TONE RISSA | | | |
| YOGA | 18:00-19:30 | HATHA CAKE 90 min | HOT (A) HARRESON 90 min | HOT (AB) BENZ 90 min | HOT (AB) KWANG 90 min | | | |
| RHYTHM CYCLING | 18:15-18:30 | Foundation | | Foundation | Foundation | Foundation | | |
| | 18:30-19:15 | ABSOLUTE BEATS DREAM | ABSOLUTE BEATS JUSTIN | ABSOLUTE BEATS TAE | ABSOLUTE BEATS DREAM | | | |
| PILATES REFORMER | 19:15-19:30 | Foundation | | Foundation | Foundation | | | |
| | 19:30-20:30 | ESSENTIAL FIT + TONE VANESSA | ESSENTIAL BUTT + THIGHS CHER | ESSENTIAL ABS + ARM RACHEL | | | | |
| RHYTHM CYCLING | 19:30-20:15 | | ABSOLUTE BEATS SAFIYA | ABSOLUTE BEATS MAE D. | ABSOLUTE BEATS FERN | | | |
| YOGA | 19:45-20:45 | | | HATHA HARRESON 60 min | | | | |

| ARI STUDIO | | | | | | | | |
|------------------|-------------|--------------------------------------|-----------------------------------|--------------------------------------|----------------------------------|------------------------------------|------------------------------------|-------------------------------------|
| DATE | | 20-May | 21-May | 22-May | 23-May | 24-May | 25-May | 26-May |
| CLASS TYPE | TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| YOGA | 7:00-7:45 | | | HF on the Go MONICA 45 min | | HF on the Go EVE 45 min | | |
| PILATES REFORMER | 7:30-8:30 | | | ESSENTIAL FIT + TONE JOHN | | ESSENTIAL ABS + ARM OHM | | |
| YOGA | 8:30-9:30 | ABSOLUTE FIT PLE 60 min | | | | | ABSOLUTE FIT CAKE 60 min | GENTLE FLOW AIR 60 min |
| PILATES REFORMER | 8:30-9:00 | Foundation | | Foundation | Foundation | Foundation | Foundation | Foundation |
| | 9:00-10:00 | ESSENTIAL BUTT + THIGHS GUBGIB | ESSENTIAL ABS + ARM ARM | ESSENTIAL BUTT + THIGHS JOHN | ESSENTIAL FIT + TONE LILY | ESSENTIAL ABS + ARM OHM | ESSENTIAL BUTT + THIGHS CHER | ESSENTIAL FIT + TONE KAN P |
| YOGA | 10:00-11:15 | HOT (A) PLE 75 min | HATHA BEBE 75 min | HOT (AB) MONICA 75 min | HOT (A) KWANG 75 min | Vinyasa EVE 75 min | HOT (A) CAKE 75 min | HATHA AIR 75 min |
| PILATES REFORMER | 10:00-10:30 | Foundation | | | | | Foundation | Foundation |
| | 10:30-11:30 | ESSENTIAL ABS + ARM GUBGIB | ESSENTIAL FIT + TONE ARM | | ESSENTIAL ABS + ARM LILY | | ESSENTIAL ABS + ARM CHER | ESSENTIAL BUTT + THIGHS KAN P |
| YOGA | 11:30-13:00 | | | HATHA MARVIN 90 min | | | | |
| PILATES REFORMER | 13:30-14:00 | Foundation | | (13:30-14:30) | | (13:30-14:30) | Foundation | Foundation |
| | 14:00-15:00 | ESSENTIAL FIT + TONE GUBGIB | | ESSENTIAL FIT + TONE JOHN | | ESSENTIAL ABS + ARM OHM | ESSENTIAL FIT + TONE CHER | ESSENTIAL ABS + ARM KAN P |
| YOGA | 14:00-15:30 | HOT (AB) PLE 90 min | HATHA BEBE 90 min | | FORWARD BEND* KWANG 90 min | | HOT (AB) CAKE 90 min | HOT (A) AIR 90 min |
| PILATES REFORMER | 17:15-17:45 | | | Foundation | (17:30-18:30) | Foundation | | |
| | 17:45-18:45 | | (17:30-18:30) | ESSENTIAL BUTT + THIGHS JACKIE | ESSENTIAL ABS + ARM JOHN | ESSENTIAL BUTT + THIGHS LILY | ESSENTIAL FIT + TONE OHM | |
| YOGA | 18:00-19:30 | | HOT (A) BEBE 90 min | HOT (A) MARVIN 90 min | Vinyasa KWANG 90 min | HOT (AB) EVE 90 min | | |
| PILATES REFORMER | 18:45-19:00 | Foundation | | Foundation | Foundation | | | |
| | 19:00-20:00 | ESSENTIAL ABS + ARM JACKIE | | ESSENTIAL FIT + TONE JOHN | ESSENTIAL FIT + TONE LILY | | | |
| PILATES REFORMER | 20:15-21:15 | | ESSENTIAL FIT + TONE JACKIE | ESSENTIAL BUTT + THIGHS JOHN | ESSENTIAL ABS + ARM LILY | | | |
| YOGA | 19:45-20:45 | | YIN YANG BEBE 60 min | GENTLE FLOW MARVIN 60 min | HOT (AB) KWANG 60 min | | | |

CLASS SCHEDULE (Boat Avenue)
20-26 MAY 2019



| MAY | TIME | 20 - MON | 21 - TUE | 22 - WED | 23 - THU | 24- FRI | 25 - SAT | 26 - SUN |
|---------------------|-------------|--|--|--|---|--|--|--|
| YOGA | 08.30-10.00 | | | YOGA ARM BALANCE 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 HOT AB MIKE | YOGA HATHA AM |
| PILATES REFORMER | 8.30-9.00 | | | Foundation | | Foundation | | Foundation |
| | 9.00-10.00 | | | PILATES REFORMER ESSENTIAL FIT+ TONE MIKE | | PILATES REFORMER ESSENTIAL BUTT + THIGHS JP | | PILATES REFORMER ESSENTIAL BUTT + THIGHS JP |
| CYCLING | 9.00-9.15 | Foundation | Foundation | | Foundation | | Foundation | |
| | 9.15-10.00 | RHYTHM CYCLING ABSOLUTE BEATS JP | RHYTHM CYCLING ABSOLUTE BEATS JP | | RHYTHM CYCLING ABSOLUTE BEATS NUI | | 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 AM | | |
| CYCLING | 10.30-10.45 | | | | | | | Foundation |
| | 10.45-11.30 | | | | | | | RHYTHM CYCLING ABSOLUTE BEATS JP |
| PILATES REFORMER | 10.00-10.30 | | | | | Foundation | | |
| | 10.30-11.30 | PILATES REFORMER ESSENTIAL FIT+ TONE JP | PILATES REFORMER ESSENTIAL ABS + ARMS JP | PILATES REFORMER ESSENTIAL BUTT + THIGHS MIKE | PILATES REFORMER ESSENTIAL ABS + ARMS YING | 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 | | | | | Foundation | |
| | 14.15-15.00 | RHYTHM CYCLING ABSOLUTE BEATS NUI | | | | | RHYTHM CYCLING ABSOLUTE BEATS AM | |
| YOGA | 15.30-16.30 | YOGA YOGA PILATES MIKE | | | | | YOGA YOGA PILATES AM | YOGA BACKBEND AM |
| PILATES REFORMER | 17.30-18.00 | | | Foundation | | | | |
| | 18.00-19.00 | | | PILATES REFORMER ESSENTIAL ABS + ARMS YING | | PILATES REFORMER ESSENTIAL BUTT + THIGHS JP | | |
| CYCLING | 18.00-18.15 | | Foundation | | Foundation | | | |
| | 18.15-19.00 | | RHYTHM CYCLING ABSOLUTE BEATS NUI | | RHYTHM CYCLING ABSOLUTE BEATS AM | | | |
| YOGA | 18.00-19.15 | | | YOGA GENTLE FLOW AM | | YOGA HATHA AM | | |
| YOGA | 19.30-20.30 | | YOGA FORWARD BEND MIKE | | YOGA YIN YANG AM | | | |
| PILATES REFORMER | 19.15-19.30 | | | | Foundation | | | |
| | 19.30-20.30 | | PILATES REFORMER ESSENTIAL BUTT + THIGHS JP | | PILATES REFORMER ESSENTIAL FIT+ TONE MIKE | | | |
| CYCLING | 19.15-19.30 | | | | | Foundation | | |
| | 19.30-20.15 | | | RHYTHM CYCLING ABSOLUTE BEATS AM | | RHYTHM CYCLING ABSOLUTE BEATS NUI | | |

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

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