



## ABSOLUTE YOU CLASS SCHEDULE

AMARIN PLAZA STUDIO								
DATE		11-June	12-June	13-June	14-June	15-June	16-June	17-June
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	Pilates on the Go TING 45 min	HF on the Go CANDY 45 min	HF on the Go MONICA 45 min		
PILATES REFORMER	7:15-8:15	CIRCUIT ABS + ARMS MAE	ESSENTIAL FIT + TONE KAT	REFORMER BLEND RJ	ESSENTIAL ABS + ARMS MAE	CIRCUIT BUTT + THIGHS RJ		
PILATES REFORMER	8:00-9:00						ESSENTIAL FIT + TONE JERALD	ESSENTIAL BUTT + THIGHS KAT
YOGA	8:15-9:45	HATHA LUKE 90 min		Vinyasa TING 90 min		BACKBEND* MONICA 90 min		BALANCING* BIG (7:30-8:30)
CORE BLAST	8:30-9:30	CORE SUSPEND BUTT + THIGHS RACHEL	CORE SUSPEND ABS + ARMS JACKIE	CORE BALST SCULPT JUDO	CORE SUSPEND BUTT + THIGHS JACKIE	CORE SUSPEND ABS + ARM RJ		
PILATES REFORMER	8:30-9:30	ESSENTIAL BUTT + THIGHS MAE		ESSENTIAL FIT + TONE RJ		YOGA STRETCHING ON REFORMER JEAB		
PILATES REFORMER	8:30-9:00 9:00-10:00		Foundation ESSENTIAL ABS + ARMS KAT		Foundation ESSENTIAL BUTT + THIGHS MAE		ESSENTIAL BUTT + THIGHS MICHAEL	CIRCUIT ABS + ARMS KAT
YOGA	8:45-9:45						AB FIT WHOLE BODY MARVIN 60 min	PILATES BIG 60 min
CORE BLAST	9:00-10:00						CORE SUSPEND ABS + ARM JERALD	CORE SUSPEND BUTT + THIGHS PEWEE
PILATES REFORMER	9:45-10:45	CARDIO JUMPBOARD MAE		CIRCUIT BUTT + THIGHS RJ		ESSENTIAL FIT + TONE RJ		
YOGA	10:00-11:30	HOT (B) HARRISON 90 min	HOT (A) PAUL 90 min	HOT (AB) TING 90 min	HOT (A) CANDY 90 min	HOT (AB) MONICA 90 min	HOT (B) HARRISON 90 min	HOT (A) KNOT 90 min
PILATES REFORMER	10:00-10:30 10:30-11:30						Foundation ESSENTIAL ABS + ARM MICHAEL	Foundation ESSENTIAL FIT + TONE KAT
YOGA	11:00-12:30 CB studio						HIP OPENER* MARVIN 90 min	YOGA PILATES BIG 90 min
PILATES REFORMER	11:45-12:45						ESSENTIAL FIT + TONE MICHAEL	ESSENTIAL ABS + ARM PEWEE
YOGA	12:15-13:00	HF on the Go LUKE 45 min	HF on the Go PAUL 45 min	HF on the Go SHANTI 45 min	HF on the Go CANDY 45 min	HF on the Go MONICA 45 min		
PILATES REFORMER	12:15-13:15		ESSENTIAL FIT + TONE KAT		ESSENTIAL BUTT + THIGHS MAE			
CORE BLAST	13:45-14:00 14:00-15:00						Foundation CORE SUSPEND BUTT + THIGHS JERALD	Foundation CORE SUSPEND ABS + ARMS PEWEE
PILATES REFORMER	14:00-14:30 14:30-15:30	ESSENTIAL ABS + ARMS MAE	Foundation CIRCUIT BUTT + THIGHS KAT	H.I.I.T RJ	ESSENTIAL FIT + TONE MAE	CIRCUIT ABS + ARMS RJ	Foundation ESSENTIAL ABS + ARMS MICHAEL	ESSENTIAL FIT + TONE KAT
YOGA	14:30-16:00	AB FIT WHOLE BODY MARVIN (14:30-15:30)	HOT (A) PAUL 90 min	HOT (AB) BENZ 90 min	AB FIT GROUND KNOT (14:30-15:30)	HOT (A) PAUL 90 min	HOT (AB) HARRISON 90 min	HOT (B) KNOT 90 min
YOGA	15:15-16:45 CB studio						YIN YANG MARVIN 90 min	Vinyasa BIG 90 min
PILATES REFORMER	16:00-16:30 16:30-17:30						CIRCUIT BUTT + THIGHS JERALD	Foundation ESSENTIAL BUTT + THIGHS PEWEE
YOGA	16:30-17:30	Vinyasa MARVIN 60 min	HOT (A) LUKE 60 min	GENTLE FLOW SHANTI 60 min	FORWARD BEND* KNOT 60 min	AB FIT WHOLE BODY PAUL 60 min	HOT (A) HARRISON (16:30-18:00)	AB FIT GROUND KNOT (16:30-17:30)
PILATES REFORMER	16:45-17:45	CIRCUIT ABS + ARMS MICHAEL	ESSENTIAL FIT + TONE JERALD	ESSENTIAL BUTT + THIGHS MAE	ESSENTIAL ABS + ARM JEAB	ESSENTIAL FIT + TONE JEAB		
CORE BLAST	17:45-18:00 18:00-19:00	CORE SUSPEND BUTT + THIGHS ANT P	Foundation CORE SUSPEND ABS + ARM JACKIE	CORE SUSPEND WHOLE BODY JUDO	Foundation CORE SUSPEND BUTT + THIGHS JACKIE	CORE BLAST TONE RJ		
YOGA	18:00-19:30	HOT (A) HARRISON 90 min	YOGA PILATES LUKE (18:00-19:00)	HOT (B) BENZ 90 min	BRYCE CORE YOGA KNOT (18:00-19:00)	HOT (AB) PAUL 90 min		
PILATES REFORMER	17:45-18:00 18:00-19:00	ESSENTIAL BUTT + THIGHS MICHAEL	Foundation ESSENTIAL FIT + TONE JERALD	CIRCUIT ABS + ARMS MAE	Foundation ESSENTIAL BUTT + THIGHS JEAB	CIRCUIT BUTT + THIGHS JEAB		
YOGA	19:15-20:15 CB/YG studio		HATHA JACKIE 60 min		YOGA PILATES JACKIE 60 min			
YOGA	19:15-20:45 CB/YG studio	BACKBEND* MARVIN 90 min	Vinyasa LUKE 90 min	HIP OPENER* SHANTI 90 min	Vinyasa KNOT 90 min	HATHA SHANTI 90 min		
PILATES REFORMER	19:10-20:10	ESSENTIAL FIT + TONE MICHAEL	CIRCUIT BUTT + THIGHS PEWEE	ESSENTIAL BUTT + THIGHS MAE	ESSENTIAL ABS + ARM JEAB	ESSENTIAL FIT + TONE JEAB		
YOGA	19:45-21:15	HOT (A) HARRISON 90 min		HOT (AB) BENZ 90 min		HOT (B) PAUL 90 min		
PILATES REFORMER	20:15-21:15	ESSENTIAL BUTT + THIGHS MICHAEL	ESSENTIAL ABS + ARM PEWEE	ESSENTIAL FIT + TONE MAE	ESSENTIAL BUTT + THIGHS JEAB	ESSENTIAL ABS + ARM JEAB		

## ABSOLUTE YOU CLASS SCHEDULE

AMARIN PLAZA STUDIO : RHYTHM CYCLING								
DATE		11-June	12-June	13-June	14-June	15-June	16-June	17-June
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
RHYTHM CYCLING	7:15-8:00	ABSOLUTE BEATS PEARL	ABSOLUTE BEATS MARIA	ABSOLUTE BEATS GIFT	ABSOLUTE BEATS PEARL	ABSOLUTE BEATS CIARA		
RHYTHM CYCLING	8:30-8:45 8:45-9:30	Foundation ABSOLUTE BEATS MEI	ABSOLUTE BEATS SUNNY	Foundation ABSOLUTE BEATS PLOY	ABSOLUTE BEATS MEI	Foundation ABSOLUTE BEATS JAMIE		
RHYTHM CYCLING	9:00-9:15 9:15-10:00						ABSOLUTE BEATS CIARA	Foundation ABSOLUTE BEATS SUNNY
RHYTHM CYCLING	10:15-10:30 10:30-11:15						Foundation ABSOLUTE BEATS CIARA	ABSOLUTE BEATS SUNNY
RHYTHM CYCLING	12:15-13:00	LUNCH BEATS JUSTIN	LUNCH BEATS HAYES	LUNCH BEATS CIARA	LUNCH BEATS HAYES	LUNCH BEATS JAMIE		
RHYTHM CYCLING	14:45-15:00 15:00-15:45						ABSOLUTE BEATS JAMIE	Foundation ABSOLUTE BEATS JUSTIN
RHYTHM CYCLING	16:00-16:15 16:15-17:00						Foundation ABSOLUTE BEATS JAMIE	ABSOLUTE BEATS JUSTIN
RHYTHM CYCLING	17:15-17:30 17:30-18:15	Foundation ABSOLUTE BEATS JUSTIN	ABSOLUTE BEATS HAYES	Foundation ABSOLUTE BEATS MEK	ABSOLUTE BEATS MEI	Foundation ABSOLUTE BEATS MEK		
RHYTHM CYCLING	18:30-19:15	ABSOLUTE BEATS SUNNY	ABSOLUTE BEATS DAN	(18:30-19:30) BIG BEATS CIARA	ABSOLUTE BEATS HAYES	ABSOLUTE BEATS CIARA		
RHYTHM CYCLING	19:30-19:45 19:45-20:30	ABSOLUTE BEATS SUNNY	Foundation ABSOLUTE BEATS PEARL	(19:45-20:30) ABSOLUTE BEATS MEK	Foundation ABSOLUTE BEATS HAYES	ABSOLUTE BEATS MEK		

SILOM STUDIO								
DATE		11-June	12-June	13-June	14-June	15-June	16-June	17-June
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 TING 45 min	HF on the Go MON 45 min	HF on the Go OAT 45 min	HF on the Go BIG 45 min		
CORE BLAST	7:00-8:00	CORE SUSPEND BUTT + THIGHS ANT P		CORE SUSPEND ABS + ARM PEWEE		CORE BLAST CARDIO JUDO		
PILATES REFORMER	7:00-8:00	ESSENTIAL FIT + TONE KAT		CIRCUIT ABS + ARM MICHAEL		ESSENTIAL BUTT + THIGHS MAE		
CORE BLAST	8:00-8:15 8:15-9:15	Foundation CORE SUSPEND ABS + ARM ANT P		Foundation CORE BLAST CARDIO PEWEE		CORE SUSPEND BUTT + THIGHS JUDO	Foundation CORE SUSPEND ABS + ARM PEWEE	CORE SUSPEND BUTT + THIGHS RACHEL
YOGA	8:15-9:15		GENTLE FLOW TING 60 min		HOT (A) OAT 60 min			
YOGA	8:30-9:30						HATHA PAUL 60 min	HOT (A) OAT 60 min
PILATES REFORMER	8:30-9:00 9:00-10:00	ESSENTIAL ABS + ARM KAT	ESSENTIAL FIT + TONE MAE	Foundation ESSENTIAL BUTT + THIGHS MICHAEL	YOGA STRETCHING ON REFORMER KAN P	Foundation CIRCUIT BUTT + THIGHS MAE		
PILATES REFORMER	9:15-10:15						ESSENTIAL FIT + TONE PEWEE	ESSENTIAL ABS + ARMS RACHEL
YOGA	9:30-11:00	HOT (A) MONICA 90 min	HOT (AB) TING 90 min	GENTLE FLOW MON 90 min	HOT (B) OAT 90 min	HATHA BIG 90 min	HOT (B) PAUL (9:45-11:15)	HOT (AB) OAT (9:45-11:15)
PILATES REFORMER	10:15-10:45 10:45-11:45						Foundation ESSENTIAL ABS + ARM PEWEE	ESSENTIAL BUTT + THIGHS RACHEL
YOGA	12:15-13:00	HF on the Go MONICA 45 min	HF on the Go TING 45 min	HF on the Go MON 45 min	HF on the Go OAT 45 min	HF on the Go BIG 45 min		
PILATES REFORMER	14:00-14:30 14:30-15:30		CIRCUIT BUTT + THIGHS MAE		Foundation ESSENTIAL FIT + TONE KAN P		CIRCUIT BUTT + THIGHS PEWEE	Foundation ESSENTIAL FIT + TONE RACHEL
YOGA	14:30-16:00	HOT (B) CANDY 90 min		HOT (A) KWANG 90 min		HOT (AB) CAKE 90 min	HOT (A) PAUL (15:30-17:00)	HOT (B) OAT (15:30-17:00)
PILATES REFORMER	17:00-18:00	ESSENTIAL FIT + TONE KAT	ESSENTIAL ABS + ARM MICHAEL	CARDIO JUMPBOARD MICHAEL	ESSENTIAL BUTT + THIGHS RJ	ESSENTIAL ABS + ARM RACHEL		
YOGA	17:30-18:30	BRYCE CORE YOGA CANDY 60 min	HOT (AB) MARVIN 60 min	HATHA KWANG 60 min	Vinyasa MON 60 min	HOT (A) CAKE 60 min		
CORE BLAST	17:45-18:00 18:00-19:00	Foundation CORE SUSPEND WHOLE BODY RACHEL	CORE SUSPEND ABS + ARM JUDO	Foundation CORE SUSPEND BUTT + THIGHS PEWEE	CORE SUSPEND ABS + ARM JUDO	Foundation CORE SUSPEND BUTT + THIGHS JUDO		
PILATES REFORMER	18:00-18:15 18:15-19:15	CIRCUIT ABS + ARM KAT	Foundation ESSENTIAL BUTT + THIGHS MICHAEL	CIRCUIT BUTT + THIGHS MICHAEL	Foundation ESSENTIAL ABS + ARM RJ	ESSENTIAL FIT + TONE RACHEL		
YOGA	18:45-20:15	Vinyasa CANDY 90 min	GENTLE FLOW MARVIN 90 min	HOT (AB) KWANG 90 min	HOT (A) MON 90 min	HATHA CAKE 90 min		
CORE BLAST	19:00-19:15 19:15-20:15	CORE SUSPEND ABS + ARM RACHEL	Foundation CORE SUSPEND BUTT + THIGHS JUDO	CORE SUSPEND ABS + ARM PEWEE	Foundation CORE BLAST CARDIO RJ	CORE SUSPEND ABS + ARM JUDO		
PILATES REFORMER	19:30-20:30	ESSENTIAL BUTT + THIGHS KAT	CIRCUIT BUTT + THIGHS MICHAEL	ESSENTIAL ABS + ARM MICHAEL	ESSENTIAL BUTT + THIGHS RJ	ESSENTIAL FIT + TONE RACHEL		
YOGA	20:30-21:30	HOT (A) CANDY 60 min	HOT (AB) MARVIN 60 min	HOT (B) KWANG 60 min	HATHA MON 60 min			



## ABSOLUTE YOU CLASS SCHEDULE

EXCHANGE TOWER STUDIO								
DATE		11-June	12-June	13-June	14-June	15-June	16-June	17-June
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 TING 45 min			
PILATES REFORMER	7:00-7:15 7:15-8:15		Foundation ESSENTIAL FIT + TONE RACHEL		Foundation ESSENTIAL ABS + ARM RISSA			
YOGA	8:30-9:30	GENTLE FLOW SOMCHAI 60 min	AB FIT GROUND MONICA 60 min	HATHA JUSTIN 60 min	HOT (A) TING 60 min	BRYCE CORE YOGA HARRISON 60 min	HOT (AB) MONICA 60 min	GENTLE FLOW MARVIN 60 min
PILATES REFORMER	8:30-9:30	CIRCUIT ABS + ARM RJ		ESSENTIAL ABS + ARM KAT		ESSENTIAL FIT + TONE JERALD	BUTT + THIGHS RACHEL	ESSENTIAL ABS + ARM ART
RHYTHM CYCLING	9:00-9:15 9:15-10:00	Foundation ABSOLUTE BEATS DAN	Foundation ABSOLUTE BEATS PLOY	Foundation ABSOLUTE BEATS JUNE	Foundation ABSOLUTE BEATS JAMIE	Foundation ABSOLUTE BEATS CHERIE	Foundation ABSOLUTE BEATS JUSTIN	Foundation ABSOLUTE BEATS JAMIE
PILATES REFORMER	9:30-10:00 10:00-11:00	Foundation ESSENTIAL BUTT + THIGHS RJ	CIRCUIT ABS + ARM RACHEL	Foundation ESSENTIAL FIT + TONE KAT	CIRCUIT BUTT + THIGHS RISSA	Foundation ESSENTIAL ABS + ARM JERALD	Foundation ESSENTIAL FIT + TONE RACHEL	Foundation ESSENTIAL BUTT + THIGHS ART
YOGA	10:00-11:30	Vinyasa SOMCHAI 90 min	HATHA MONICA 90 min	YOGA PILATES JUSTIN 90 min	Vinyasa TING 90 min	HOT (A) HARRISON 90 min	HIP OPENER* MONICA 90 min	HOT (A) MARVIN 90 min
PILATES REFORMER	11:30-12:00 12:00-13:00	Foundation ESSENTIAL FIT + TONE RJ		Foundation ESSENTIAL ABS + ARM KAT		Foundation ESSENTIAL BUTT + THIGHS MAE		
RHYTHM CYCLING	12:15-13:00		LUNCH BEATS PLOY		LUNCH BEATS JAMIE			
YOGA	12:15-13:00	HF on the Go SOMCHAI 45 min		HF on the Go HARRISON 45 min				
YOGA	14:00-15:30						HOT (A) MONICA 90 min	HATHA MARVIN 90 min
RHYTHM CYCLING	14:00-14:15 14:15-15:00						Foundation ABSOLUTE BEATS JUSTIN	Foundation ABSOLUTE BEATS JAMIE
PILATES REFORMER	15:00-15:30 15:30-16:30		CIRCUIT BUTT + THIGHS RACHEL		ESSENTIAL ABS + ARM RISSA		Foundation ESSENTIAL BUTT + THIGHS RACHEL	CIRCUIT ABS + ARM ART
RHYTHM CYCLING	17:15-17:30 17:30-18:15	Foundation ABSOLUTE BEATS MIMI		Foundation ABSOLUTE BEATS KATIE		Foundation ABSOLUTE BEATS AOM		
YOGA	17:30-18:30	AB FIT GROUND PAUL 60 min	HATHA BIG 60 min	HOT (AB) HARRISON 60 min	HOT (B) BENZ 60 min	HOT FLOW HARRISON 60 min	AB FIT WHOLE BODY MONICA (16:30-17:30)	HOT (A) MARVIN (16:30-17:30)
PILATES REFORMER	18:00-18:30 18:30-19:30	Foundation ESSENTIAL ABS + ARM RJ	Foundation ESSENTIAL BUTT + THIGHS RACHEL	Foundation ESSENTIAL FIT + TONE KAT	Foundation ESSENTIAL ABS + ARM RISSA	Foundation ESSENTIAL FIT + TONE JERALD		
RHYTHM CYCLING	18:30-18:45 18:45-19:30	Foundation ABSOLUTE BEATS MIMI	Foundation ABSOLUTE BEATS BOAT	Foundation ABSOLUTE BEATS SUNNY	Foundation ABSOLUTE BEATS JUSTIN	Foundation ABSOLUTE BEATS AOM		
YOGA	18:45-20:00	HATHA PAUL 75 min	HOT (A) BIG 75 min	HOT (B) HARRISON 75 min	HOT (AB) BENZ 75 min	HOT (A) HARRISON 75 min		
PILATES REFORMER	19:30-20:00 20:00-21:00	Foundation ESSENTIAL BUTT + THIGHS RJ	Foundation ESSENTIAL ABS + ARM RACHEL	Foundation ESSENTIAL BUTT + THIGHS KAT	Foundation ESSENTIAL FIT + TONE RISSA	Foundation ESSENTIAL ABS + ARM JERALD		
RHYTHM CYCLING	19:45-20:30		ABSOLUTE BEATS BOAT		ABSOLUTE BEATS JUSTIN			
YOGA	20:15-21:15	HOT (AB) PAUL 60 min	GENTLE FLOW BIG 60 min	HOT (A) HARRISON 60 min	HATHA / VINYASA BENZ 60 min			



## ABSOLUTE YOU CLASS SCHEDULE

BEE HIVE STUDIO								
DATE		11-June	12-June	13-June	14-June	15-June	16-June	17-June
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PILATES REFORMER	8:00-9:00	ESSENTIAL ABS + ARM PEWEE	ESSENTIAL FIT + TONE GUBGIB	ESSENTIAL ABS + ARM OHM	CIRCUIT BUTT + THIGHS AU	ESSENTIAL FIT + TONE JACKIE	ESSENTIAL BUTT + THIGHS GUBGIB	CIRCUIT ABS + ARM AU
PILATES REFORMER	9:00-10:00		CIRCUIT BUTT + THIGHS GUBGIB		ESSENTIAL ABS + ARM AU			
YOGA	9:00-10:30	GENTLE FLOW TING 90 min	HATHA KWANG 90 min	HOT (A) LEK 90 min	HATHA CAKE 90 min	YIN YANG SOMCHAI 90 min	HOT (AB) MON 90 min	HOT (B) CANDY 90 min
PILATES REFORMER	9:00-9:30 9:30-10:30	Foundation ESSENTIAL BUTT + THIGHS PEWEE		Foundation ESSENTIAL FIT + TONE OHM		Foundation ESSENTIAL BUTT + THIGHS JACKIE	Foundation ESSENTIAL FIT + TONE GUBGIB	Foundation ESSENTIAL BUTT + THIGHS AU
PILATES REFORMER	10:15-11:15		ESSENTIAL FIT + TONE GUBGIB		ESSENTIAL BUTT + THIGHS AU			
PILATES REFORMER	11:00-12:00	ESSENTIAL FIT + TONE PEWEE		ESSENTIAL BUTT + THIGHS OHM		ESSENTIAL ABS + ARM JACKIE	CIRCUIT BUTT + THIGHS GUBGIB	ESSENTIAL FIT + TONE AU
YOGA	11:00-12:30	HATHA TING 90 min		HOT FLOW LEK 90 min		CORE STRENGTH* SOMCHAI 90 min	HATHA MON 90 min	YIN YANG CANDY 90 min
PILATES REFORMER	11:15-12:15		ESSENTIAL ABS + ARM GUBGIB		ESSENTIAL FIT + TONE AU			
PILATES REFORMER	14:00-14:30 14:30-15:30						Foundation ESSENTIAL ABS + ARM GUBGIB	Foundation ESSENTIAL BUTT + THIGHS AU
YOGA	14:30-16:00	HOT (A) ARTIE 90 min	HOT (AB) KWANG 90 min	HATHA LEK 90 min	HOT (AB) CAKE 90 min	HOT (A) SOMCHAI 90 min	TWISTING* MON 90 min	HATHA CANDY 90 min
YOGA	16:30-17:45	HOT FLOW ARTIE 75 min		INVERSION* KNOT 75 min		HOT (AB) SOMCHAI 75 min	GENTLE FLOW MON 75 min	HOT (A) CANDY 75 min
PILATES REFORMER	17:30-18:00 18:00-19:00	ESSENTIAL ABS + ARM PEWEE	Foundation ESSENTIAL BUTT + THIGHS GUBGIB	ESSENTIAL FIT + TONE OHM	Foundation ESSENTIAL ABS + ARM AU	ESSENTIAL BUTT + THIGHS JACKIE		
YOGA	18:00-19:30	HOT (AB) ARTIE 90 min	HOT (B) KWANG 90 min	HOT (A) KNOT 90 min	HATHA CAKE 90 min	YOGA PILATES SOMCHAI 90 min		
PILATES REFORMER	19:15-20:15	ESSENTIAL BUTT + THIGHS PEWEE	ESSENTIAL FIT + TONE GUBGIB	ESSENTIAL ABS + ARM OHM	ESSENTIAL BUTT + THIGHS AU	ESSENTIAL FIT + TONE JACKIE		
YOGA	19:45-21:00	HATHA ARTIE 75 min	ARM BALANCE* KWANG 75 min	BRYCE CORE YOGA KNOT (19:45-20:45)	HOT FLOW CAKE 75 min			

THE CIRCLE STUDIO								
DATE		11-June	12-June	13-June	14-June	15-June	16-June	17-June
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
RHYTHM CYCLING	8:00-8:15 8:15-9:00	Foundation ABSOLUTE BEATS BIM		Foundation ABSOLUTE BEATS D.GIFT		Foundation ABSOLUTE BEATS PLOY		
PILATES REFORMER	8:30-9:00 9:00-10:00	Foundation ESSENTIAL ABS + ARM LILY	Foundation ESSENTIAL BUTT + THIGHS KUNGKING	Foundation ESSENTIAL FIT + TONE ART	Foundation ESSENTIAL ABS + ARM ARM	Foundation ESSENTIAL BUTT + THIGHS AU	Foundation ESSENTIAL FIT + TONE ANT	Foundation ESSENTIAL ABS + ARM KAN P
RHYTHM CYCLING	10:00-10:15 10:15-11:00		Foundation ABSOLUTE BEATS AOM		Foundation ABSOLUTE BEATS KENG (T)		Foundation ABSOLUTE BEATS D.GIFT	Foundation ABSOLUTE BEATS FAI
YOGA	9:00-10:30	HOT (A) CAKE 90 min	HOT (AB) CANDY 90 min	AB FIT GROUND PETER (9:00-10:00)	HATHA BIG 90 min	HOT (A) ARTIE 90 min	HOT (AB) CAKE 90 min	HOT (A) LEK 90 min
PILATES REFORMER	10:00-10:30 10:30-11:30	Foundation ESSENTIAL FIT + TONE LILY		Foundation ESSENTIAL BUTT + THIGHS ART		Foundation ESSENTIAL ABS + ARM AU	Foundation ESSENTIAL BUTT + THIGHS ANT	Foundation ESSENTIAL FIT + TONE KAN P
YOGA	11:00-12:30		HOT (A) CANDY 90 min		HOT (AB) BIG 90 min		AB FIT GROUND CAKE (11:00-12:00)	HOT (A) LEK 90 min
YOGA	14:00-15:30	AB FIT WHOLE BODY CAKE (14:00-15:00)	HATHA CANDY 90 min	HOT (AB) PETER 90 min	BRYCE CORE YOGA BIG 60 min	HOT (A) ARTIE 90 min	HATHA CAKE 90 min	YIN YANG LEK 90 min
RHYTHM CYCLING	14:00-14:15 14:15-15:00						Foundation ABSOLUTE BEATS D.GIFT	Foundation ABSOLUTE BEATS FAI
PILATES REFORMER	14:00-14:30 14:30-15:30		Foundation ESSENTIAL ABS + ARM KUNGKING		Foundation ESSENTIAL BUTT + THIGHS ARM		Foundation ESSENTIAL ABS + ARM ANT	Foundation ESSENTIAL BUTT + THIGHS KAN P
YOGA	16:30-18:00						HOT (A) CAKE 90 min	HOT (AB) LEK 90 min
YOGA	17:45-19:00	GENTLE FLOW CAKE 75 min	BALANCING* CANDY 75 min	HOT (A) PETER 75 min	TWISTING* BIG 75 min	HATHA ARTIE 75 min		
PILATES REFORMER	17:45-18:15 18:15-19:15	Foundation ESSENTIAL BUTT + THIGHS LILY	Foundation ESSENTIAL FIT + TONE KUNGKING	Foundation ESSENTIAL ABS + ARM ART	Foundation ESSENTIAL FIT + TONE ARM	Foundation ESSENTIAL BUTT + THIGHS AU		
RHYTHM CYCLING	18:15-18:30 18:30-19:15	Foundation ABSOLUTE BEATS BIM	Foundation ABSOLUTE BEATS AOM	Foundation ABSOLUTE BEATS D.GIFT	Foundation ABSOLUTE BEATS KENG (T)	Foundation ABSOLUTE BEATS PLOY		
YOGA	19:15-20:30	HOT (AB) CAKE 75 min	HOT (A) CANDY 75 min	HATHA PETER 75 min	GENTLE FLOW BIG 75 min	HOT (AB) ARTIE 75 min		
PILATES REFORMER	19:15-19:45 19:45-20:45	Foundation ESSENTIAL ABS + ARM LILY		Foundation ESSENTIAL BUTT + THIGHS ART				



## ABSOLUTE YOU CLASS SCHEDULE

LADPRAO STUDIO								
DATE		11-June	12-June	13-June	14-June	15-June	16-June	17-June
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PILATES REFORMER	8:30-9:00 9:00-10:00	<i>Foundation</i> ESSENTIAL FIT + TONE JACKIE	ESSENTIAL ABS + ARM RISSA	<i>Foundation</i> CIRCUIT BUTT + THIGHS LILY	ESSENTIAL ABS + ARM ART	ESSENTIAL FIT + TONE LILY	<i>Foundation</i> ESSENTIAL BUTT + THIGHS LILY	<i>Foundation</i> CIRCUIT ABS + ARM ANT
YOGA	8:45-9:45						BRYCE CORE YOGA KWANG 60 min	AB FIT GROUND MON 60 min
CORE BLAST	10:00-11:00		CORE SUSPEND BUTT + THIGHS ANT P		CORE SUSPEND WHOLE BODY ANT P			
YOGA	10:00-11:30	HOT (A) BENZ 90 min	HOT (AB) KNOT 90 min	HOT (AB) SOMCHAI 90 min	HOT (A) PETER 90 min	CORE STRENGTH* MARVIN 90 min	HOT (AB) KWANG 90 min	HOT (A) MON 90 min
PILATES REFORMER	10:00-11:00						ESSENTIAL FIT + TONE LILY	ESSENTIAL BUTT + THIGHS ANT
CORE BLAST	11:00-12:00						CORE SUSPEND BUTT + THIGHS LILY	CORE SUSPEND ABS + ARM JUDO
YOGA	14:30-16:00	HOT (A) BENZ 90 min		HOT (A) SOMCHAI 90 min		HOT (AB) MARVIN 90 min	HATHA KWANG 90 min	HOT FLOW MON 90 min
PILATES REFORMER	17:15-18:15	CIRCUIT BUTT + THIGHS OHM	ESSENTIAL ABS + ARM RISSA	CIRCUIT BUTT + THIGHS GUBGIB	ESSENTIAL FIT + TONE ART	CIRCUIT ABS + ARM MICHAEL		
YOGA	17:15-18:15	HATHA BENZ 60 min	HOT (A) KNOT 60 min	HOT (AB) SOMCHAI 60 min	HOT (A) PETER 60 min	Vinyasa MARVIN 60 min	HOT (A) KWANG (16:30-18:00)	HOT (AB) MON (16:30-18:00)
CORE BLAST	17:30-18:30	CORE SUSPEND ABS + ARM JACKIE	CORE SUSPEND BUTT + THIGHS ANT P	CORE SUSPEND WHOLE BODY LILY	CORE SUSPEND ABS + ARM ANT P			
PILATES REFORMER	18:15-18:30 18:30-19:30	<i>Foundation</i> ESSENTIAL ABS + ARM OHM	YOGA STRETCHING ON REFORMER RISSA	<i>Foundation</i> ESSENTIAL FIT+TONE GUBGIB	CIRCUIT ABS + ARM ART	<i>Foundation</i> ESSENTIAL BUTT + THIGHS MICHAEL		
YOGA	18:30-20:00	HOT (B) BENZ 90 min	BALANCING* KNOT 90 min	HOT (AB) SOMCHAI 90 min	Vinyasa PETER 90 min	HOT (A) MARVIN 90 min		
CORE BLAST	18:45-19:00 19:00-20:00	<i>Foundation</i> CORE SUSPEND BUTT + THIGHS JACKIE	CORE BLAST CARDIO ANT P	<i>Foundation</i> CORE SUSPEND WHOLE BODY LILY	CORE SUSPEND BUTT + THIGHS ANT P	<i>Foundation</i> CORE SUSPEND ABS + ARM LILY		
PILATES REFORMER	19:30-20:30	ESSENTIAL FIT + TONE OHM	CIRCUIT BUTT + THIGHS RISSA	ESSENTIAL ABS + ARM GUBGIB	ESSENTIAL BUTT + THIGHS ART	ESSENTIAL FIT + TONE MICHAEL		
YOGA	20:15-21:15	HOT (AB) BENZ 60 min	HOT (A) KNOT 60 min	GENTLE FLOW SOMCHAI 60 min	HOT (AB) PETER 60 min	HOT (A) LILY 60 min		

CRYSTAL PARK STUDIO								
DATE		11-June	12-June	13-June	14-June	15-June	16-June	17-June
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YOGA	7:30-8:30	HATHA PLE 60 min	HOT (AB) SOMCHAI 60 min	HOT (A) BIG 60 min	AB FIT WHOLE BODY PLE 60 min	HOT (A) KNOT 60 min	BRYCE CORE YOGA 60 min	HOT (A) SOMCHAI 60 min
PILATES REFORMER	8:00-8:30 8:30-9:30	<i>Foundation</i> ESSENTIAL ABS + ARM RISSA	ESSENTIAL ABS + ARM JEAB	<i>Foundation</i> CIRCUIT BUTT + THIGHS JERALD	CIRCUIT ABS + ARM OHM	ESSENTIAL BUTT + THIGHS ANT	ESSENTIAL FIT + TONE JEAB	CIRCUIT BUTT + THIGHS JACKIE
RHYTHM CYCLING	8:30-8:45 8:45-9:30	<i>Foundation</i> ABSOLUTE BEATS KENG (T)		<i>Foundation</i> ABSOLUTE BEATS FAI		<i>Foundation</i> ABSOLUTE BEATS BOAT		
YOGA	8:45-9:45	HOT (A) PLE 60 min	GENTLE FLOW SOMCHAI 60 min	HOT (AB) BIG 60 min	HATHA PLE 60 min	HATHA KNOT 60 min	HOT (A) ARTIE 60 min	AB FIT WHOLE BODY SOMCHAI 60 min
RHYTHM CYCLING	9:30-9:45 9:45-10:30		<i>Foundation</i> ABSOLUTE BEATS CHERIE		<i>Foundation</i> ABSOLUTE BEATS D.GIFT		<i>Foundation</i> ABSOLUTE BEATS MIMI	<i>Foundation</i> ABSOLUTE BEATS JUNE
PILATES REFORMER	9:45-10:15 10:15-11:15		<i>Foundation</i> ESSENTIAL FIT + TONE JEAB	ESSENTIAL ABS + ARM JERALD	<i>Foundation</i> ESSENTIAL BUTT + THIGHS OHM	ESSENTIAL ABS + ARM ANT	(9:45-10:45) CARDIO JUMPBOARD	(9:45-10:45) ESSENTIAL FIT + TONE JACKIE
YOGA	10:30-12:00	Vinyasa PLE 90 min	HOT FLOW SOMCHAI 90 min	HATHA BIG 90 min	HOT (AB) PLE 90 min	HOT (A) KNOT 90 min	HOT (AB) ARTIE 90 min	HATHA SOMCHAI 90 min
PILATES REFORMER	10:45-11:15 11:15-12:15						<i>Foundation</i> ESSENTIAL BUTT + THIGHS JEAB	CIRCUIT ABS + ARM JACKIE
YOGA	14:00-15:30		HOT (AB) PETER 90 min		Vinyasa KWANG 90 min		Vinyasa ARTIE 90 min	HOT (A) SOMCHAI 90 min
RHYTHM CYCLING	15:30-15:45 15:45-16:30						<i>Foundation</i> ABSOLUTE BEATS MIMI	<i>Foundation</i> ABSOLUTE BEATS JUNE
PILATES REFORMER	15:30-16:00 16:00-17:00						CIRCUIT ABS + ARM JEAB	<i>Foundation</i> ESSENTIAL BUTT + THIGHS JACKIE
YOGA	17:30-18:30	HOT (A) PLE 60 min	Vinyasa PETER 60 min	HOT (AB) BIG 60 min	HATHA KWANG 60 min	Vinyasa KNOT 60 min		
PILATES REFORMER	17:00-17:30 17:30-18:30	ESSENTIAL FIT + TONE RISSA	<i>Foundation</i> ESSENTIAL BUTT + THIGHS JEAB	ESSENTIAL FIT + TONE JERALD	<i>Foundation</i> ESSENTIAL ABS + ARM OHM	CIRCUIT BUTT + THIGHS ANT		
RHYTHM CYCLING	18:30-18:45 18:45-19:30	<i>Foundation</i> ABSOLUTE BEATS KENG (T)	<i>Foundation</i> ABSOLUTE BEATS CHERIE	<i>Foundation</i> ABSOLUTE BEATS FAI	<i>Foundation</i> ABSOLUTE BEATS D.GIFT	<i>Foundation</i> ABSOLUTE BEATS KENG (T)		
PILATES REFORMER	18:30-19:00 19:00-20:00	<i>Foundation</i> ESSENTIAL BUTT + THIGHS RISSA	CIRCUIT ABS + ARM JEAB	<i>Foundation</i> ESSENTIAL ABS + ARM JERALD	ESSENTIAL BUTT + THIGHS OHM	ESSENTIAL FIT + TONE ANT		
YOGA	18:45-20:00	HATHA PLE 75 min	HOT (AB) PETER 75 min	Vinyasa BIG 75 min	HOT (A) KWANG 75 min	GENTLE FLOW KNOT 75 min		
YOGA	20:10-21:10		HOT (A) PETER 60 min		GENTLE FLOW KWANG 60 min			



## ABSOLUTE YOU CLASS SCHEDULE

COMMONS STUDIO								
DATE		11-June	12-June	13-June	14-June	15-June	16-June	17-June
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PILATES REFORMER	9:00-10:00	ESSENTIAL FIT + TONE AU		ESSENTIAL BUTT + THIGHS AU				
RHYTHM CYCLING	9:00-9:15 9:15-10:00	<i>Foundation</i> ABSOLUTE BEATS JAMIE	ABSOLUTE BEATS JUSTIN	<i>Foundation</i> ABSOLUTE BEATS DAN	ABSOLUTE BEATS CIARA	(9:15-10:15) BIG BEATS 60 DAN	<i>Foundation</i> ABSOLUTE BEATS SUNNY	ABSOLUTE BEATS CIARA
PILATES REFORMER	9:45-10:15 10:15-11:15	ESSENTIAL BUTT + THIGHS AU	<i>Foundation</i> ESSENTIAL FIT + TONE RJ	ESSENTIAL ABS + ARM AU	ESSENTIAL FIT + TONE KAT	ESSENTIAL ABS + ARM GUBGIB	<i>Foundation</i> ESSENTIAL BUTT + THIGHS RISSA	<i>Foundation</i> CIRCUIT ABS + ARM JEAB
RHYTHM CYCLING	10:15-10:30 10:30-11:15	ABSOLUTE BEATS JAMIE	<i>Foundation</i> ABSOLUTE BEATS JUSTIN	ABSOLUTE BEATS HAYES	<i>Foundation</i> ABSOLUTE BEATS CIARA	ABSOLUTE BEATS HAYES	ABSOLUTE BEATS SUNNY	<i>Foundation</i> ABSOLUTE BEATS CIARA
RHYTHM CYCLING	15:00-15:15 15:15-16:00						<i>Foundation</i> ABSOLUTE BEATS GIFT	
PILATES REFORMER	15:00-16:00						CIRCUIT BUTT + THIGHS RISSA	ESSENTIAL ABS + ARM JEAB
RHYTHM CYCLING	16:30-16:45 16:45-17:30						<i>Foundation</i> ABSOLUTE BEATS GIFT	(16:30-17:30) BIG BEATS 60 MEK
RHYTHM CYCLING	18:15-18:30 18:30-19:15	<i>Foundation</i> ABSOLUTE BEATS DAN	ABSOLUTE BEATS SUNNY	<i>Foundation</i> ABSOLUTE BEATS JUSTIN	ABSOLUTE BEATS CIARA	<i>Foundation</i> ABSOLUTE BEATS HAYES		
PILATES REFORMER	18:00-18:30 18:30-19:30	<i>Foundation</i> ESSENTIAL ABS + ARM AU	ESSENTIAL BUTT + THIGHS RJ	<i>Foundation</i> ESSENTIAL FIT + TONE AU	ESSENTIAL ABS + ARM KAT	<i>Foundation</i> ESSENTIAL FIT + TONE GUBGIB		
RHYTHM CYCLING	19:30-19:45 19:45-20:30	ABSOLUTE BEATS GIFT	<i>Foundation</i> ABSOLUTE BEATS MARIA	ABSOLUTE BEATS JUSTIN				

JAS URBAN STUDIO								
DATE		11-June	12-June	13-June	14-June	15-June	16-June	17-June
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PILATES REFORMER	8:00-8:30 8:30-9:30	<i>Foundation</i> ESSENTIAL ABS + ARM ART	<i>Foundation</i> ESSENTIAL BUTT + THIGHS ARM	<i>Foundation</i> ESSENTIAL FIT + TONE INK	<i>Foundation</i> ESSENTIAL ABS + ARM KUNGKING	<i>Foundation</i> ESSENTIAL BUTT + THIGHS ARM	<i>Foundation</i> ESSENTIAL FIT + TONE KAN P	<i>Foundation</i> ESSENTIAL ABS + ARM LILY
YOGA	8:30-9:30	GENTLE FLOW LEK 60 min		HATHA PLE 60 min		HOT (A) OAT 60 min		
RHYTHM CYCLING	8:45-9:00 9:00-9:45	<i>Foundation</i> ABSOLUTE BEATS KATIE	<i>Foundation</i> ABSOLUTE BEATS DAN	<i>Foundation</i> ABSOLUTE BEATS AOM	<i>Foundation</i> ABSOLUTE BEATS PLA (T)	<i>Foundation</i> ABSOLUTE BEATS D.GIFT	<i>Foundation</i> ABSOLUTE BEATS FAI	<i>Foundation</i> ABSOLUTE BEATS KENG (T)
PILATES REFORMER	9:30-10:00 10:00-11:00	ESSENTIAL FIT + TONE ART	ESSENTIAL ABS + ARM ARM	<i>Foundation</i> ESSENTIAL BUTT + THIGHS INK	ESSENTIAL FIT + TONE KUNGKING	ESSENTIAL ABS + ARM ARM	ESSENTIAL ABS + ARM KAN P	ESSENTIAL BUTT + THIGHS LILY
YOGA	10:00-11:30	HOT (A) LEK 90 min	HATHA CAKE 90 min	HOT (B) PLE 90 min	Vinyasa DIA 90 min	HOT (AB) OAT 90 min	HOT (A) FAR 90 min	HOT (AB) ARTIE 90 min
RHYTHM CYCLING	10:00-10:15 10:15-11:00						<i>Foundation</i> ABSOLUTE BEATS FAI	<i>Foundation</i> ABSOLUTE BEATS KENG (T)
YOGA	14:30-15:30	HOT (A) LEK 60 min		Vinyasa PLE 60 min			HATHA FAR (14:30-16:00)	HOT (A) ARTIE (14:30-16:00)
PILATES REFORMER	14:30-15:00 15:00-16:00						<i>Foundation</i> ESSENTIAL BUTT + THIGHS KAN P	<i>Foundation</i> ESSENTIAL FIT + TONE LILY
PILATES REFORMER	17:45-18:15 18:15-19:15	<i>Foundation</i> ESSENTIAL BUTT + THIGHS ART	<i>Foundation</i> ESSENTIAL FIT + TONE ARM	<i>Foundation</i> ESSENTIAL ABS + ARM INK	<i>Foundation</i> ESSENTIAL BUTT + THIGHS KUNGKING	<i>Foundation</i> ESSENTIAL ABS + ARM ARM		
YOGA	18:00-19:30	Vinyasa LEK 90 min	HOT (A) CAKE 90 min	HOT (AB) PLE 90 min	HATHA DIA 90 min	HOT (A) OAT 90 min		
RHYTHM CYCLING	18:30-18:45 18:45-19:30	<i>Foundation</i> ABSOLUTE BEATS JUNE	<i>Foundation</i> ABSOLUTE BEATS KENG (T)	<i>Foundation</i> ABSOLUTE BEATS AOM	<i>Foundation</i> ABSOLUTE BEATS FAI	<i>Foundation</i> ABSOLUTE BEATS D.GIFT		
PILATES REFORMER	19:15-19:45 19:45-20:45	<i>Foundation</i> ESSENTIAL FIT + TONE ART	ESSENTIAL BUTT + THIGHS ARM	<i>Foundation</i> ESSENTIAL BUTT + THIGHS INK	ESSENTIAL ABS + ARM KUNGKING			
YOGA	19:45-20:45		GENTLE FLOW CAKE 60 min		HOT (A) DIA 60 min			



## ABSOLUTE YOU CLASS SCHEDULE

G TOWER STUDIO								
DATE		11-June	12-June	13-June	14-June	15-June	16-June	17-June
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PILATES REFORMER	7:00-7:15 7:15-8:15	<i>Foundation</i> ESSENTIAL BUTT + THIGHS JEAB		<i>Foundation</i> ESSENTIAL ABS + ARM KUNGKING		<i>Foundation</i> ESSENTIAL FIT + TONE RISSA		
RHYTHM CYCLING	7:00-7:15 7:15-8:15	<i>Foundation</i> ABSOLUTE BEATS JUNE	<i>Foundation</i> ABSOLUTE BEATS PLA (T)	<i>Foundation</i> ABSOLUTE BEATS BIM	<i>Foundation</i> ABSOLUTE BEATS BOAT	<i>Foundation</i> ABSOLUTE BEATS PLA (T)		
PILATES REFORMER	8:30-9:00 9:00-10:00		<i>Foundation</i> ESSENTIAL ABS + ARM OHM		<i>Foundation</i> ESSENTIAL BUTT + THIGHS INK			
RHYTHM CYCLING	9:15-9:30 9:30-10:15						<i>Foundation</i> ABSOLUTE BEATS HAYES	<i>Foundation</i> ABSOLUTE BEATS AOM
PILATES REFORMER	9:30-10:00 10:00-11:00						<i>Foundation</i> ESSENTIAL FIT + TONE ART	<i>Foundation</i> ESSENTIAL ABS + ARM ANT P
PILATES REFORMER	10:00-10:30 10:30-11:30		<i>Foundation</i> ESSENTIAL BUTT + THIGHS OHM		<i>Foundation</i> ESSENTIAL FIT + TONE INK			
PILATES REFORMER	11:45-12:00 12:00-13:00	<i>Foundation</i> ESSENTIAL ABS + ARM JEAB		<i>Foundation</i> ESSENTIAL BUTT + THIGHS KUNGKING		<i>Foundation</i> ESSENTIAL FIT + TONE RISSA		
RHYTHM CYCLING	12:00-12:15 12:15-13:00		<i>Foundation</i> LUNCH BEATS KENG (T)		<i>Foundation</i> LUNCH BEATS PLA (T)			
RHYTHM CYCLING	14:15-14:30 14:30-15:15						<i>Foundation</i> ABSOLUTE BEATS HAYES	<i>Foundation</i> ABSOLUTE BEATS AOM
PILATES REFORMER	14:30-15:00 15:00-16:00						<i>Foundation</i> ESSENTIAL ABS + ARM ART	<i>Foundation</i> ESSENTIAL FIT + TONE ANT P
PILATES REFORMER	17:45-18:15 18:15-19:15	<i>Foundation</i> ESSENTIAL BUTT + THIGHS JEAB	<i>Foundation</i> ESSENTIAL ABS + ARM OHM	<i>Foundation</i> ESSENTIAL FIT + TONE KUNGKING	<i>Foundation</i> ESSENTIAL ABS + ARM INK	<i>Foundation</i> ESSENTIAL BUTT + THIGHS RISSA		
RHYTHM CYCLING	18:15-18:30 18:30-19:15	<i>Foundation</i> ABSOLUTE BEATS PLA (T)	<i>Foundation</i> ABSOLUTE BEATS JUSTIN	<i>Foundation</i> ABSOLUTE BEATS PLOU	<i>Foundation</i> ABSOLUTE BEATS KATIE	<i>Foundation</i> ABSOLUTE BEATS BOAT		
PILATES REFORMER	19:15-19:45 19:45-20:45	<i>Foundation</i> ESSENTIAL ABS + ARM JEAB	<i>Foundation</i> ESSENTIAL BUTT + THIGHS OHM	<i>Foundation</i> ESSENTIAL FIT + TONE KUNGKING	<i>Foundation</i> ESSENTIAL ABS + ARM INK			
RHYTHM CYCLING	19:30-19:45 19:45-20:30	<i>Foundation</i> ABSOLUTE BEATS PLA (T)		<i>Foundation</i> ABSOLUTE BEATS CHERIE				

ON-NUT STUDIO								
DATE		11-June	12-June	13-June	14-June	15-June	16-June	17-June
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PILATES REFORMER	7:30-8:30		ESSENTIAL BUTT + THIGHS INK		ESSENTIAL ABS + ARM GUBGIB			
YOGA	8:30-9:30	HATHA MON 60 min		GENTLE FLOW OAT 60 min		HOT (B) PLE 60 min	BRYCE CORE YOGA OAT 60 min	HATHA PAUL 60 min
PILATES REFORMER	8:30-9:00 9:00-10:00	<i>Foundation</i> ESSENTIAL FIT + TONE ARM	<i>Foundation</i> ESSENTIAL ABS + ARM INK	<i>Foundation</i> ESSENTIAL BUTT + THIGHS ANT P	<i>Foundation</i> ESSENTIAL FIT + TONE GUBGIB	<i>Foundation</i> ESSENTIAL ABS + ARM KUNGKING	<i>Foundation</i> ESSENTIAL BUTT + THIGHS BENZ	<i>Foundation</i> ESSENTIAL FIT + TONE INK
RHYTHM CYCLING	9:00-9:15 9:15-10:00	<i>Foundation</i> ABSOLUTE BEATS PLA (T)	<i>Foundation</i> ABSOLUTE BEATS KATIE	<i>Foundation</i> ABSOLUTE BEATS KENG (T)	<i>Foundation</i> ABSOLUTE BEATS PLOU	<i>Foundation</i> ABSOLUTE BEATS FAI	<i>Foundation</i> ABSOLUTE BEATS MARIA	<i>Foundation</i> ABSOLUTE BEATS D.GIFT
YOGA	10:00-11:15	HOT (A) MON 75 min	HATHA LEK 75 min	HOT (AB) OAT 75 min	GENTLE FLOW SOMCHAI 75 min	Vinyasa PLE 75 min	HOT (A) OAT 75 min	GENTLE FLOW PAUL 75 min
PILATES REFORMER	10:00-10:30 10:30-11:30						<i>Foundation</i> ESSENTIAL ABS + ARM BENZ	<i>Foundation</i> ESSENTIAL BUTT + THIGHS INK
PILATES REFORMER	13:30-14:00 14:00-15:00	<i>Foundation</i> ESSENTIAL ABS + ARM ARM		<i>Foundation</i> ESSENTIAL FIT + TONE ANT P		<i>Foundation</i> ESSENTIAL BUTT + THIGHS KUNGKING	<i>Foundation</i> ESSENTIAL FIT + TONE BENZ	<i>Foundation</i> ESSENTIAL ABS + ARM INK
YOGA	14:00-15:00		HOT (B) LEK 60 min		HOT FLOW SOMCHAI 60 min		HOT (AB) OAT (14:00-15:30)	HOT (B) PAUL (14:00-15:30)
RHYTHM CYCLING	14:45-15:00 15:00-15:45						<i>Foundation</i> ABSOLUTE BEATS MARIA	<i>Foundation</i> ABSOLUTE BEATS D.GIFT
PILATES REFORMER	17:45-18:15 18:15-19:15	<i>Foundation</i> ESSENTIAL FIT + TONE ARM	<i>Foundation</i> ESSENTIAL BUTT + THIGHS INK	<i>Foundation</i> ESSENTIAL ABS + ARM ANT P	<i>Foundation</i> ESSENTIAL BUTT + THIGHS GUBGIB	<i>Foundation</i> ESSENTIAL FIT + TONE KUNGKING		
YOGA	18:00-19:30	HOT (B) MON 90 min	HATHA LEK 90 min	HOT (A) OAT 90 min	Vinyasa SOMCHAI 90 min	Vinyasa PLE 90 min	HOT (AB) OAT (14:00-15:30)	HOT (B) PAUL (14:00-15:30)
RHYTHM CYCLING	18:15-18:30 18:30-19:15	<i>Foundation</i> ABSOLUTE BEATS BOAT	<i>Foundation</i> ABSOLUTE BEATS KATIE	<i>Foundation</i> ABSOLUTE BEATS KENG (T)	<i>Foundation</i> ABSOLUTE BEATS PLOU	<i>Foundation</i> ABSOLUTE BEATS FAI		
PILATES REFORMER	19:15-19:30 19:30-20:30	<i>Foundation</i> ESSENTIAL ABS + ARM ARM	<i>Foundation</i> ESSENTIAL FIT + TONE INK	<i>Foundation</i> ESSENTIAL BUTT + THIGHS ANT P	<i>Foundation</i> ESSENTIAL ABS + ARM GUBGIB			
RHYTHM CYCLING	19:30-19:45 19:45-20:30	<i>Foundation</i> ABSOLUTE BEATS BOAT		<i>Foundation</i> ABSOLUTE BEATS KENG (T)				
YOGA	19:45-20:45	GENTLE FLOW MON 60 min	HOT (A) LEK 60 min	HATHA OAT 60 min	HOT (B) SOMCHAI 60 min			

## ABSOLUTE YOU CLASS SCHEDULE

NANG-LIN-CHEE STUDIO								
DATE		11-June	12-June	13-June	14-June	15-June	16-June	17-June
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PILATES REFORMER	7:30-8:30	ESSENTIAL BUTT + THIGHS <i>INK</i>		ESSENTIAL FIT + TONE <i>ARM</i>				
YOGA	8:30-9:30						BRYCE CORE YOGA <i>LEK</i> 60 min	HATHA <i>MONICA</i> 60 min
PILATES REFORMER	8:30-9:00 9:00-10:00	<i>Foundation</i> ESSENTIAL FIT + TONE <i>INK</i>	<i>Foundation</i> ESSENTIAL ABS + ARM <i>LILY</i>	<i>Foundation</i> ESSENTIAL BUTT + THIGHS <i>ARM</i>	<i>Foundation</i> ESSENTIAL FIT + TONE <i>RACHEL</i>	<i>Foundation</i> ESSENTIAL ABS + ARM <i>PEWEE</i>	<i>Foundation</i> ESSENTIAL BUTT + THIGHS <i>KUNGKING</i>	<i>Foundation</i> ESSENTIAL FIT + TONE <i>BENZ</i>
RHYTHM CYCLING	9:00-9:15 9:15-10:00	<i>Foundation</i> ABSOLUTE BEATS <i>PLOY</i>	<i>Foundation</i> ABSOLUTE BEATS <i>D.GIFT</i>	<i>Foundation</i> ABSOLUTE BEATS <i>MEI</i>	<i>Foundation</i> ABSOLUTE BEATS <i>ADM</i>	<i>Foundation</i> ABSOLUTE BEATS <i>BIM</i>	<i>Foundation</i> ABSOLUTE BEATS <i>PEARL</i>	<i>Foundation</i> ABSOLUTE BEATS <i>MARIA</i>
YOGA	9:45-11:00	HOT (A) <i>DIA</i> 75 min	HATHA <i>PLE</i> 75 min	HOT (AB) <i>CANDY</i> 75 min	GENTLE FLOW <i>ARTIE</i> 75 min	Vinyasa <i>KWANG</i> 75 min	HOT (A) <i>LEK</i> 75 min	GENTLE FLOW <i>MONICA</i> 75 min
PILATES REFORMER	10:00-10:30 10:30-11:30						<i>Foundation</i> ESSENTIAL ABS + ARM <i>KUNGKING</i>	<i>Foundation</i> ESSENTIAL BUTT + THIGHS <i>BENZ</i>
YOGA	12:15-13:00		HF on the Go <i>PLE</i> 45 min		HF on the Go <i>ARTIE</i> 45 min			
PILATES REFORMER	13:30-14:00 14:00-15:00						<i>Foundation</i> ESSENTIAL FIT + TONE <i>KUNGKING</i>	<i>Foundation</i> ESSENTIAL ABS + ARM <i>BENZ</i>
YOGA	14:00-15:30						HOT (AB) <i>LEK</i> 90 min	HOT (B) <i>MONICA</i> 90 min
RHYTHM CYCLING	14:45-15:00 15:00-15:45						<i>Foundation</i> ABSOLUTE BEATS <i>PEARL</i>	<i>Foundation</i> ABSOLUTE BEATS <i>MARIA</i>
PILATES REFORMER	17:45-18:15 18:15-19:15	<i>Foundation</i> ESSENTIAL FIT + TONE <i>INK</i>	<i>Foundation</i> ESSENTIAL BUTT + THIGHS <i>LILY</i>	<i>Foundation</i> ESSENTIAL ABS + ARM <i>ARM</i>	<i>Foundation</i> ESSENTIAL BUTT + THIGHS <i>RACHEL</i>	<i>Foundation</i> ESSENTIAL FIT + TONE <i>PEWEE</i>		
YOGA	18:00-19:30	HOT (B) <i>DIA</i> 90 min	HATHA <i>PLE</i> 90 min	HOT (A) <i>CANDY</i> 90 min	Vinyasa <i>ARTIE</i> 90 min	HOT (AB) <i>KWANG</i> 90 min		
RHYTHM CYCLING	18:15-18:30 18:30-19:15	<i>Foundation</i> ABSOLUTE BEATS <i>PLOY</i>	<i>Foundation</i> ABSOLUTE BEATS <i>D.GIFT</i>	<i>Foundation</i> ABSOLUTE BEATS <i>MEI</i>	<i>Foundation</i> ABSOLUTE BEATS <i>ADM</i>	<i>Foundation</i> ABSOLUTE BEATS <i>BIM</i>		
PILATES REFORMER	19:15-19:30 19:30-20:30	<i>Foundation</i> ESSENTIAL ABS + ARM <i>INK</i>	<i>Foundation</i> ESSENTIAL FIT + TONE <i>LILY</i>	<i>Foundation</i> ESSENTIAL BUTT + THIGHS <i>ARM</i>	<i>Foundation</i> ESSENTIAL ABS + ARM <i>RACHEL</i>			
YOGA	19:45-20:45	GENTLE FLOW <i>DIA</i> 60 min		HATHA <i>CANDY</i> 60 min				