

**ABSOLUTE YOU CLASS SCHEDULE**
**AMARIN PLAZA STUDIO**

DATE		23-November	24-November	25-November	26-November	27-November	28-November	29-November
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YOGA	7:00-7:45	AWAKENING LUKE 45 min	RISE AND SHINE CANDY 45 min	AWAKENING BIG 45 min	RISE AND SHINE AIR 45 min	OFFICE SYNDROME PAUL 45 min		
PILATES REFORMER	7:00-8:00 PR 2	ESSENTIAL FIT + TONE JOHN	ESSENTIAL BUTT + THIGHS JP	ESSENTIAL ABS + ARM CHER	ESSENTIAL FIT + TONE KATE	ESSENTIAL ABS + ARM PEWEE		
PILATES REFORMER	7:15-8:15	CIRCUIT ABS + ARMS MAE	ESSENTIAL FIT + TONE KATE	REFORMER BLEND PANG	ESSENTIAL ABS + ARMS TERESA	CIRCUIT BUTT + THIGHS RI		
PILATES REFORMER	8:00-9:00						ESSENTIAL FIT + TONE JP	ESSENTIAL BUTT + THIGHS TERESA
PILATES REFORMER	8:15-9:15 PR 2						ESSENTIAL ABS + ARM CHER	ESSENTIAL FIT + TONE STAMP
YOGA	8:15-9:45	HATHA LUKE 90 min		Vinvasa BIG 90 min		HATHA PAUL 90 min		Vinvasa MON (7:30-8:30)
PILATES REFORMER	8:30-9:30	ESSENTIAL BUTT + THIGHS MAE	ESSENTIAL ABS + ARMS KATE	ESSENTIAL FIT + TONE CHER	ESSENTIAL ABS + ARMS TERESA	STRETCH & DESTRESS PEWEE		
PILATES REFORMER	8:30-9:00		Foundation #PR 2		Foundation #PR 2		(9:15-10:15)	(9:15-10:15)
	9:00-10:00		ESSENTIAL ABS + ARMS JP		ESSENTIAL BUTT + THIGHS KATE		ESSENTIAL BUTT + THIGHS JULIE	CIRCUIT ABS + ARMS TERESA
YOGA	8:45-9:45						FAT BURNING PAUL 60 min	HATHA MON
PILATES REFORMER	9:30-10:30 PR 2						ESSENTIAL FIT + TONE JP	ESSENTIAL BUTT + THIGHS STAMP
YOGA	10:00-11:30	HOT (A) HARRISON 90 min	HATHA CANDY 90 min	HOT (AB) 90 min	HOT (A) AIR 90 min	HOT (AB) 90 min	HOT (A) HARRISON 90 min	HOT (A) PAUL 90 min
PILATES REFORMER	10:30-11:30						ESSENTIAL ABS + ARM JULIE	ESSENTIAL FIT + TONE TERESA
PILATES REFORMER	10:30-11:00						Foundation	
	11:00-12:00 PR 2						ESSENTIAL ABS + ARM CHER	ESSENTIAL FIT + TONE JULIE
YOGA	11:00-12:30 YG 2						Vinvasa PAUL 90 min	YOGA PILATES MON 90 min
PILATES REFORMER	11:45-12:45						ESSENTIAL FIT + TONE JP	ESSENTIAL ABS + ARM TERESA
YOGA	12:15-13:00	FAT BURNING LUKE 45 min		FAT BURNING PAUL 45 min		OFFICE SYNDROME MON 45 min		
PILATES REFORMER	12:15-13:15		ESSENTIAL FIT + TONE LUKE		ESSENTIAL BUTT + THIGHS JOHN			
PILATES REFORMER	14:00-14:30			Foundation				
	14:30-15:30	ESSENTIAL ABS + ARMS MAE		ESSENTIAL FIT + TONE PANG		CIRCUIT ABS + ARMS RI	ESSENTIAL ABS + ARMS PEWEE	ESSENTIAL FIT + TONE JULIE
YOGA	14:30-16:00		HATHA EVE 90 min		HOT (A) BEBE 90 min		HOT (AB) HARRISON 90 min	HOT (A) PAUL 90 min
PILATES REFORMER	14:30-15:00						Foundation	Foundation
	15:00-16:00 PR 2						ESSENTIAL BUTT + THIGHS JP	ESSENTIAL ABS + ARM STAMP
YOGA	15:15-16:45 YG 2						YIN YANG PAUL 90 min	Vinvasa MON 90 min
PILATES REFORMER	16:00-17:00						CIRCUIT BUTT + THIGHS PEWEE	ESSENTIAL BUTT + THIGHS JULIE
YOGA	17:00-18:00	Vinvasa EVE 60 min	HOT (A) LUKE 60 min	STRETCH & DESTRESS PAUL 60 min	HATHA BEBE 60 min	FAT BURNING PAUL 60 min	HOT (A) HARRISON (16:30-17:30)	FAT BURNING PAUL (16:30-17:30)
PILATES REFORMER	16:45-17:45	CIRCUIT ABS + ARM JOHN	ESSENTIAL FIT + TONE TERESA	ESSENTIAL BUTT + THIGHS LILY	ESSENTIAL ABS + ARM RACHEL	ESSENTIAL FIT + TONE MICHAEL		
PILATES REFORMER	17:00-17:30	Foundation		Foundation		Foundation		
	17:30-18:30 PR 2	ESSENTIAL BUTT + THIGHS JULIE	ESSENTIAL ABS + ARM VANESSA	ESSENTIAL FIT + TONE KATE	ESSENTIAL BUTT + THIGHS JOHN	ESSENTIAL ABS + ARM RACHEL		
PILATES REFORMER	18:00-19:00	ESSENTIAL BUTT + THIGHS MICHAEL	ESSENTIAL FIT + TONE TERESA	CIRCUIT ABS + ARMS LILY	ESSENTIAL BUTT + THIGHS RACHEL	CIRCUIT BUTT + THIGHS MICHAEL		
YOGA	18:00-19:00 YG 2	FAT BURNING EVE 60 min	YOGA PILATES LUKE 60 min	ANTI-AGING BIG 60 min	OFFICE SYNDROME KNOT 60 min	STRETCH & DESTRESS MON 60 min		
YOGA	18:15-19:15	HOT (A) HARRISON 60 min	HOT (AB) EVE 60 min	HOT (A) PAUL 60 min	HOT (AB) HARRISON 60 min	HOT (A) PAUL 60 min		
PILATES REFORMER	18:40-19:40 PR 2	ESSENTIAL ABS + ARM JULIE	ESSENTIAL FIT + TONE VANESSA	ESSENTIAL BUTT + THIGHS KATE	ESSENTIAL ABS + ARM JOHN	ESSENTIAL FIT + TONE RACHEL		
PILATES REFORMER	19:10-20:10	ESSENTIAL FIT + TONE MICHAEL	ESSENTIAL CIRCUIT BUTT + THIGHS TERESA	ESSENTIAL BUTT + THIGHS LILY	ESSENTIAL ABS + ARM RACHEL	ESSENTIAL FIT + TONE MICHAEL		
YOGA	19:15-20:45 YG 2	HATHA EVE 90 min	Vinvasa LUKE 90 min	HATHA BIG 90 min	Vinvasa KNOT 90 min	HATHA MON 90 min		
YOGA	19:30-20:30	HOT (A) HARRISON 60 min	OFFICE SYNDROME EVE 60 min	HOT (AB) PAUL 60 min	DEEP SLEEP HARRISON 60 min	HOT (A) PAUL 60 min		
PILATES REFORMER	19:45-20:45 PR 2	ESSENTIAL FIT + TONE JULIE	ESSENTIAL BUTT + THIGHS VANESSA	ESSENTIAL ABS + ARM KATE	ESSENTIAL FIT + TONE JOHN	ESSENTIAL BUTT + THIGHS RACHEL		

### ABSOLUTE YOU CLASS SCHEDULE

AMARIN PLAZA STUDIO : RHYTHM CYCLING								
DATE		23-November	24-November	25-November	26-November	27-November	28-November	29-November
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
RHYTHM CYCLING	7:15-8:00	ABSOLUTE BEATS MAE D.	ABSOLUTE BEATS MARIA	ABSOLUTE BEATS AOM	ABSOLUTE BEATS DREAM	ABSOLUTE BEATS ARIS		
RHYTHM CYCLING	8:30-8:45 8:45-9:30	Foundation ABSOLUTE BEATS MAE D.		Foundation ABSOLUTE BEATS GIFT		Foundation ABSOLUTE BEATS FLYNN	(8:00-8:45) ABSOLUTE BEATS FLYNN	(8:00-8:45) ABSOLUTE BEATS MAE D.
RHYTHM CYCLING	9:00-9:15 9:15-10:00						ABSOLUTE BEATS FLYNN	ABSOLUTE BEATS GIFT
RHYTHM CYCLING	10:15-10:30 10:30-11:15						Foundation ABSOLUTE BEATS DAN	ABSOLUTE BURN GIFT
RHYTHM CYCLING	12:15-13:00	LUNCH BEATS JUSTIN	LUNCH BEATS DAN	LUNCH BEATS AOM	LUNCH BEATS PLOY	LUNCH BEATS DAN		
RHYTHM CYCLING	14:45-15:00 15:00-15:45						ABSOLUTE BEATS JUSTIN	ABSOLUTE BEATS JUSTIN
RHYTHM CYCLING	16:00-16:15 16:15-17:00						Foundation ABSOLUTE ESSENTIALS JUSTIN	ABSOLUTE BEATS JUSTIN
RHYTHM CYCLING	17:15-17:30 17:30-18:15	Foundation ABSOLUTE BEATS FLYNN	ABSOLUTE BEATS DINI	Foundation ABSOLUTE BEATS MAE D.	ABSOLUTE BEATS PLOY	Foundation ABSOLUTE BEATS MEK		
RHYTHM CYCLING	18:30-19:15	ABSOLUTE BEATS JUSTIN	ABSOLUTE BURN DAN	ABSOLUTE BURN MEI	ABSOLUTE BEATS BOAT	ABSOLUTE BEATS MEK		
RHYTHM CYCLING	19:30-19:45 19:45-20:30	Foundation ABSOLUTE BEATS FLYNN	(19:30-20:15) ABSOLUTE BEATS DINI	Foundation ABSOLUTE BEATS MAE D.	(19:30-20:15) ABSOLUTE BEATS BOAT	ABSOLUTE BEATS MEW		
RHYTHM CYCLING	20:30-21:15		ABSOLUTE BEATS MEW		ABSOLUTE BEATS BOAT			

THE CIRCLE STUDIO								
DATE		23-November	24-November	25-November	26-November	27-November	28-November	29-November
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YOGA	7:45-8:45						Vinyasa PLE 60 min	
PILATES REFORMER	7:45-8:45	ESSENTIAL BUTT + THIGHS ANT P	ESSENTIAL FIT + TONE STAMP	ESSENTIAL ABS + ARM ARM	ESSENTIAL BUTT + THIGHS KUNGGING	ESSENTIAL FIT + TONE JENNY	ESSENTIAL ABS + ARM GLUGGIB	ESSENTIAL BUTT + THIGHS PAT
RHYTHM CYCLING	8:00-8:15 8:15-9:00	Foundation ABSOLUTE BEATS JINA	ABSOLUTE BEATS BOAT	Foundation ABSOLUTE BEATS CHERIE	ABSOLUTE BEATS KENG (T)	Foundation ABSOLUTE BEATS PLOY	(8:00-8:45) ABSOLUTE BEATS AOM	(8:00-8:45) ABSOLUTE BEATS KENG (T)
PILATES REFORMER	9:00-10:00	ESSENTIAL ABS + ARM ANT P	ESSENTIAL BUTT + THIGHS STAMP	ESSENTIAL FIT + TONE ARM	ESSENTIAL ABS + ARM KUNGGING	ESSENTIAL BUTT + THIGHS JENNY	ESSENTIAL FIT + TONE GLUGGIB	ESSENTIAL ABS + ARM PAT
RHYTHM CYCLING	9:00-9:45						ABSOLUTE BEATS AOM	ABSOLUTE BEATS KENG (T)
RHYTHM CYCLING	10:00-10:15 10:15-11:00	ABSOLUTE BEATS JINA	Foundation ABSOLUTE BEATS BOAT	ABSOLUTE BEATS CHERIE	Foundation ABSOLUTE ESSENTIALS KENG (T)	ABSOLUTE BEATS PLOY	Foundation ABSOLUTE BEATS FERN	Foundation ABSOLUTE BEATS KENG (T)
YOGA	9:00-10:30	HOT (A) CANDY 90 min	Vinyasa KNOT 90 min	STRETCH & DESTRESS ARTIE (9:00-10:00)	HATHA BIG 90 min	HOT (A) BEBE 90 min	HOT (AB) PLE 90 min	HATHA PANG 90 min
PILATES REFORMER	10:15-11:15	ESSENTIAL FIT + TONE ANT P	ESSENTIAL ABS + ARM STAMP	ESSENTIAL BUTT + THIGHS ARM	ESSENTIAL FIT + TONE KUNGGING	ESSENTIAL ABS + ARM AU	ESSENTIAL BUTT + THIGHS GLUGGIB	ESSENTIAL FIT + TONE PAT
YOGA	11:00-12:30	HOT (AB) CANDY 90 min	HOT (A) KNOT 90 min	HOT (A) ARTIE 90 min	HOT (AB) BIG 90 min	HOT (AB) BEBE 90 min	HOT (A) PLE 90 min	HOT (A) PANG 90 min
PILATES REFORMER	11:30-12:30	ESSENTIAL ABS + ARM ANT P	ESSENTIAL BUTT + THIGHS STAMP	ESSENTIAL FIT + TONE ARM	ESSENTIAL ABS + ARM KUNGGING	ESSENTIAL BUTT + THIGHS AU	ESSENTIAL FIT + TONE FERN	ESSENTIAL ABS + ARM KAN P
RHYTHM CYCLING	12:15-13:00						ABSOLUTE BEATS PLA (T)	
YOGA	14:00-15:30	FAT BURNING CANDY (14:00-15:00)	HATHA KNOT 90 min	HOT (AB) ARTIE 90 min	ANTI-AGING BIG (14:00-15:00)	HOT (A) BEBE 90 min	HATHA PLE 90 min	YIN YANG PANG 90 min
RHYTHM CYCLING	14:00-14:15 14:15-15:00						Foundation ABSOLUTE ESSENTIALS PLA (T)	Foundation ABSOLUTE BEATS PAT
PILATES REFORMER	14:00-14:30 14:30-15:30		Foundation ESSENTIAL ABS + ARM STAMP	ESSENTIAL FIT + TONE ART	Foundation ESSENTIAL BUTT + THIGHS KUNGGING	ESSENTIAL FIT + TONE AU	Foundation ESSENTIAL ABS + ARM FERN	Foundation ESSENTIAL BUTT + THIGHS KAN P
PILATES REFORMER	15:45-16:45						ESSENTIAL BUTT + THIGHS FERN	ESSENTIAL ABS + ARM KAN P
YOGA	16:30-17:30						YOGA PILATES PLE 60 min	HOT (AB) PANG 60 min
PILATES REFORMER	16:30-17:00 17:00-18:00	Foundation ESSENTIAL ABS + ARM	Foundation ESSENTIAL FIT + TONE	Foundation ESSENTIAL BUTT + THIGHS	Foundation ESSENTIAL ABS + ARM	Foundation ESSENTIAL FIT + TONE		
RHYTHM CYCLING	17:30-18:15	ABSOLUTE BEATS AE (T)	ABSOLUTE BEATS TAE	ABSOLUTE BEATS CHERIE	ABSOLUTE BEATS KENG (T)	ABSOLUTE BEATS PLOY		
YOGA	17:45-19:00	YOGA PILATES LEK 75 min	HATHA KNOT 75 min	Vinyasa PLE 75 min	HATHA BIG 75 min	OFFICE SYNDROME DAT 75 min		
PILATES REFORMER	18:15-19:15	ESSENTIAL BUTT + THIGHS KAN P	ESSENTIAL FIT + TONE TAI	ESSENTIAL ABS + ARM ART	ESSENTIAL FIT + TONE LILY	ESSENTIAL BUTT + THIGHS JENNY		
RHYTHM CYCLING	18:30-18:45 18:45-19:30	Foundation ABSOLUTE BEATS AE (T)	Foundation ABSOLUTE BEATS TAE	Foundation ABSOLUTE BEATS D.GIFT	Foundation ABSOLUTE BEATS FERN	Foundation ABSOLUTE BEATS PLOY		
YOGA	19:15-20:30	HOT (AB) LEK 75 min	DEEP SLEEP KNOT 75 min	HOT (A) PLE 75 min	Vinyasa BIG 75 min	HOT (AB) DAT 75 min		
PILATES REFORMER	19:30-20:30	ESSENTIAL ABS + ARM KAN P	ESSENTIAL BUTT + THIGHS TAI	ESSENTIAL FIT + TONE ART	ESSENTIAL ABS + ARM LILY	ESSENTIAL FIT + TONE JENNY		
RHYTHM CYCLING	19:45-20:30	ABSOLUTE BEATS AE (T)	ABSOLUTE BEATS TAE	ABSOLUTE BEATS D.GIFT	ABSOLUTE BEATS FERN			

## ABSOLUTE YOU CLASS SCHEDULE

LADPRAO STUDIO								
DATE		23-November	24-November	25-November	26-November	27-November	28-November	29-November
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 LILY	CIRCUIT BUTT + THIGHS PANG	ESSENTIAL FIT + TONE JP	CIRCUIT ABS + ARM NIENEW	ESSENTIAL BUTT + THIGHS KLUNGKING	ESSENTIAL BUTT + THIGHS KWANG	ESSENTIAL ABS + ARM CHER
YOGA	8:45-9:45						Vinyasa MON 60 min	FAT BURNING OAT 60 min
PILATES REFORMER	9:00-9:30	Temporary Class		Temporary Class		Temporary Class	Foundation	Foundation
	9:30-10:30 ROOM 2	ESSENTIAL ABS + ARM TAE		ESSENTIAL BUTT + THIGHS TAI		ESSENTIAL FIT + TONE TAI	ESSENTIAL BUTT + THIGHS AON	ESSENTIAL FIT + TONE JENNY
YOGA	10:00-11:30	HOT (A) KNOT 90 min	HOT (AB) BIG 90 min	HATHA CANDY 90 min	HOT (A) LEK 90 min	HATHA ARTIE 90 min	HOT (AB) MON 90 min	HOT (A) OAT 90 min
PILATES REFORMER	10:15-11:15	ESSENTIAL BUTT + THIGHS LILY	ESSENTIAL ABS + ARM PANG	ESSENTIAL FIT + TONE JP	ESSENTIAL BUTT + THIGHS NIENEW	ESSENTIAL ABS + ARM KLUNGKING	ESSENTIAL FIT + TONE KWANG	ESSENTIAL BUTT + THIGHS CHER
PILATES REFORMER	10:45-11:45 ROOM 2	(Temporary Class)					ESSENTIAL BUTT + THIGHS AON	ESSENTIAL ABS + ARM JENNY
YOGA	11:45-13:15	Vinyasa KNOT 90 min	HATHA BIG 90 min	Vinyasa CANDY 90 min	HATHA LEK 90 min	Vinyasa ARTIE 90 min		
PILATES REFORMER	11:30-12:30						ESSENTIAL ABS + ARM KWANG	ESSENTIAL FIT + TONE CHER
YOGA	14:30-16:00						HATHA MON 90 min	YOGA PILATES OAT 90 min
PILATES REFORMER	17:15-18:15	CIRCUIT BUTT + THIGHS LILY	ESSENTIAL ABS + ARM PANG	CIRCUIT BUTT + THIGHS AU	ESSENTIAL FIT + TONE MHE ANN	CIRCUIT ABS + ARM TAI		
YOGA	17:15-18:15	OFFICE SYNDROME KNOT 60 min	HOT (AB) PLE 60 min	ANTI-AGING EVE 60 min	HOT (A) PALU 60 min	Vinyasa ARTIE 60 min	HOT (A) MON (16:30-17:30)	HOT (AB) OAT (16:30-17:30)
PILATES REFORMER	17:30-18:00	Foundation	Foundation	Foundation	Foundation	Foundation		
PILATES REFORMER	18:00-19:00 ROOM 2	ESSENTIAL ABS + ARM TAE	ESSENTIAL FIT + TONE AON	ESSENTIAL BUTT + THIGHS TAI	ESSENTIAL ABS + ARM DREAM	ESSENTIAL BUTT + THIGHS KLUNGKING		
	18:30-19:30	ESSENTIAL BUTT + THIGHS LILY	STRETCH & DESTRESS PANG	ESSENTIAL FIT + TONE AU	CIRCUIT BUTT + THIGHS MHE ANN	ESSENTIAL ABS + ARM TAI		
YOGA	18:30-19:30	HOT (A) KNOT 60 min	HATHA PLE 60 min	HOT (AB) EVE 60 min	HOT (A) PALU 60 min	HOT (A) ARTIE 60 min		
PILATES REFORMER	19:15-20:15 ROOM 2	ESSENTIAL FIT + TONE TAE	CIRCUIT BUTT + THIGHS AON	ESSENTIAL ABS + ARM DREAM	ESSENTIAL FIT + TONE DREAM			
YOGA	19:45-20:45	STRETCH & DESTRESS KNOT 60 min	HOT (A) PLE 60 min	DEEP SLEEP EVE 60 min	HOT (AB) PALU 60 min			
PILATES REFORMER	19:45-20:45	ESSENTIAL ABS + ARM LILY	ESSENTIAL FIT + TONE PANG	ESSENTIAL BUTT + THIGHS AU	ESSENTIAL ABS + ARM MHE ANN			

CRYSTAL PARK STUDIO								
DATE		23-November	24-November	25-November	26-November	27-November	28-November	29-November
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YOGA	7:30-8:30	HATHA BIG 60 min	HOT (AB) JINA 60 min	YOGA PILATES KNOT 60 min	STRETCH & DESTRESS OAT 60 min	HOT (A) KWANG 60 min	FAT BURNING ARTIE 60 min	HOT (A) EVE 60 min
PILATES REFORMER	8:00-9:00						ESSENTIAL FIT + TONE ANT P	CIRCUIT ABS + ARM GUBGIB
PILATES REFORMER	8:30-9:30	CIRCUIT ABS + ARM CHER	ESSENTIAL ABS + ARM KLUNGKING	CIRCUIT BUTT + THIGHS VANESSA	CIRCUIT ABS + ARM GUBGIB	ESSENTIAL BUTT + THIGHS AIR		
RHYTHM CYCLING	8:30-8:45	Foundation		Foundation		Foundation		
	8:45-9:30	ABSOLUTE BEATS KENG (T)		ABSOLUTE BEATS TAE		ABSOLUTE BEATS BOAT		
YOGA	8:45-9:45	ABSOLUTE BEATS KENG (T)	HATHA JINA (8:45-10:15)	HOT (AB) KNOT 60 min	HOT (A) OAT (8:45-10:15)	Vinyasa KWANG 60 min	HOT (A) MON 60 min	OFFICE SYNDROME EVE 60 min
PILATES REFORMER	9:15-10:15						ESSENTIAL ABS + ARM ANT P	ESSENTIAL BUTT + THIGHS GUBGIB
RHYTHM CYCLING	9:30-9:45	Foundation	Foundation	Foundation	Foundation	Foundation		
	9:45-10:30	ABSOLUTE BEATS KENG (T)	ABSOLUTE BEATS PLOY	ABSOLUTE BEATS TAE	ABSOLUTE BEATS JINA	ABSOLUTE BEATS BOAT	ABSOLUTE BEATS PAT	Foundation ABSOLUTE BEATS FERIN
PILATES REFORMER	9:45-10:15	Foundation	(9:45-10:45)	Foundation	(9:45-10:45)	Foundation		
	10:15-11:15	ESSENTIAL BUTT + THIGHS CHER	ESSENTIAL FIT + TONE KLUNGKING	ESSENTIAL ABS + ARM VANESSA	ESSENTIAL BUTT + THIGHS GUBGIB	ESSENTIAL ABS + ARM AIR		
PILATES REFORMER	10:30-11:30						ESSENTIAL BUTT + THIGHS ANT P	ESSENTIAL FIT + TONE GUBGIB
YOGA	10:30-12:00	Vinyasa BIG 90 min	HOT (A) JINA 90 min	HATHA KNOT 90 min	Vinyasa OAT 90 min	HOT (A) KWANG 90 min	HOT (AB) ARTIE 90 min	HATHA EVE 90 min
RHYTHM CYCLING	10:45-11:30						ABSOLUTE BEATS PAT	ABSOLUTE BEATS FERIN
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 KLUNGKING	ESSENTIAL BUTT + THIGHS VANESSA	ESSENTIAL ABS + ARM GUBGIB	ESSENTIAL FIT + TONE AIR		
PILATES REFORMER	12:15-13:15						ESSENTIAL BUTT + THIGHS PANG	ESSENTIAL ABS + ARM ANT P
YOGA	14:00-15:30	HATHA BIG 90 min		Vinyasa KNOT 90 min		HATHA KWANG 90 min	Vinyasa ARTIE 90 min	YIN YANG EVE 90 min
PILATES REFORMER	14:15-15:15						ESSENTIAL FIT + TONE PANG	ESSENTIAL BUTT + THIGHS ANT P
RHYTHM CYCLING	15:30-15:45						Foundation	Foundation
	15:45-16:30						ABSOLUTE ESSENTIALS PAT	ABSOLUTE BEATS FERIN
PILATES REFORMER	15:30-16:00						Foundation	Foundation
	16:00-17:00						ESSENTIAL ABS + ARM PANG	ESSENTIAL BUTT + THIGHS ANT P
YOGA	17:30-18:30	HOT (A) BIG 60 min	Vinyasa LEK 60 min	HOT (AB) KNOT 60 min	HATHA ARTIE 60 min	ANTI-AGING AIR 60 min		
PILATES REFORMER	17:00-17:30		Foundation		Foundation			
	17:30-18:30	ESSENTIAL FIT + TONE ART	ESSENTIAL BUTT + THIGHS ARM	ESSENTIAL FIT + TONE KLUNGKING	ESSENTIAL ABS + ARM AU	ESSENTIAL BUTT + THIGHS GUBGIB		
RHYTHM CYCLING	18:45-19:00	Foundation	Foundation	Foundation	Foundation	Foundation		
	19:00-19:45	ABSOLUTE BEATS KENG (T)	ABSOLUTE ESSENTIALS PLOY	ABSOLUTE BEATS TAE	ABSOLUTE BEATS JINA	ABSOLUTE BEATS FERIN		
PILATES REFORMER	19:00-20:00	ESSENTIAL BUTT + THIGHS ART	CIRCUIT ABS + ARM ARM	ESSENTIAL ABS + ARM KLUNGKING	ESSENTIAL BUTT + THIGHS AU	ESSENTIAL FIT + TONE GUBGIB		
YOGA	19:00-20:00	HATHA BIG 60 min	HOT (AB) LEK 60 min	Vinyasa KNOT 60 min	HOT (A) KNOT 60 min	HOT (A) ARTIE 60 min		

**ABSOLUTE YOU CLASS SCHEDULE**

**COMMONS STUDIO**

DATE		23-November	24-November	25-November	26-November	27-November	28-November	29-November	
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 MICHAEL	ESSENTIAL ABS + ARM JP	ESSENTIAL BUTT + THIGHS TERESA	ESSENTIAL FIT + TONE MHE ANN	ESSENTIAL ABS + ARM VANESSA	
RHYTHM CYCLING	9:00-9:15	Foundation		Foundation		Foundation		Foundation	
	9:15-10:00	ABSOLUTE BEATS ARIS	ABSOLUTE BEATS MEK	ABSOLUTE BEATS DAN	ABSOLUTE BEATS GIFT	ABSOLUTE BEATS DAN	ABSOLUTE BEATS GIFT	ABSOLUTE BEATS MEK	
PILATES REFORMER	10:15-11:15	ESSENTIAL BUTT + THIGHS RACHEL	ESSENTIAL FIT + TONE RJ	ESSENTIAL ABS + ARM MICHAEL	ESSENTIAL FIT + TONE JP	ESSENTIAL ABS + ARM TERESA	CIRCUIT BUTT + THIGHS MHE ANN	ESSENTIAL FIT + TONE VANESSA	
	10:15-10:30	Foundation		Foundation		Foundation		Foundation	
RHYTHM CYCLING	10:30-11:15	ABSOLUTE BEATS ARIS	ABSOLUTE BEATS MEK	ABSOLUTE BEATS FLYNN	ABSOLUTE BEATS DAN	ABSOLUTE BEATS AOM	ABSOLUTE BURN GIFT	ABSOLUTE BEATS MEK	
	11:30-12:15						ABSOLUTE BEATS GIFT	ABSOLUTE BEATS MEK	
PILATES REFORMER	11:30-12:30	ESSENTIAL ABS + ARM RACHEL	ESSENTIAL BUTT + THIGHS RJ	ESSENTIAL FIT + TONE MICHAEL	ESSENTIAL BUTT + THIGHS JP				
	15:00-15:15	Foundation		Foundation		Foundation		Foundation	
PILATES REFORMER	15:15-16:00						ABSOLUTE BEATS DINI	ABSOLUTE BEATS AOM	
	15:00-16:00						ESSENTIAL ABS + ARM MHE ANN	ESSENTIAL BUTT + THIGHS VANESSA	
RHYTHM CYCLING	16:30-16:45	Foundation		Foundation		Foundation		Foundation (16:30-17:30)	
	16:45-17:30						ABSOLUTE BEATS DINI	ABSOLUTE 60 MEI	
RHYTHM CYCLING	17:30-18:15	ABSOLUTE BEATS PINKY		ABSOLUTE BEATS JUNE					
	18:00-18:30	Foundation		Foundation		Foundation		Foundation	
PILATES REFORMER	18:30-19:30	ESSENTIAL ABS + ARM MHE ANN	ESSENTIAL BUTT + THIGHS RJ	ESSENTIAL FIT + TONE MICHAEL	ESSENTIAL ABS + ARM JP	ESSENTIAL FIT + TONE TERESA			
	18:15-18:30	Foundation		Foundation		Foundation		Foundation	
RHYTHM CYCLING	18:30-19:15	ABSOLUTE BURN DAN	ABSOLUTE BEATS GIFT	ABSOLUTE BEATS MEK	ABSOLUTE BEATS MEI	ABSOLUTE BEATS AOM			
	19:30-20:15	ABSOLUTE BEATS MAE D	ABSOLUTE BEATS JUNE	ABSOLUTE BEATS MEK	ABSOLUTE BEATS JUNE				
PILATES REFORMER	19:45-20:45	ESSENTIAL BUTT + THIGHS MHE ANN	ESSENTIAL FIT + TONE RJ	ESSENTIAL ABS + ARM MICHAEL	ESSENTIAL BUTT + THIGHS JP				

**G TOWER STUDIO**

DATE		23-November	24-November	25-November	26-November	27-November	28-November	29-November	
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
PILATES REFORMER	7:00-7:15	Foundation		Foundation		Foundation		Foundation	
	7:15-8:15	ESSENTIAL BUTT + THIGHS AOM		ESSENTIAL ABS + ARM KWANG		ESSENTIAL FIT + TONE AOM			
RHYTHM CYCLING	7:00-7:15	Foundation		Foundation		Foundation		Foundation	
	7:15-8:00	ABSOLUTE BEATS KATIE	ABSOLUTE BEATS PLA (T)	ABSOLUTE BEATS FERN	ABSOLUTE BEATS BOAT	ABSOLUTE BEATS PLA (T)			
PILATES REFORMER	8:30-9:00						Foundation	Foundation	
	9:00-10:00						ESSENTIAL BUTT + THIGHS NIINEW	ESSENTIAL FIT + TONE TAI	
RHYTHM CYCLING	9:00-9:15						Foundation	Foundation	
	9:15-10:00						ABSOLUTE BEATS JUNE	ABSOLUTE BEATS BOAT	
PILATES REFORMER	10:15-11:15						ESSENTIAL FIT + TONE NIINEW	ESSENTIAL ABS + ARM TAI	
	11:30-12:00		Foundation		Foundation				
RHYTHM CYCLING	12:00-12:15		ESSENTIAL BUTT + THIGHS LILY		ESSENTIAL FIT + TONE PAT				
	12:15-13:00		Foundation		Foundation				
RHYTHM CYCLING	14:00-14:15		LUNCH BEATS PLA (T)		LUNCH BEATS AE (T)				
	14:15-15:00						Foundation	Foundation	
PILATES REFORMER	14:30-15:00						ABSOLUTE ESSENTIALS JUNE	ABSOLUTE BEATS BOAT	
	15:00-16:00						Foundation	Foundation	
PILATES REFORMER	17:00-17:30	Foundation		Foundation		Foundation			
	17:30-18:30	ESSENTIAL FIT + TONE AUJ	ESSENTIAL ABS + ARM LILY	ESSENTIAL BUTT + THIGHS KWANG	ESSENTIAL FIT + TONE PAT	ESSENTIAL ABS + ARM AOM			
RHYTHM CYCLING	17:30-18:15	ABSOLUTE BEATS PLA (T)		ABSOLUTE BEATS DREAM					
	18:15-18:30	Foundation	Foundation	Foundation	Foundation	Foundation			
RHYTHM CYCLING	18:30-19:15	ABSOLUTE BEATS PLA (T)	ABSOLUTE BEATS JUSTIN	ABSOLUTE BEATS FERN	ABSOLUTE BEATS KATIE	ABSOLUTE BEATS BOAT			
	18:40-19:40	ESSENTIAL BUTT + THIGHS AUJ	ESSENTIAL FIT + TONE LILY	ESSENTIAL ABS + ARM KWANG	ESSENTIAL BUTT + THIGHS PAT	ESSENTIAL FIT + TONE AOM			
RHYTHM CYCLING	19:30-20:15	ABSOLUTE BEATS PLA (T)	ABSOLUTE BEATS PLA (T)	ABSOLUTE BEATS FERN	ABSOLUTE BEATS KATIE	ABSOLUTE BEATS BOAT			
	19:50-20:50	ESSENTIAL ABS + ARM AU	ESSENTIAL BUTT + THIGHS LILY	ESSENTIAL FIT + TONE KWANG	ESSENTIAL ABS + ARM PAT				

**ABSOLUTE YOU CLASS SCHEDULE**

ON-NUT STUDIO								
DATE		23-November	24-November	25-November	26-November	27-November	28-November	29-November
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PILATES REFORMER	7:15-8:15		ESSENTIAL BUTT + THIGHS RACHEL		ESSENTIAL ABS + ARM PANG			
YOGA	8:30-9:30	HATHA OAT 60 min		FAT-BURNING MON 60 min		HOT (A) PLE 60 min	ANTI-AGING BEBE 60 min	STRETCH & DESTRESS HARRISON 60 min
PILATES REFORMER	8:30-9:00	Foundation		Foundation		Foundation		Foundation
	9:00-10:00	ESSENTIAL FIT + TONE ARM	ESSENTIAL ABS + ARM RACHEL	ESSENTIAL BUTT + THIGHS AIR	ESSENTIAL FIT + TONE PANG	ESSENTIAL ABS + ARM KAN P	ESSENTIAL BUTT + THIGHS ART	ESSENTIAL FIT + TONE MHE ANN
RHYTHM CYCLING	9:00-9:15	Foundation		Foundation		Foundation		Foundation
	9:15-10:00	ABSOLUTE BEATS	ABSOLUTE BEATS	ABSOLUTE BEATS	ABSOLUTE BEATS	ABSOLUTE BEATS	ABSOLUTE BEATS	ABSOLUTE BEATS
YOGA	10:00-11:15	HOT (A) OAT 75 min	HATHA KWANG 75 min	HOT (AB) MON 75 min	Vinvasa EVE 75 min	Vinvasa PLE 75 min	HOT (A) BEBE 75 min	HATHA HARRISON 75 min
RHYTHM CYCLING	10:15-11:00						ABSOLUTE BEATS MEW	ABSOLUTE BEATS MASHA
PILATES REFORMER	10:15-11:15						ESSENTIAL ABS + ARM ART	ESSENTIAL BUTT + THIGHS MHE ANN
PILATES REFORMER	11:30-12:30						ESSENTIAL BUTT + THIGHS ART	ESSENTIAL FIT + TONE MHE ANN
PILATES REFORMER	13:30-14:00	Foundation		Foundation		Foundation		Foundation
	14:00-15:00	ESSENTIAL ABS + ARM ARM		ESSENTIAL FIT + TONE AIR		ESSENTIAL BUTT + THIGHS KAN P	ESSENTIAL FIT + TONE ART	ESSENTIAL ABS + ARM MHE ANN
YOGA	14:00-15:30						HOT (AB) BEBE 90 min	HOT (A) HARRISON 90 min
RHYTHM CYCLING	14:45-15:00						Foundation	Foundation
	15:00-15:45						ABSOLUTE BEATS MEW	ABSOLUTE ESSENTIALS JUNE
YOGA	18:00-19:00	HOT (A) OAT 60 min	HATHA KWANG 60 min	HOT (A) MON 60 min	Vinvasa EVE 60 min	HOT (AB) PLE 60 min		
PILATES REFORMER	17:45-18:15	Foundation		Foundation		Foundation		Foundation
	18:15-19:15	ESSENTIAL FIT + TONE ARM	ESSENTIAL BUTT + THIGHS RACHEL	ESSENTIAL ABS + ARM AIR	ESSENTIAL BUTT + THIGHS TAI	ESSENTIAL FIT + TONE KAN P		
RHYTHM CYCLING	18:15-18:30	Foundation		Foundation		Foundation		Foundation
	18:30-19:15	ABSOLUTE BEATS BOAT	ABSOLUTE BEATS KATIE	ABSOLUTE BEATS KENG (T)	ABSOLUTE BEATS D.GIFT	ABSOLUTE BEATS TAE		
YOGA	19:15-20:15	DEEP SLEEP OAT 60 min	HOT (A) KWANG 60 min	OFFICE SYNDROME MON 60 min	HOT (AB) EVE 60 min			
PILATES REFORMER	19:30-20:30	ESSENTIAL ABS + ARM ARM	ESSENTIAL FIT + TONE RACHEL	ESSENTIAL BUTT + THIGHS AIR	ESSENTIAL ABS + ARM TAI			
RHYTHM CYCLING	19:45-20:30	ABSOLUTE BEATS BOAT	ABSOLUTE BEATS KATIE	ABSOLUTE ESSENTIALS KENG (T)	ABSOLUTE BEATS D.GIFT			

NANG-LIN-CHEE STUDIO								
DATE		23-November	24-November	25-November	26-November	27-November	28-November	29-November
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YOGA	7:00-7:45	AWAKENING AIR 45 min	RISE AND SHINE JUSTIN 45 min	AWAKENING JUSTIN 45 min	RISE AND SHINE PLE 45 min	OFFICE SYNDROME HARRISON 45 min		
PILATES REFORMER	7:15-8:15	ESSENTIAL BUTT + THIGHS JP	ESSENTIAL ABS + ARM KAN P	ESSENTIAL FIT + TONE RJ	ESSENTIAL BUTT + THIGHS KWANG	ESSENTIAL FIT + TONE MHE ANN		
PILATES REFORMER	8:00-9:00						ESSENTIAL ABS + ARM JOHN	ESSENTIAL BUTT + THIGHS ARM
YOGA	8:30-9:30						FAT BURNING OAT 60 min	OFFICE SYNDROME FAR 60 min
PILATES REFORMER	8:30-9:00	Foundation		Foundation		Foundation		
	9:00-10:00	ESSENTIAL FIT + TONE JP	ESSENTIAL ABS + ARM KAN P	ESSENTIAL BUTT + THIGHS RJ	ESSENTIAL FIT + TONE KWANG	ESSENTIAL ABS + ARM MHE ANN	ESSENTIAL BUTT + THIGHS JOHN	ESSENTIAL FIT + TONE ARM
RHYTHM CYCLING	9:00-9:15	Foundation		Foundation		Foundation		Foundation
	9:15-10:00	ABSOLUTE BEATS FERN	ABSOLUTE BEATS JUSTIN	ABSOLUTE ESSENTIALS ARIS	ABSOLUTE BEATS PLA (T)	ABSOLUTE BEATS DREAM	ABSOLUTE BEATS MAE D.	ABSOLUTE BEATS DINI
YOGA	10:00-11:15	HOT (A) AIR 75 min	ANTI-AGING BEBE 75 min	HOT (AB) JUSTIN 75 min	HATHA PLE 75 min	Vinvasa HARRISON 75 min	HOT (A) OAT 75 min	HATHA FAR 75 min
RHYTHM CYCLING	10:30-11:15						ABSOLUTE BEATS MAE D.	ABSOLUTE BEATS DINI
PILATES REFORMER	10:30-11:30		ESSENTIAL BUTT + THIGHS KAN P		ESSENTIAL BUTT + THIGHS KWANG		ESSENTIAL ABS + ARM JOHN	ESSENTIAL BUTT + THIGHS ARM
YOGA	12:15-13:00		FAT BURNING BEBE 45 min		OFFICE SYNDROME PLE 45 min			
PILATES REFORMER	13:30-14:00						Foundation	Foundation
	14:00-15:00	ESSENTIAL BUTT + THIGHS JP		ESSENTIAL ABS + ARM RJ			ESSENTIAL FIT + TONE JOHN	ESSENTIAL ABS + ARM ARM
YOGA	14:00-15:30						HOT (AB) OAT 90 min	HOT (A) FAR 90 min
RHYTHM CYCLING	14:45-15:00						Foundation	Foundation
	15:00-15:45						ABSOLUTE ESSENTIALS MAE D.	ABSOLUTE BEATS DINI
PILATES REFORMER	17:00-18:00	ESSENTIAL BUTT + THIGHS VANESSA		ESSENTIAL FIT + TONE ARIS		ESSENTIAL ABS + ARM MHE ANN		
RHYTHM CYCLING	17:30-18:15	ABSOLUTE BEATS FERN	ABSOLUTE BEATS DREAM	ABSOLUTE BEATS FLYNN	ABSOLUTE BEATS TAE			
YOGA	18:00-19:00	HOT (AB) AIR 60 min	HATHA BEBE 60 min	HOT (A) LEK 60 min	Vinvasa MON 60 min	HOT (AB) HARRISON 60 min		
PILATES REFORMER	17:45-18:15	Foundation		Foundation		Foundation		
	18:15-19:15	ESSENTIAL FIT + TONE VANESSA	ESSENTIAL BUTT + THIGHS FLYNN	ESSENTIAL ABS + ARM ARIS	ESSENTIAL BUTT + THIGHS RJ	ESSENTIAL FIT + TONE MHE ANN		
RHYTHM CYCLING	18:30-18:45	Foundation		Foundation		Foundation		
	18:45-19:30	ABSOLUTE BEATS PLOD	ABSOLUTE BEATS MEI	ABSOLUTE BEATS JUSTIN	ABSOLUTE BEATS TAE	ABSOLUTE BEATS DREAM		
YOGA	19:15-20:15	STRETCH & DESTRESS AIR 60 min	Vinvasa BEBE 60 min	HATHA LEK 60 min	DEEP SLEEP MON 60 min			
PILATES REFORMER	19:30-20:30	ESSENTIAL ABS + ARM VANESSA	ESSENTIAL FIT + TONE FLYNN	ESSENTIAL BUTT + THIGHS ARIS	ESSENTIAL ABS + ARM RJ			
RHYTHM CYCLING	19:45-20:30	ABSOLUTE BEATS FERN	ABSOLUTE BEATS DREAM	ABSOLUTE BEATS FLYNN	ABSOLUTE BEATS TAE			

## ABSOLUTE YOU CLASS SCHEDULE

ARI STUDIO								
DATE		23-November	24-November	25-November	26-November	27-November	28-November	29-November
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
RHYTHM CYCLING	7:00-7:15		<i>Foundation</i>		<i>Foundation</i>			
	7:15-8:00		ABSOLUTE BEATS <i>AE ITI</i>		ABSOLUTE BEATS <i>MEW</i>			
PILATES REFORMER	7:30-8:30	ESSENTIAL BUTT + THIGHS <i>STAMP</i>		ESSENTIAL FIT + TONE <i>JINA</i>		ESSENTIAL ABS + ARM <i>JOHN</i>		
	8:30-9:00		<i>Foundation</i>		<i>Foundation</i>		<i>Foundation</i>	<i>Foundation</i>
PILATES REFORMER	9:00-10:00	ESSENTIAL FIT + TONE <i>STAMP</i>	ESSENTIAL ABS + ARM <i>JENNY</i>	ESSENTIAL BUTT + THIGHS <i>JINA</i>	ESSENTIAL FIT + TONE <i>ADN</i>	CIRCUIT BUTT + THIGHS <i>JOHN</i>	ESSENTIAL BUTT + THIGHS <i>JINA</i>	ESSENTIAL FIT + TONE <i>JOHN</i>
	9:00-9:15	<i>Foundation</i>		<i>Foundation</i>		<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>
PILATES REFORMER	9:15-10:00	ABSOLUTE BEATS <i>PAT</i>		ABSOLUTE BEATS <i>MARIA</i>		ABSOLUTE BEATS <i>PAT</i>	ABSOLUTE BEATS <i>MARIA</i>	ABSOLUTE BEATS <i>MEW</i>
	10:30-11:30		ESSENTIAL FIT + TONE <i>JENNY</i>		ESSENTIAL ABS + ARM <i>ADN</i>		CIRCUIT ABS + ARM <i>JINA</i>	ESSENTIAL BUTT + THIGHS <i>JOHN</i>
PILATES REFORMER	13:30-14:00	(13:30-14:30)		(13:30-14:30)		(13:30-14:30)	<i>Foundation</i>	<i>Foundation</i>
	14:00-15:00	ESSENTIAL BUTT + THIGHS <i>PAT</i>		ESSENTIAL FIT + TONE <i>JINA</i>		ESSENTIAL ABS + ARM <i>JOHN</i>	ESSENTIAL FIT + TONE <i>JINA</i>	ESSENTIAL ABS + ARM <i>JOHN</i>
RHYTHM CYCLING	14:00-14:15						<i>Foundation</i>	<i>Foundation</i>
	14:15-15:00						ABSOLUTE BEATS <i>MARIA</i>	ABSOLUTE BEATS <i>MAE D.</i>
PILATES REFORMER	15:15-16:15						ESSENTIAL BUTT + THIGHS <i>JINA</i>	ESSENTIAL FIT + TONE <i>JOHN</i>
	17:00-17:30	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>		
PILATES REFORMER	17:30-18:30	ESSENTIAL FIT + TONE <i>JENNY</i>	ESSENTIAL BUTT + THIGHS <i>AIR</i>	ESSENTIAL ABS + ARM <i>KAN P</i>	ESSENTIAL BUTT + THIGHS <i>VANESSA</i>	ESSENTIAL FIT + TONE <i>DINI</i>		
	18:15-18:30	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>		
PILATES REFORMER	18:30-19:15	ABSOLUTE BEATS <i>KATIE</i>	ABSOLUTE BEATS <i>KENG ITI</i>	ABSOLUTE BEATS <i>DINI</i>	ABSOLUTE BEATS <i>AIRS</i>	ABSOLUTE BEATS <i>PAT</i>		
	18:45-19:45	ESSENTIAL BUTT + THIGHS <i>JENNY</i>	ESSENTIAL ABS + ARM <i>AIR</i>	ESSENTIAL FIT + TONE <i>KAN P</i>	ESSENTIAL FIT + TONE <i>VANESSA</i>	ESSENTIAL ABS + ARM <i>DINI</i>		
RHYTHM CYCLING	19:30-19:45	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>			
	19:45-20:30	ABSOLUTE BEATS <i>KATIE</i>	ABSOLUTE BEATS <i>KENG ITI</i>	ABSOLUTE BEATS <i>DINI</i>	ABSOLUTE BEATS <i>MAE D.</i>			
PILATES REFORMER	20:00-21:00	ESSENTIAL ABS + ARM <i>JENNY</i>	ESSENTIAL FIT + TONE <i>AIR</i>	ESSENTIAL BUTT + THIGHS <i>KAN P</i>	ESSENTIAL ABS + ARM <i>VANESSA</i>			