



ABSOLUTE YOU CLASS SCHEDULE

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



ABSOLUTE YOU CLASS SCHEDULE

AMARIN PLAZA STUDIO : RHYTHM CYCLING								
DATE		11-Sep	12-Sep	13-Sep	14-Sep	15-Sep	16-Sep	17-Sep
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
RHYTHM CYCLING	7:15-8:00	ABSOLUTE BEATS PEARL	ABSOLUTE BEATS MEW	ABSOLUTE BEATS LINDSEY	ABSOLUTE BEATS PLOY	ABSOLUTE BEATS AM		
RHYTHM CYCLING	8:30-8:45 8:45-9:30	<i>Foundation</i> ABSOLUTE BEATS ZUZI	ABSOLUTE BEATS LINDSEY	<i>Foundation</i> ABSOLUTE BEATS AM	ABSOLUTE BEATS ZUZI	<i>Foundation</i> ABSOLUTE BEATS PLOY		
RHYTHM CYCLING	9:00-9:15 9:15-10:00						ABSOLUTE BEATS DAN	<i>Foundation</i> ABSOLUTE BEATS JUSTIN
RHYTHM CYCLING	10:15-10:30 10:30-11:15						<i>Foundation</i> ABSOLUTE BEATS PEARL	ABSOLUTE BEATS GIFT
RHYTHM CYCLING	12:15-13:00	LUNCH BEATS JUSTIN	LUNCH BEATS KATIE	LUNCH BEATS D.GIFT	LUNCH BEATS DAN	LUNCH BEATS LINDSEY		
RHYTHM CYCLING	14:45-15:00 15:00-15:45						ABSOLUTE BEATS FAY	<i>Foundation</i> ABSOLUTE BEATS MIMI
RHYTHM CYCLING	15:45-17:15 90 min						COMBINATION CORE REFORM+CYCLING MICHAEL + FAY	
RHYTHM CYCLING <i>(Time Change)</i>	16:00-17:30 90 min							COMBINATION CYCLING+YOGA STRETCH JUSTIN
RHYTHM CYCLING	17:15-17:30 17:30-18:15	<i>Foundation</i> ABSOLUTE BEATS BOAT	ABSOLUTE BEATS MIMI	<i>Foundation</i> ABSOLUTE BEATS PLOY	ABSOLUTE BEATS LINDSEY	<i>Foundation</i> ABSOLUTE BEATS FAY		
RHYTHM CYCLING	18:30-19:15	ABSOLUTE BEATS JUSTIN	ABSOLUTE BEATS DAN	(18:30-19:30) BIG BEATS 60 LINDSEY	ABSOLUTE BEATS LINDSEY	ABSOLUTE BEATS FAY		
RHYTHM CYCLING	19:30-19:45 19:45-20:30	ABSOLUTE BEATS BOAT	<i>Foundation</i> ABSOLUTE BEATS KATIE	(19:45-20:30) ABSOLUTE BEATS MIMI	<i>Foundation</i> HIP HOP THURSDAY RIDE GIFT	ABSOLUTE BEATS LINDSEY		

ABSOLUTE YOU CLASS SCHEDULE

SILOM STUDIO								
DATE		11-Sep	12-Sep	13-Sep	14-Sep	15-Sep	16-Sep	17-Sep
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YOGA	7:00-7:45	HF on the Go JACKIE 45 min	HF on the Go PLE 45 min	HF on the Go KNOT 45 min	HF on the Go PETER 45 min	HF on the Go FU 45 min		
CORE BLAST	7:00-8:00	CORE SUSPEND BUTT + THIGHS STAMP		CORE SUSPEND ABS + ARM ANT P		CORE BLAST CARDIO JUDO		
PILATES REFORMER	7:00-8:00	ESSENTIAL FIT + TONE KAT		CIRCUIT ABS + ARM SUSIE		ESSENTIAL BUTT + THIGHS MAE		
CORE BLAST	8:00-8:15 8:15-9:15	<i>Foundation</i> CORE SUSPEND ABS + ARM STAMP		<i>Foundation</i> CORE BLAST CARDIO ANT P		CORE SUSPEND BUTT + THIGHS JUDO	CORE SUSPEND ABS + ARM RACHEL	CORE SUSPEND BUTT + THIGHS OHM
YOGA	8:15-9:15	HOT (B) JACKIE 60 min	HOT (A) PLE 60 min	HOT FLOW KNOT 60 min	HOT (AB) PETER 60 min	HOT (A) FU 60 min	HATHA PAUL (8:30-9:30)	HOT (A) BENZ (8:30-9:30)
PILATES REFORMER	8:30-9:00 9:00-10:00	ESSENTIAL ABS + ARM KAT	ESSENTIAL FIT + TONE MAE	<i>Foundation</i> ESSENTIAL BUTT + THIGHS SUSIE	YOGA STRETCHING ON REFORMER ANT	<i>Foundation</i> CIRCUIT BUTT + THIGHS MAE		
PILATES REFORMER	9:15-10:15						ESSENTIAL FIT + TONE RACHEL	ESSENTIAL ABS + ARMS OHM
YOGA	9:30-11:00	HOT (A) JACKIE 90 min	HOT (AB) PLE 90 min	HOT (AB) KNOT 90 min	HOT (B) PETER 90 min	HATHA FU 90 min	HOT (B) PAUL (9:45-11:15)	HOT (AB) BENZ (9:45-11:15)
PILATES REFORMER	10:15-10:45 10:45-11:45						<i>Foundation</i> ESSENTIAL ABS + ARM RACHEL	ESSENTIAL BUTT + THIGHS OHM
YOGA	12:15-13:00	HF on the Go JACKIE 45 min	HF on the Go PLE 45 min	HF on the Go KNOT 45 min	HF on the Go PETER 45 min	HF on the Go FU 45 min		
PILATES REFORMER	14:00-14:30 14:30-15:30		CIRCUIT BUTT + THIGHS MAE		<i>Foundation</i> ESSENTIAL FIT + TONE ANT		CIRCUIT BUTT + THIGHS RACHEL	<i>Foundation</i> ESSENTIAL FIT + TONE OHM
YOGA	14:30-16:00	HOT (B) KNOT 90 min		HOT (A) KWANG 90 min		HOT (AB) LEK 90 min	HOT (A) PAUL (15:30-17:00)	HOT (B) BENZ (15:30-17:00)
PILATES REFORMER	17:00-18:00	ESSENTIAL FIT + TONE KAT	ESSENTIAL ABS + ARM FAI P	CARDIO JUMPBOARD SUSIE	ESSENTIAL BUTT + THIGHS RJ	ESSENTIAL ABS + ARM MICHAEL		
YOGA	17:30-18:30	HOT (B) KNOT 60 min	HOT (AB) PETER 60 min	HATHA KWANG 60 min	Vinyasa PLE 60 min	HOT (A) LEK 60 min		
CORE BLAST	17:45-18:00 18:00-19:00	<i>Foundation</i> CORE SUSPEND WHOLE BODY STAMP	CORE SUSPEND ABS + ARM JUDO	<i>Foundation</i> CORE SUSPEND BUTT + THIGHS ANT P	CORE SUSPEND ABS + ARM ANT P	<i>Foundation</i> CORE SUSPEND BUTT + THIGHS JUDO		
PILATES REFORMER	18:00-18:15 18:15-19:15	CIRCUIT ABS + ARM ART	<i>Foundation</i> ESSENTIAL BUTT + THIGHS FAI P	CIRCUIT BUTT + THIGHS ANT	<i>Foundation</i> ESSENTIAL ABS + ARM RJ	ESSENTIAL FIT + TONE MICHAEL		
YOGA	18:45-20:15	Vinyasa KNOT 90 min	HOT (A) PETER 90 min	HOT (AB) KWANG 90 min	HOT (A) PLE 90 min	HATHA LEK 90 min		
CORE BLAST	19:00-19:15 19:15-20:15	<i>Foundation</i> CORE SUSPEND ABS + ARM STAMP	<i>Foundation</i> CORE SUSPEND BUTT + THIGHS JUDO	<i>Foundation</i> CORE SUSPEND ABS + ARM ANT P	<i>Foundation</i> CORE BLAST CARDIO ANT P	CORE SUSPEND ABS + ARM JUDO		
PILATES REFORMER	19:15-20:15	ESSENTIAL BUTT + THIGHS ART	CIRCUIT BUTT + THIGHS FAI P	ESSENTIAL ABS + ARM ANT	ESSENTIAL BUTT + THIGHS RJ	ESSENTIAL FIT + TONE MICHAEL		
PILATES REFORMER	20:15-21:15	ESSENTIAL FIT + TONE ART	ESSENTIAL ABS + ARM FAI P	ESSENTIAL BUTT + THIGHS ANT	CIRCUIT ABS + ARM RJ			
YOGA	20:30-21:30	HOT (A) KNOT 60 min	HOT (AB) PETER 60 min	HOT (B) KWANG 60 min	HATHA PLE 60 min			

ABSOLUTE YOU CLASS SCHEDULE

SUKHUMVIT STUDIO								
DATE		11-Sep	12-Sep	13-Sep	14-Sep	15-Sep	16-Sep	17-Sep
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YOGA	8:30-9:30		AB FIT WHOLE BODY PAUL 60 min		HOT (A) TING 60 min		HOT (AB) JACKIE 60 min	AB FIT GROUND LILY 60 min
PILATES REFORMER	8:30-9:30	CARDIO JUMPBOARD MICHAEL		ESSENTIAL ABS + ARM KAT		ESSENTIAL FIT + TONE JERALD	ESSENTIAL BUTT + THIGHS KAT	ESSENTIAL ABS + ARM ART
PILATES REFORMER	9:30-10:00	Foundation		Foundation		Foundation	Foundation	Foundation
	10:00-11:00	ESSENTIAL ABS + ARM MICHAEL	CIRCUIT ABS + ARM RJ	CIRCUIT BUTT + THIGHS KAT	H.I.I.T JENNIFER	ESSENTIAL BUTT + THIGHS JERALD	CIRCUIT ABS + ARM KAT	ESSENTIAL FIT + TONE ART
YOGA	9:45-11:15	HOT (B) SOMCHAI 90 min	HOT (AB) PAUL 90 min	HATHA JUSTIN 90 min	AB FIT GROUND TING (9:45-10:45)	HOT (A) PETER 90 min	HOT (B) MON 90 min	HOT (A) PAUL 90 min
CORE BLAST	10:00-10:15	Foundation		Foundation		Foundation		Foundation
	10:15-11:15	CORE BLAST TONE RJ	CORE BLAST CARDIO MICHAEL	CORE SUSPEND ABS + ARM JENNIFER	CORE SUSPEND BUTT + THIGHS OHM	CORE SUSPEND WHOLE BODY RACHEL	CORE SUSPEND ABS + ARM JACKIE	CORE SUSPEND BUTT + THIGHS LILY
PILATES REFORMER	11:15-12:15		CARDIO JUMPBOARD RJ		ESSENTIAL BUTT + THIGHS JENNIFER		YOGA STRETCHING ON REFORMER KAT	
YOGA	11:30-13:00	Vinyasa SOMCHAI 90 min	HATHA PAUL 90 min	YOGA PILATES JUSTIN 90 min	Vinyasa TING 90 min	AB FIT WHOLE BODY PETER (11:30-12:30)	Vinyasa MON 90 min	FORWARD BEND* PAUL 90 min
YOGA	14:00-15:30	HOT (A) SOMCHAI 90 min		AB FIT WHOLE BODY JUSTIN (14:00-15:00)		HOT (B) PETER 90 min	HOT (A) MON 90 min	HATHA PAUL 90 min
CORE BLAST	14:15-14:30						Foundation	
	14:30-15:30						CORE SUSPEND BUTT + THIGHS JACKIE	CORE SUSPEND ABS + ARM LILY
PILATES REFORMER	15:00-15:30						Foundation	
	15:30-16:30	CIRCUIT BUTT + THIGHS MICHAEL		ESSENTIAL ABS + ARM JEAB		ESSENTIAL FIT + TONE OHM	ESSENTIAL BUTT + THIGHS KAT	CIRCUIT BUTT + THIGHS ART
YOGA	17:00-18:00	AB FIT GROUND PAUL 60 min	HATHA AM 60 min	HOT (AB) LILY 60 min	HOT (B) BIG 60 min	HOT FLOW PETER 60 min	AB FIT WHOLE BODY MON (16:30-17:30)	HOT (AB) PAUL (16:30-18:00)
CORE BLAST	17:15-17:30	Foundation		Foundation				
	17:30-18:30	CORE SUSPEND ABS + ARM RJ		CORE BLAST SCULPT JENNIFER		CORE SUSPEND BUTT + THIGHS OHM		
PILATES REFORMER	18:00-18:15	Foundation	(18:00-19:00)	Foundation	(18:00-19:00)			
	18:15-19:15	ESSENTIAL BUTT + THIGHS MICHAEL	REFORMER BLEND RJ	ESSENTIAL FIT + TONE JEAB	CARDIO JUMPBOARD JENNIFER	CIRCUIT ABS + ARM JERALD		
YOGA	18:15-19:45	HOT (B) PAUL 90 min	HOT (A) AM 90 min	HOT (B) LILY 90 min	HOT (A) BIG 90 min	HOT (A) PETER 90 min		
CORE BLAST	18:30-18:45		Foundation		Foundation			
	18:45-19:45	CORE SUSPEND BUTT + THIGHS RJ	CORE BLAST TONE MICHAEL	CORE SUSPEND BUTT + THIGHS JENNIFER	CORE SUSPEND ABS + ARM OHM	CORE SUSPEND ABS + ARM OHM		
PILATES REFORMER	19:00-19:30	Foundation	Foundation		Foundation			
	19:30-20:30	CIRCUIT ABS + ARM MICHAEL	ESSENTIAL BUTT + THIGHS RJ	CIRCUIT BUTT + THIGHS JEAB	ESSENTIAL FIT + TONE JENNIFER			
YOGA	20:00-21:15	HOT (AB) PAUL 75 min	HOT (B) AM 75 min	HOT (A) LILY 75 min	HATHA / VINYASA BIG 75 min			

BEE HIVE STUDIO								
DATE		11-Sep	12-Sep	13-Sep	14-Sep	15-Sep	16-Sep	17-Sep
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PILATES/CORE BLAST	8:00-9:00	CORE SUSPEND ABS + ARM AKE	ESSENTIAL FIT + TONE JEAB	CORE SUSPEND WHOLE BODY OHM	CIRCUIT BUTT + THIGHS FAI P	ESSENTIAL FIT + TONE ANT	ESSENTIAL BUTT + THIGHS ART	CIRCUIT ABS + ARM JEAB
YOGA	9:00-10:30	HOT (AB) PLE 90 min	HATHA ARTIE 90 min	HOT (A) OAT 90 min	HATHA FU 90 min	YIN YANG SOMCHAI 90 min	HOT (AB) CAKE 90 min	HOT (B) LEK 90 min
PILATES/CORE BLAST	9:00-9:30	Foundation		Foundation		Foundation	Foundation	Foundation (9:15-9:30)
	9:30-10:30	ESSENTIAL BUTT + THIGHS AKE	CIRCUIT BUTT + THIGHS JEAB	ESSENTIAL FIT + TONE OHM	ESSENTIAL ABS + ARM FAI P	ESSENTIAL BUTT + THIGHS ANT	ESSENTIAL FIT + TONE ART	CORE SUSPEND WHOLE BODY JEAB
YOGA	11:00-12:30	HATHA PLE 90 min		HOT FLOW OAT 90 min		FORWARD BEND* SOMCHAI 90 min	HATHA CAKE 90 min	YIN YANG LEK 90 min
PILATES REFORMER	11:00-12:00	ESSENTIAL FIT + TONE AKE	ESSENTIAL ABS + ARM JEAB	ESSENTIAL BUTT + THIGHS OHM	ESSENTIAL FIT + TONE FAI P	ESSENTIAL ABS + ARM ANT	YOGA STRETCHING ON REFORMER ART	ESSENTIAL FIT + TONE JEAB
PILATES REFORMER	14:00-14:30						Foundation	Foundation
	14:30-15:30						ESSENTIAL ABS + ARM ART	ESSENTIAL BUTT + THIGHS JEAB
YOGA	14:30-16:00	HOT (A) PLE 90 min	HOT (AB) ARTIE 90 min	HATHA OAT 90 min	HOT (AB) FU 90 min	HOT (A) SOMCHAI 90 min	ARM BALANCE* CAKE 90 min	HOT (A) LEK 90 min
YOGA	16:30-17:45	HOT FLOW TING 75 min		HIP OPENER* CAKE 75 min		HOT (AB) SOMCHAI 75 min	HOT (A) CAKE 75 min	AB FIT GROUND LEK (16:30-17:30)
PILATES/CORE BLAST	17:15-17:30		Foundation		Foundation			
	17:30-18:30	ESSENTIAL ABS + ARM AKE	CORE SUSPEND BUTT + THIGHS JEAB	ESSENTIAL FIT + TONE OHM	CORE SUSPEND ABS + ARM FAI P	CORE SUSPEND BUTT + THIGHS ANT		
YOGA	18:00-19:30	HOT (AB) TING 90 min	HOT (B) ARTIE 90 min	HOT (A) CAKE 90 min	HATHA FU 90 min	YOGA PILATES SOMCHAI 90 min		
PILATES REFORMER	18:30-18:45	Foundation	Foundation		Foundation			
	18:45-19:45	ESSENTIAL BUTT + THIGHS AKE	ESSENTIAL FIT + TONE JEAB	ESSENTIAL ABS + ARM OHM	ESSENTIAL BUTT + THIGHS FAI P	ESSENTIAL FIT + TONE ANT		
YOGA	19:45-21:00	HATHA TING 75 min	INVERSION* ARTIE 75 min	AB FIT WHOLE BODY CAKE (19:45-20:45)	HOT FLOW FU 75 min			
PILATES REFORMER	19:45-20:45		ESSENTIAL ABS + ARM JEAB		ESSENTIAL FIT + TONE FAI P			

ABSOLUTE YOU CLASS SCHEDULE

PINKLAO STUDIO								
DATE		11-Sep	12-Sep	13-Sep	14-Sep	15-Sep	16-Sep	17-Sep
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YOGA	9:00-10:30	HOT (A) LILY 90 min	HOT (AB) KWANG 90 min	AB FIT GROUND TING (9:00-10:00)	HATHA SOMCHAI 90 min	HOT (A) PLE 90 min	HOT (AB) FU 90 min	HOT (A) OAT 90 min
CORE BLAST	9:15-9:30		Foundation		Foundation		Foundation	
	9:30-10:30		CORE SUSPEND BUTT + THIGHS AKE		CORE SUSPEND ABS + ARM JUDO		CORE SUSPEND ABS + ARM JUDO	
CORE BLAST	11:00-12:00	CORE SUSPEND ABS + ARM LILY		CORE SUSPEND WHOLE BODY STAMP		CORE SUSPEND BUTT + THIGHS ANT P		
YOGA	11:00-12:30		HOT (A) KWANG 90 min		HOT (AB) SOMCHAI 90 min		AB FIT GROUND FU (11:00-12:00)	HOT (A) OAT 90 min
YOGA	14:00-15:30	AB FIT WHOLE BODY FAI (14:00-15:00)	HATHA KWANG 90 min	HOT (AB) TING 90 min	AB FIT GROUND SOMCHAI (14:00-15:00)	HOT (AB) PLE 90 min	HATHA FU 90 min	YIN YANG OAT 90 min
CORE BLAST	14:15-14:30							Foundation
	14:30-15:30							CORE SUSPEND BUTT + THIGHS JUDO
YOGA	16:30-18:00						HOT (A) FU 90 min	HOT (AB) OAT 90 min
YOGA	17:30-18:45	YIN YANG LILY 75 min	BALANCING* FAI 75 min	HATHA TING 75 min	TWISTING* SOMCHAI 75 min	HATHA PLE 75 min		
CORE BLAST	17:45-18:00	Foundation		Foundation		Foundation		
	18:00-19:00	CORE SUSPEND WHOLE BODY FAI	CORE SUSPEND ABS + ARM AKE	CORE SUSPEND BUTT + THIGHS STAMP	CORE SUSPEND WHOLE BODY JUDO	CORE SUSPEND ABS + ARM ANT P		
CORE BLAST	19:00-19:15		Foundation		Foundation		Foundation	
	19:15-20:15		CORE SUSPEND BUTT + THIGHS FAI		CORE SUSPEND WHOLE BODY AKE		CORE SUSPEND ABS + ARM STAMP	
YOGA	19:00-20:15	HOT (AB) LILY 75 min	HOT (A) FAI 75 min	HOT (AB) TING 75 min	HOT (A) SOMCHAI 75 min	HOT (AB) PLE 75 min		

LADPRAO STUDIO								
DATE		11-Sep	12-Sep	13-Sep	14-Sep	15-Sep	16-Sep	17-Sep
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CORE BLAST	8:30-9:30						CORE SUSPEND ABS + ARM FAI	CORE SUSPEND BUTT + THIGHS JERALD
PILATES REFORMER	8:30-9:00	Foundation		Foundation			Foundation	
	9:00-10:00	ESSENTIAL FIT + TONE FAI P	ESSENTIAL ABS + ARM SUSIE	CIRCUIT BUTT + THIGHS AKE	ESSENTIAL ABS + ARM INK	ESSENTIAL FIT + TONE OHM	ESSENTIAL BUTT + THIGHS ANT	CIRCUIT ABS + ARM INK
YOGA	8:45-9:45						AB FIT WHOLE BODY KWANG 60 min	AB FIT GROUND FAR 60 min
CORE BLAST	9:45-10:00			Foundation			Foundation	
	10:00-11:00			CORE SUSPEND ABS + ARM FAI P			CORE SUSPEND BUTT + THIGHS FAI	
YOGA	10:00-11:30	HOT (A) AM 90 min	HOT (AB) LILY 90 min	HOT (AB) SOMCHAI 90 min	HOT (A) LEK 90 min	BACKBEND* CAKE 90 min	HOT (AB) KWANG 90 min	HOT (A) FAR 90 min
PILATES REFORMER	10:00-10:30							Foundation
	10:30-11:30							ESSENTIAL FIT + TONE ANT
YOGA	14:30-16:00	HOT (A) AM 90 min		HOT (A) SOMCHAI 90 min		HOT (AB) CAKE 90 min	HATHA KWANG 90 min	HOT FLOW FAR 90 min
PILATES REFORMER	17:15-18:15	CIRCUIT BUTT + THIGHS JEAB	ESSENTIAL ABS + ARM SUSIE	ESSENTIAL BUTT + THIGHS AKE	ESSENTIAL FIT + TONE INK	CIRCUIT ABS + ARM RACHEL		
YOGA	17:15-18:15	HATHA AM 60 min	HOT (A) LILY 60 min	HOT (AB) SOMCHAI 60 min	HOT (A) LEK 60 min	Vinyasa CAKE 60 min	HOT (A) KWANG (16:30-18:00)	HOT (AB) FAR (16:30-18:00)
CORE BLAST	17:30-18:30	CORE SUSPEND ABS + ARM FAI P	CORE SUSPEND BUTT + THIGHS STAMP	CORE SUSPEND WHOLE BODY FAI	CORE SUSPEND ABS + ARM MICHAEL			
PILATES REFORMER	18:15-18:30	Foundation		Foundation		Foundation		
	18:30-19:30	ESSENTIAL ABS + ARM JEAB	YOGA STRETCHING ON REFORMER SUSIE	ESSENTIAL FIT+TONE AKE	ESSENTIAL ABS + ARM INK	ESSENTIAL BUTT + THIGHS RACHEL		
YOGA	18:30-20:00	HOT (B) BENZ 90 min	FORWARD BEND* LILY 90 min	HOT (AB) SOMCHAI 90 min	Vinyasa LEK 90 min	HOT (A) CAKE 90 min		
CORE BLAST	18:45-19:00	Foundation		Foundation		Foundation		
	19:00-20:00	CORE SUSPEND BUTT + THIGHS FAI P	CORE BLAST CARDIO STAMP	CORE SUSPEND WHOLE BODY FAI	CORE SUSPEND BUTT + THIGHS MICHAEL	CORE SUSPEND ABS + ARM LILY		
PILATES REFORMER	19:30-20:30	ESSENTIAL FIT + TONE JEAB	ESSENTIAL BUTT + THIGHS SUSIE	ESSENTIAL ABS + ARM AKE	ESSENTIAL BUTT + THIGHS INK	ESSENTIAL FIT + TONE RACHEL		
YOGA	20:15-21:15	HOT (AB) BENZ 60 min	HOT (A) LILY 60 min	HATHA SOMCHAI 60 min	HOT (AB) LEK 60 min	HOT (A) CAKE 60 min		
PILATES REFORMER	20:30-21:30	ESSENTIAL BUTT + THIGHS JEAB	ESSENTIAL FIT + TONE SUSIE	ESSENTIAL BUTT + THIGHS AKE	ESSENTIAL ABS + ARM INK			

ABSOLUTE YOU CLASS SCHEDULE

CRYSTAL PARK STUDIO								
DATE		11-Sep	12-Sep	13-Sep	14-Sep	15-Sep	16-Sep	17-Sep
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YOGA	7:30-8:30	HATHA MON 60 min	HOT (AB) SOMCHAI 60 min	HOT (A) ARTIE 60 min	AB FIT WHOLE BODY KNOT 60 min	HOT (A) FAI 60 min	AB FIT GROUND OAT 60 min	HOT (A) FAI 60 min
PILATES REFORMER	8:00-8:30	Foundation		Foundation				
	8:30-9:30	ESSENTIAL ABS + ARM ANT	ESSENTIAL ABS + ARM ART	CIRCUIT BUTT + THIGHS JERALD	CIRCUIT ABS + ARM SUSIE	ESSENTIAL BUTT + THIGHS INK	ESSENTIAL FIT + TONE OHM	CIRCUIT BUTT + THIGHS MICHAEL
YOGA	8:45-9:45	HOT (A) MON 60 min	AB FIT WHOLE BODY SOMCHAI 60 min	HOT (AB) ARTIE 60 min	HATHA KNOT 60 min	HATHA FAI 60 min	HOT (A) OAT 60 min	AB FIT WHOLE BODY FAI 60 min
CORE BLAST	8:15-8:30		Foundation		Foundation			Foundation
	8:30-9:30	CORE SUSPEND BUTT + THIGHS JUDO	CORE BLAST SCULPT ANT P	CORE SUSPEND ABS + ARM FAI P	CORE BLAST TONE STAMP	CORE SUSPEND BUTT + THIGHS STAMP	CORE SUSPEND WHOLE BODY CANCELLED	CORE SUSPEND BUTT + THIGHS CANCELLED
PILATES REFORMER	9:45-10:15		Foundation		Foundation		(9:45-10:45)	(9:45-10:45)
	10:15-11:15	CIRCUIT BUTT + THIGHS ANT	ESSENTIAL FIT + TONE ART	ESSENTIAL ABS + ARM JERALD	ESSENTIAL BUTT + THIGHS SUSIE	ESSENTIAL ABS + ARM INK	CARDIO JUMPBOARD OHM	ESSENTIAL FIT + TONE MICHAEL
YOGA	10:30-12:00	Vinyasa MON 90 min	HOT FLOW SOMCHAI 90 min	HATHA ARTIE 90 min	HOT (AB) KNOT 90 min	HOT (A) FAI 90 min	HOT (AB) LEK 90 min	HATHA FAI 90 min
PILATES REFORMER	10:45-11:15		(11:30-12:30)	(11:30-12:30)	(11:30-12:30)		Foundation	
	11:15-12:15		ESSENTIAL BUTT + THIGHS ART	YOGA STRETCHING ON REFORMER JERALD	ESSENTIAL FIT + TONE SUSIE		ESSENTIAL BUTT + THIGHS OHM	CIRCUIT ABS + ARM MICHAEL
YOGA	14:00-15:30		HOT (AB) BIG 90 min		Vinyasa KNOT 90 min		Vinyasa LEK 90 min	HOT (A) CAKE 90 min
CORE BLAST	14:15-14:30						Foundation	
	14:30-15:30						CORE SUSPEND BUTT + THIGHS CANCELLED	CORE SUSPEND ABS + ARM CANCELLED
PILATES REFORMER	15:30-16:00							Foundation
	16:00-17:00						CIRCUIT ABS + ARM OHM	ESSENTIAL BUTT + THIGHS MICHAEL
YOGA	17:00-18:00	HOT (A) ARTIE 60 min	Vinyasa BIG 60 min	HOT (AB) MON 60 min	HATHA OAT 60 min	Vinyasa KWANG 60 min	HOT (A) LEK (16:30-18:00)	HIP OPENER* CAKE (16:30-18:00)
PILATES REFORMER	17:00-17:30		Foundation		Foundation			
	17:30-18:30	ESSENTIAL FIT + TONE ANT	ESSENTIAL BUTT + THIGHS ART	ESSENTIAL FIT + TONE JERALD	ESSENTIAL ABS + ARM SUSIE	CIRCUIT BUTT + THIGHS INK		
CORE BLAST	18:30-18:45		Foundation		Foundation			
	18:45-19:45	CORE SUSPEND ABS + ARM JUDO	CORE BLAST TONE ANT P	CORE SUSPEND WHOLE BODY FAI P	CORE SUSPEND BUTT + THIGHS STAMP	CORE SUSPEND ABS + ARM STAMP		
PILATES REFORMER	18:30-19:00	Foundation		Foundation				
	19:00-20:00	ESSENTIAL BUTT + THIGHS ANT	CIRCUIT ABS + ARM ART	ESSENTIAL ABS + ARM JERALD	ESSENTIAL BUTT + THIGHS SUSIE	ESSENTIAL FIT + TONE INK		
YOGA	18:30-19:45	HATHA ARTIE 75 min	HOT (AB) BIG 75 min	HOT (A) MON 75 min	HOT (AB) OAT 75 min	HOT (AB) KWANG 75 min		
YOGA	20:00-21:00	HOT (AB) ARTIE 60 min	AB FIT GROUND BIG 60 min	HATHA MON 60 min	HOT (A) OAT 60 min	HOT (A) KWANG 60 min		



ABSOLUTE YOU CLASS SCHEDULE

COMMONS STUDIO								
DATE		11-Sep	12-Sep	13-Sep	14-Sep	15-Sep	16-Sep	17-Sep
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PILATES REFORMER	8:00-8:30	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>
	8:30-9:30	ESSENTIAL FIT & TONE	ESSENTIAL ABS + ARMS	ESSENTIAL BUTT + THIGHS ART	ESSENTIAL FIT & TONE JEAB	ESSENTIAL ABS + ARMS JENNIFER	ESSENTIAL BUTT + THIGHS MAE	ESSENTIAL FIT & TONE JENNIFER
RHYTHM CYCLING	9:15-9:30	<i>Foundation</i>	<i>(9:00-9:45)</i>	<i>Foundation</i>	<i>(9:00-9:45)</i>	<i>(9:30-10:30)</i>		
	9:30-10:15	ABSOLUTE BEATS FAY	ABSOLUTE BEATS PLOU	ABSOLUTE BEATS DAN	ABSOLUTE BEATS BOAT	BIG BEATS 60 DAN		
RHYTHM CYCLING	9:30-9:45						<i>Foundation</i>	
	9:45-10:30						ABSOLUTE BEATS GIFT	ABSOLUTE BEATS PEARL
PILATES REFORMER	9:30-10:00	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>
	10:00-11:00	ESSENTIAL ABS + ARMS INK	ESSENTIAL BUTT + THIGHS KAN P	ESSENTIAL FIT + TONE ART	CIRCUIT ABS + ARMS JEAB	ESSENTIAL FIT + TONE JENNIFER	CIRCUIT ABS + ARMS MAE	ESSENTIAL BUTT + THIGHS JENNIFER
RHYTHM CYCLING	10:45-11:00		<i>Foundation</i>		<i>Foundation</i>			
	11:00-11:45	ABSOLUTE BEATS DAN	ABSOLUTE BEATS D.GIFT	ABSOLUTE BEATS ZUZI	ABSOLUTE BEATS PLOU	ABSOLUTE BEATS D.GIFT		
RHYTHM CYCLING	11:00-11:15							<i>Foundation</i>
	11:15-12:00						ABSOLUTE BEATS LINDSEY	ABSOLUTE BEATS PEARL
RHYTHM CYCLING	14:00-14:15	<i>Foundation</i>						<i>(14:00-15:30)</i>
	14:15-15:00	ABSOLUTE BEATS CHERIE		ABSOLUTE BEATS PLOU				COMBINATION CORE REFORM+CYCLING JENNIFER + FAY
PILATES REFORMER	15:00-16:00						CIRCUIT BUTT + THIGHS MAE	ESSENTIAL ABS + ARMS JENNIFER
RHYTHM CYCLING	16:30-16:45						<i>Foundation</i>	<i>(16:30-17:30)</i>
	16:45-17:30						ABSOLUTE BEATS LINDSEY	BIG BEATS 60 FAY
RHYTHM CYCLING	18:15-18:30	<i>Foundation</i>		<i>Foundation</i>		<i>Foundation</i>		
	18:30-19:15	ABSOLUTE BEATS DAN	ABSOLUTE BEATS LINDSEY	ABSOLUTE BEATS JUSTIN	ABSOLUTE BEATS MIMI	ABSOLUTE BEATS BOAT		
PILATES REFORMER	18:00-18:30	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>		
	18:30-19:30	ESSENTIAL BUTT + THIGHS INK	ESSENTIAL FIT + TONE KAN P	ESSENTIAL ABS + ARMS ART	ESSENTIAL BUTT + THIGHS JEAB	ESSENTIAL BUTT + THIGHS JENNIFER		
RHYTHM CYCLING	19:30-19:45		<i>Short Foundation</i>					
	19:45-20:30	ABSOLUTE BEATS GIFT	ABSOLUTE BEATS LINDSEY	ABSOLUTE BEATS JUSTIN				
PILATES REFORMER	19:30-19:45	<i>Short Foundation</i>	<i>Short Foundation</i>	<i>Short Foundation</i>	<i>Short Foundation</i>			
	19:45-20:45	ESSENTIAL ABS + ARMS	ESSENTIAL BUTT + THIGHS	ESSENTIAL FIT + TONE ART	ESSENTIAL ABS + ARMS JEAB			

JAS URBAN STUDIO								
DATE		11-Sep	12-Sep	13-Sep	14-Sep	15-Sep	16-Sep	17-Sep
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PILATES REFORMER	7:30-8:00	<i>Foundation</i>		<i>Foundation</i>		<i>Foundation</i>		
	8:00-9:00	ESSENTIAL ABS + ARM SUSIE		ESSENTIAL FIT + TONE KAN P		ESSENTIAL BUTT + THIGHS KAN P		
PILATES REFORMER	8:00-8:30		<i>Foundation</i>		<i>Foundation</i>		<i>Foundation</i>	<i>Foundation</i>
	8:30-9:30		ESSENTIAL BUTT + THIGHS KAT		ESSENTIAL ABS + ARM AKE		ESSENTIAL FIT + TONE INK	ESSENTIAL ABS + ARM FAI P
RHYTHM CYCLING	8:15-8:30	<i>Foundation</i>		<i>Foundation</i>		<i>Foundation</i>		
	8:30-9:15	ABSOLUTE BEATS KATIE		ABSOLUTE BEATS D.GIFT		ABSOLUTE BEATS BIM		
RHYTHM CYCLING	8:45-9:00		<i>Foundation</i>		<i>Foundation</i>		<i>Foundation</i>	<i>Foundation</i>
	9:00-9:45		ABSOLUTE BEATS DAN		ABSOLUTE BEATS PLA (T)		ABSOLUTE BEATS JUSTIN	ABSOLUTE BEATS BOAT
PILATES REFORMER	9:30-10:00			<i>Foundation</i>				
	10:00-11:00	ESSENTIAL FIT + TONE SUSIE	ESSENTIAL ABS + ARM KAT	ESSENTIAL BUTT + THIGHS KAN P	ESSENTIAL FIT + TONE AKE	ESSENTIAL ABS + ARM KAN P	ESSENTIAL ABS + ARM INK	ESSENTIAL BUTT + THIGHS FAI P
YOGA	10:00-11:30	HOT (A) LEK 90 min	HATHA TING 90 min	HOT (B) PLE 90 min	Vinyasa KWANG 90 min	HOT (AB) OAT 90 min	HOT (A) AM 90 min	HOT (AB) ARTIE 90 min
	14:30-15:30	HOT (A) LEK 60 min		Vinyasa PLE 60 min		HATHA OAT 60 min	HOT (AB) AM (14:30-16:00)	AB FIT GROUND ARTIE 60 min
RHYTHM CYCLING	14:15-14:30						<i>Foundation</i>	<i>Foundation</i>
	14:30-15:15						ABSOLUTE BEATS CHERIE	ABSOLUTE BEATS MEW
PILATES REFORMER	14:30-15:00		<i>Foundation</i>		<i>Foundation</i>		<i>Foundation</i>	<i>Foundation</i>
	15:00-16:00		ESSENTIAL ABS + ARM KAT		ESSENTIAL FIT + TONE AKE		ESSENTIAL BUTT + THIGHS INK	ESSENTIAL FIT + TONE FAI P
PILATES REFORMER	17:45-18:15	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>		
	18:15-19:15	ESSENTIAL BUTT + THIGHS SUSIE	ESSENTIAL FIT + TONE KAT	ESSENTIAL ABS + ARM KAN P	ESSENTIAL BUTT + THIGHS AKE	ESSENTIAL ABS + ARM KAN P		
RHYTHM CYCLING	18:15-18:30		<i>Foundation</i>		<i>Foundation</i>			
	18:30-19:15		ABSOLUTE BEATS ZUZI		ABSOLUTE BEATS D.GIFT			
YOGA	18:00-19:30	Vinyasa LEK 90 min	HOT (A) TING 90 min	HOT (AB) PLE 90 min	HATHA KWANG 90 min	HOT (A) OAT 90 min		
	18:30-18:45	<i>Foundation</i>		<i>Foundation</i>		<i>Foundation</i>		
RHYTHM CYCLING	18:45-19:30	ABSOLUTE BEATS PLOU		ABSOLUTE BEATS BIM		ABSOLUTE BEATS CHERIE		
	19:15-19:45	<i>Foundation</i>		<i>Foundation</i>				
PILATES REFORMER	19:45-20:45	ESSENTIAL FIT + TONE SUSIE	ESSENTIAL BUTT + THIGHS KAT	ESSENTIAL BUTT + THIGHS KAN P	ESSENTIAL ABS + ARM AKE			
	19:30-19:45		<i>Foundation</i>		<i>Foundation</i>			
RHYTHM CYCLING	19:45-20:30		ABSOLUTE BEATS ZUZI		ABSOLUTE BEATS BIM			
	19:45-20:45		HATHA TING 60 min		HOT (A) KWANG 60 min			