



## ABSOLUTE YOU CLASS SCHEDULE

AMARIN PLAZA STUDIO								
DATE		12-Mar	13-Mar	14-Mar	15-Mar	16-Mar	17-Mar	18-Mar
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 CANDY 45 min	Pilates on the Go KNOT 45 min	HF on the Go HARRISON 45 min	HF on the Go SHANTI 45 min		
PILATES REFORMER	7:15-8:15	CIRCUIT ABS + ARMS MAE	ESSENTIAL FIT + TONE KAT	CARDIO JUMPBOARD 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 KNOT 90 min		BACKBEND* SHANTI 90 min		CORE STRENGTH* MON (7:30-8:30)
CORE BLAST	8:30-9:30	CORE SUSPEND BUTT + THIGHS STAMP	CORE SUSPEND ABS + ARMS JACKIE	CORE BALST SCULPT JUDO	CORE SUSPEND BUTT + THIGHS LILY	CORE SUSPEND ABS + ARM RJ		
PILATES REFORMER	8:30-9:30	ESSENTIAL BUTT + THIGHS MAE		ESSENTIAL FIT + TONE RJ		YOGA STRETCHING ON REFORMER RISSA		
PILATES REFORMER	8:30-9:00 9:00-10:00		Foundation ESSENTIAL ABS + ARMS KAT		Foundation ESSENTIAL BUTT + THIGHS MAE		ESSENTIAL BUTT + THIGHS PEWEE	CIRCUIT ABS + ARMS KAT
YOGA	8:45-9:45						AB FIT WHOLE BODY PETER 60 min	PILATES MON 60 min
CORE BLAST	9:00-10:00						CORE SUSPEND ABS + ARM JERALD	CORE SUSPEND BUTT + THIGHS PEWEE
PILATES REFORMER	9:45-10:45	REFORMER BLEND MAE		CIRCUIT BUTT + THIGHS RJ		ESSENTIAL FIT + TONE RJ		
YOGA	10:00-11:30	HOT (B) HARRISON 90 min	HOT (A) CANDY 90 min	HOT (AB) KNOT 90 min	HOT (A) HARRISON 90 min	HOT (AB) MON 90 min	HOT (B) DIA 90 min	HOT (A) HARRISON 90 min
PILATES REFORMER	10:00-10:30 10:30-11:30						Foundation ESSENTIAL ABS + ARM PEWEE	Foundation ESSENTIAL FIT + TONE KAT
YOGA	11:00-12:30 CB studio						HIP OPENER* PETER 90 min	YOGA PILATES MON 90 min
PILATES REFORMER	11:45-12:45						ESSENTIAL FIT + TONE PEWEE	ESSENTIAL ABS + ARM PEWEE
YOGA	12:15-13:00	HF on the Go LUKE 45 min	HF on the Go CANDY 45 min	HF on the Go PAUL 45 min	HF on the Go HARRISON 45 min	HF on the Go MON 45 min		
PILATES REFORMER	12:15-13:15		ESSENTIAL FIT + TONE KAT		ESSENTIAL BUTT + THIGHS MAE			
CORE BLAST	13:45-14:00 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 PEWEE	ESSENTIAL FIT + TONE KAT
YOGA	14:30-16:00	AB FIT WHOLE BODY HARRISON (14:30-15:30)	HOT (A) CANDY 90 min	HOT (AB) MON 90 min	AB FIT GROUND PETER (14:30-15:30)	HOT (A) LILY 90 min	HOT (AB) DIA 90 min	HOT (B) HARRISON 90 min
YOGA	15:15-16:45 CB studio						YIN YANG PETER 90 min	Vinyasa MON 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 SHANTI 60 min	HOT (A) LUKE 60 min	GENTLE FLOW MON 60 min	INVERSION* PETER 60 min	AB FIT WHOLE BODY MON 60 min	HOT (A) DIA (16:30-18:00)	AB FIT GROUND HARRISON (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 JEAB	ESSENTIAL FIT + TONE RISSA		
CORE BLAST	17:45-18:00 18:00-19:00	CORE SUSPEND BUTT + THIGHS LILY	Foundation CORE SUSPEND ABS + ARM JACKIE	CORE SUSPEND WHOLE BODY JUDO	Foundation CORE SUSPEND BUTT + THIGHS LILY	CORE BLAST TONE RJ		
YOGA	18:00-19:30	HOT (A) HARRISON 90 min	YOGA PILATES LUKE (18:00-19:00)	HOT (B) PAUL 90 min	BRYCE CORE YOGA PETER (18:00-19:00)	HOT (AB) LILY 90 min		
PILATES REFORMER	17:45-18:00 18:00-19:00	ESSENTIAL BUTT + THIGHS JENNIFER	Foundation ESSENTIAL FIT + TONE JERALD	CIRCUIT ABS + ARMS MAE	Foundation ESSENTIAL BUTT + THIGHS JEAB	CIRCUIT BUTT + THIGHS RISSA		
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	CORE STRENGTH* SHANTI 90 min	Vinyasa LUKE 90 min	ARM BALANCE* MON 90 min	Vinyasa PETER 90 min	HATHA MON 90 min		
PILATES REFORMER	19:10-20:10	ESSENTIAL FIT + TONE JENNIFER	CIRCUIT BUTT + THIGHS KATE	ESSENTIAL BUTT + THIGHS MAE	ESSENTIAL ABS + ARM JEAB	ESSENTIAL FIT + TONE RISSA		
YOGA	19:45-21:15	HOT (A) HARRISON 90 min		HOT (AB) PAUL 90 min		HOT (B) LILY 90 min		
PILATES REFORMER	20:15-21:15	ESSENTIAL BUTT + THIGHS JENNIFER	ESSENTIAL ABS + ARM KATE	ESSENTIAL FIT + TONE MAE	ESSENTIAL BUTT + THIGHS JEAB	ESSENTIAL ABS + ARM RISSA		



## ABSOLUTE YOU CLASS SCHEDULE

AMARIN PLAZA STUDIO : RHYTHM CYCLING								
DATE		12-Mar	13-Mar	14-Mar	15-Mar	16-Mar	17-Mar	18-Mar
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
RHYTHM CYCLING	7:15-8:00	ABSOLUTE BEATS MEW	ABSOLUTE BEATS D.GIFT	ABSOLUTE BEATS GIFT	ABSOLUTE BEATS MEW	ABSOLUTE BEATS GIFT		
RHYTHM CYCLING	8:30-8:45	<i>Foundation</i>		<i>Foundation</i>		<i>Foundation</i>		
	8:45-9:30	ABSOLUTE BEATS PEARL	ABSOLUTE BEATS SUNNY	ABSOLUTE BEATS PLOY	ABSOLUTE BEATS PLOY	ABSOLUTE BEATS CIARA		
RHYTHM CYCLING	9:00-9:15							<i>Foundation</i>
	9:15-10:00						ABSOLUTE BEATS DAN	ABSOLUTE BEATS SUNNY
RHYTHM CYCLING	10:15-10:30						<i>Foundation</i>	
	10:30-11:15						ABSOLUTE BEATS MEI	ABSOLUTE BEATS SUNNY
RHYTHM CYCLING	12:15-13:00	LUNCH BEATS JUSTIN	LUNCH BEATS SUNNY	LUNCH BEATS CIARA	LUNCH BEATS DAN	LUNCH BEATS CHERIE		
RHYTHM CYCLING	14:45-15:00							<i>Foundation</i>
	15:00-15:45						ABSOLUTE BEATS CIARA	ABSOLUTE BEATS JUSTIN
RHYTHM CYCLING	16:00-16:15						<i>Foundation</i>	
	16:15-17:00						ABSOLUTE BEATS CIARA	ABSOLUTE BEATS JUSTIN
RHYTHM CYCLING	17:15-17:30	<i>Foundation</i>		<i>Foundation</i>		<i>Foundation</i>		
	17:30-18:15	Beyonce VS Jay Z JUSTIN	ABSOLUTE BEATS D.GIFT	ABSOLUTE BEATS MEK	ABSOLUTE BEATS JAMIE	ABSOLUTE BEATS MEK		
RHYTHM CYCLING	18:30-19:15			<i>(18:30-19:30)</i>				
		ABSOLUTE BEATS SUNNY	ABSOLUTE BEATS DAN	BIG BEATS 60 CIARA	ABSOLUTE BEATS PEARL	ABSOLUTE BEATS CIARA		
RHYTHM CYCLING	19:30-19:45		<i>Foundation</i>	<i>(19:45-20:30)</i>	<i>Foundation</i>			
	19:45-20:30	ABSOLUTE BEATS SUNNY	ABSOLUTE BEATS PEARL	ABSOLUTE BEATS MEK	ABSOLUTE BEATS JAMIE	ABSOLUTE BEATS MEK		

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

## ABSOLUTE YOU CLASS SCHEDULE

EXCHANGE TOWER STUDIO								
DATE		12-Mar	13-Mar	14-Mar	15-Mar	16-Mar	17-Mar	18-Mar
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YOGA	7:00-7:45		HF on the Go SHANTI 45 min		HF on the Go CANDY 45 min			
PILATES REFORMER	7:00-7:15 7:15-8:15		Foundation ESSENTIAL FIT + TONE RISSA		Foundation ESSENTIAL ABS + ARM KAT			
YOGA	8:30-9:30	GENTLE FLOW SOMCHAI 60 min	AB FIT GROUND SHANTI 60 min	HATHA JUSTIN 60 min	HOT (A) CANDY 60 min	BRYCE CORE YOGA PAUL 60 min	HOT (AB) MON 60 min	GENTLE FLOW PAUL 60 min
PILATES REFORMER	8:30-9:30	CIRCUIT ABS + ARM RJ		ESSENTIAL ABS + ARM PEWEE		ESSENTIAL FIT + TONE JERALD	CIRCUIT BUTT + THIGHS RISSA	ESSENTIAL ABS + ARM JEAB
RHYTHM CYCLING	9:00-9:15 9:15-10:00	Foundation ABSOLUTE BEATS PLOU	Foundation ABSOLUTE BEATS MEI	Foundation ABSOLUTE BEATS MIMI	Foundation ABSOLUTE BEATS D.GIFT	Foundation ABSOLUTE BEATS JAMIE	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 RISSA	Foundation ESSENTIAL FIT + TONE PEWEE	CIRCUIT BUTT + THIGHS KAT	Foundation ESSENTIAL ABS + ARM JERALD	Foundation ESSENTIAL FIT + TONE RISSA	Foundation ESSENTIAL BUTT + THIGHS JEAB
YOGA	10:00-11:30	Vinyasa SOMCHAI 90 min	HATHA SHANTI 90 min	YOGA PILATES JUSTIN 90 min	Vinyasa CANDY 90 min	HOT (A) PAUL 90 min	BACKBEND* MON 90 min	HOT (A) PAUL 90 min
PILATES REFORMER	11:30-12:00 12:00-13:00	Foundation ESSENTIAL FIT + TONE RJ		Foundation ESSENTIAL ABS + ARM PEWEE		Foundation ESSENTIAL BUTT + THIGHS MAE		
RHYTHM CYCLING	12:15-13:00		LUNCH BEATS CHERIE		LUNCH BEATS PLOU			
YOGA	12:15-13:00	HF on the Go SOMCHAI 45 min		HF on the Go JUSTIN 45 min		HF on the Go PAUL 45 min		
YOGA	14:00-15:30						HOT (A) MON 90 min	HATHA PAUL 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 RISSA		ESSENTIAL ABS + ARM KAT		Foundation ESSENTIAL BUTT + THIGHS RISSA	CIRCUIT ABS + ARM JEAB
RHYTHM CYCLING	17:15-17:30 17:30-18:15	Foundation ABSOLUTE BEATS MIMI		Foundation ABSOLUTE BEATS PLOU		Foundation ABSOLUTE BEATS AOM		
YOGA	17:30-18:30	AB FIT GROUND BENZ 60 min	HATHA PETER 60 min	HOT (AB) CAKE 60 min	HOT (B) PAUL 60 min	HOT FLOW PAUL 60 min	AB FIT WHOLE BODY MON (16:30-17:30)	
PILATES REFORMER	18:00-18:30 18:30-19:30	Foundation ESSENTIAL ABS + ARM RJ	Foundation ESSENTIAL BUTT + THIGHS RISSA	Foundation ESSENTIAL FIT + TONE JENNIFER	Foundation ESSENTIAL ABS + ARM KAT	Foundation ESSENTIAL FIT + TONE JERALD		
RHYTHM CYCLING	18:30-18:45 18:45-19:30	Foundation ABSOLUTE BEATS MIMI	Foundation ABSOLUTE BEATS MEI	Foundation ABSOLUTE BEATS SUNNY	Foundation ABSOLUTE BEATS JUSTIN	Foundation ABSOLUTE BEATS JAMIE		
YOGA	18:45-20:00	HOT (B) BENZ 75 min	HOT (A) PETER 75 min	HOT (B) CAKE 75 min	HOT (A) PAUL 75 min	HOT (A) PAUL 75 min		
PILATES REFORMER	19:30-20:00 20:00-21:00	Foundation ESSENTIAL BUTT + THIGHS RJ	Foundation ESSENTIAL ABS + ARM RISSA	Foundation ESSENTIAL BUTT + THIGHS JENNIFER	Foundation ESSENTIAL FIT + TONE KAT	Foundation ESSENTIAL ABS + ARM JERALD		
RHYTHM CYCLING	19:45-20:00 20:00-20:45		Foundation ABSOLUTE BEATS AOM		Foundation ABSOLUTE BEATS JUSTIN			
YOGA	20:15-21:15	HOT (AB) BENZ 60 min	HOT (B) PETER 60 min	HOT (A) CAKE 60 min	HATHA / VINYASA PAUL 60 min			

BEE HIVE STUDIO								
DATE		12-Mar	13-Mar	14-Mar	15-Mar	16-Mar	17-Mar	18-Mar
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PILATES/CORE BLAST	8:00-9:00	CORE SUSPEND ABS + ARM PEWEE	ESSENTIAL FIT + TONE JEAB	CORE SUSPEND WHOLE BODY AKE	CIRCUIT BUTT + THIGHS STAMP	ESSENTIAL FIT + TONE ANT	ESSENTIAL BUTT + THIGHS INK	CIRCUIT ABS + ARM AKE
YOGA	9:00-10:30	GENTLE FLOW PLE 90 min	HATHA CAKE 90 min	HOT (A) CANDY 90 min	HATHA BENZ 90 min	YIN YANG SOMCHAI 90 min	HOT (AB) ARTIE 90 min	HOT (B) DIA 90 min
PILATES/CORE BLAST	9:00-9:30 9:30-10:30	Foundation ESSENTIAL BUTT + THIGHS PEWEE	CIRCUIT BUTT + THIGHS JEAB	Foundation ESSENTIAL FIT + TONE AKE	ESSENTIAL ABS + ARM STAMP	Foundation ESSENTIAL BUTT + THIGHS ANT	Foundation ESSENTIAL FIT + TONE INK	Foundation (9:15-9:30) CORE SUSPEND WHOLE BODY AKE
YOGA	11:00-12:30	HATHA PLE 90 min		HOT FLOW CANDY 90 min		BACKBEND* SOMCHAI 90 min	HATHA ARTIE 90 min	YIN YANG DIA 90 min
PILATES REFORMER	11:00-12:00	ESSENTIAL FIT + TONE PEWEE	ESSENTIAL ABS + ARM JEAB	ESSENTIAL BUTT + THIGHS AKE	ESSENTIAL FIT + TONE STAMP	ESSENTIAL ABS + ARM ANT	YOGA STRETCHING ON REFORMER INK	ESSENTIAL FIT + TONE AKE
PILATES REFORMER	14:00-14:30 14:30-15:30						Foundation ESSENTIAL ABS + ARM INK	Foundation ESSENTIAL BUTT + THIGHS AKE
YOGA	14:30-16:00	HOT (A) PLE 90 min	HOT (AB) CAKE 90 min	HATHA CANDY 90 min	HOT (AB) BENZ 90 min	HOT (A) SOMCHAI 90 min	FORWARD BEND* ARTIE 90 min	HATHA DIA 90 min
YOGA	16:30-17:45	HOT FLOW ARTIE 75 min		BALANCING* KWANG 75 min		HOT (AB) SOMCHAI 75 min	GENTLE FLOW ARTIE 75 min	HOT (A) DIA 75 min
PILATES/CORE BLAST	17:15-17:30 17:30-18:30		Foundation CORE SUSPEND BUTT + THIGHS JEAB	ESSENTIAL FIT + TONE AKE	Foundation CORE SUSPEND ABS + ARM STAMP	CORE SUSPEND BUTT + THIGHS ANT		
YOGA	18:00-19:30	HOT (AB) ARTIE 90 min	HOT (B) FAI 90 min	HOT (A) KWANG 90 min	HATHA BENZ 90 min	YOGA PILATES SOMCHAI 90 min		
PILATES REFORMER	18:30-19:00 19:00-20:00		Foundation ESSENTIAL FIT + TONE JEAB	ESSENTIAL ABS + ARM AKE	Foundation ESSENTIAL BUTT + THIGHS STAMP	ESSENTIAL FIT + TONE ANT		
YOGA	19:45-21:00	HATHA ARTIE 75 min	TWISTING* FAI 75 min	BRYCE CORE YOGA KWANG (19:45-20:45)	HOT FLOW BENZ 75 min			

## ABSOLUTE YOU CLASS SCHEDULE

THE CIRCLE STUDIO								
DATE		12-Mar	13-Mar	14-Mar	15-Mar	16-Mar	17-Mar	18-Mar
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
RHYTHM CYCLING	8:00-8:15	Foundation		Foundation		Foundation		
	8:15-9:00	ABSOLUTE BEATS FAI		ABSOLUTE BEATS D.GIFT		ABSOLUTE BEATS PLOY		
PILATES REFORMER	8:30-9:00	Foundation	Foundation	Foundation	Foundation	Foundation	Foundation	Foundation
	9:00-10:00	ESSENTIAL ABS + ARM KATE	ESSENTIAL BUTT + THIGHS KUNGKING	ESSENTIAL FIT + TONE KAN P	ESSENTIAL ABS + ARM ARM	ESSENTIAL BUTT + THIGHS AU	ESSENTIAL FIT + TONE GUBGIB	ESSENTIAL ABS + ARM ANT P
RHYTHM CYCLING	10:00-10:15		Foundation		Foundation		Foundation	Foundation
	10:15-11:00		ABSOLUTE BEATS MIMI		Birthday Ride KENG (T)		ABSOLUTE BEATS D.GIFT	ABSOLUTE BEATS PLA (T)
YOGA	9:00-10:30	HOT (A) LEK 90 min	HOT (AB) KWANG 90 min	AB FIT GROUND FU (9:00-10:00)	HATHA SOMCHAI 90 min	HOT (A) PETER 90 min	HOT (AB) CAKE 90 min	HOT (A) FAR 90 min
PILATES REFORMER	10:00-10:30	Foundation		Foundation		Foundation		
	10:30-11:30	ESSENTIAL FIT + TONE KATE		ESSENTIAL BUTT + THIGHS KAN P		ESSENTIAL ABS + ARM AU		
YOGA	11:00-12:30		HOT (A) KWANG 90 min		HOT (AB) SOMCHAI 90 min		AB FIT GROUND CAKE (11:00-12:00)	HOT (A) FAR 90 min
YOGA	14:00-15:30	AB FIT WHOLE BODY FAI (14:00-15:00)	HATHA KWANG 90 min	HOT (AB) FU 90 min	BRYCE CORE YOGA SOMCHAI 60 min	HOT (A) PETER 90 min	HATHA CAKE 90 min	YIN YANG FAR 90 min
RHYTHM CYCLING	14:00-14:15						Foundation	Foundation
	14:15-15:00						ABSOLUTE BEATS D.GIFT	ABSOLUTE BEATS PLA (T)
PILATES REFORMER	14:00-14:30		Foundation		Foundation		Foundation	Foundation
	14:30-15:30		ESSENTIAL ABS + ARM KUNGKING		ESSENTIAL BUTT + THIGHS ARM		ESSENTIAL ABS + ARM GUBGIB	ESSENTIAL BUTT + THIGHS ANT P
YOGA	16:30-18:00						HOT (A) CAKE 90 min	HOT (AB) FAR 90 min
YOGA	17:45-19:00	GENTLE FLOW LEK 75 min	BACKBEND* KWANG 75 min	HOT (A) FU 75 min	FORWARD BEND* SOMCHAI 75 min	HATHA PETER 75 min		
PILATES REFORMER	17:45-18:15	Foundation	Foundation	Foundation	Foundation	Foundation		
	18:15-19:15	ESSENTIAL BUTT + THIGHS KATE	ESSENTIAL FIT + TONE KUNGKING	ESSENTIAL ABS + ARM KAN P	ESSENTIAL FIT + TONE ARM	ESSENTIAL BUTT + THIGHS AU		
RHYTHM CYCLING	18:15-18:30	Foundation	Foundation	Foundation	Foundation	Foundation		
	18:30-19:15	ABSOLUTE BEATS FAI	ABSOLUTE BEATS MIMI	ABSOLUTE BEATS D.GIFT	Birthday Ride KENG (T)	Sia VS Pink PLOY		
YOGA	19:15-20:30	HOT (AB) LEK 75 min	HOT (A) KWANG 75 min	HATHA FU 75 min	GENTLE FLOW SOMCHAI 75 min	HOT (AB) PETER 75 min		
PILATES REFORMER	19:15-19:45	Foundation		Foundation				
	19:45-20:45	ESSENTIAL ABS + ARM KATE		ESSENTIAL BUTT + THIGHS KAN P				

LADPRAO STUDIO								
DATE		12-Mar	13-Mar	14-Mar	15-Mar	16-Mar	17-Mar	18-Mar
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PILATES REFORMER	8:30-9:00	Foundation		Foundation		Foundation	Foundation	Foundation
	9:00-10:00	ESSENTIAL FIT + TONE AU	ESSENTIAL ABS + ARM LILY	CIRCUIT BUTT + THIGHS KAT	ESSENTIAL ABS + ARM GUBGIB	ESSENTIAL FIT + TONE INK	ESSENTIAL BUTT + THIGHS STAMP	CIRCUIT ABS + ARM LILY
YOGA	8:45-9:45						BRYCE CORE YOGA LEK 60 min	AB FIT GROUND SOMCHAI 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) CAKE 90 min	HOT (AB) BIG 90 min	HOT (AB) SOMCHAI 90 min	HOT (A) FU 90 min	BACKBEND* PLE 90 min	HOT (AB) LEK 90 min	HOT (A) SOMCHAI 90 min
PILATES REFORMER	10:00-11:00						ESSENTIAL FIT + TONE STAMP	ESSENTIAL BUTT + THIGHS LILY
CORE BLAST	11:00-12:00						CORE SUSPEND BUTT + THIGHS STAMP	CORE SUSPEND ABS + ARM LILY
YOGA	14:30-16:00	HOT (A) CAKE 90 min		HOT (A) SOMCHAI 90 min		HOT (AB) PLE 90 min	HATHA LEK 90 min	HOT FLOW SOMCHAI 90 min
PILATES REFORMER	17:15-18:15	CIRCUIT BUTT + THIGHS AU	ESSENTIAL ABS + ARM LILY	CIRCUIT BUTT + THIGHS KAT	ESSENTIAL FIT + TONE GUBGIB	CIRCUIT ABS + ARM INK		
YOGA	17:15-18:15	HATHA CAKE 60 min	HOT (A) BIG 60 min	HOT (AB) SOMCHAI 60 min	HOT (A) FU 60 min	Vinyasa PLE 60 min	HOT (A) LEK (16:30-18:00)	HOT (AB) SOMCHAI (16:30-18:00)
CORE BLAST	17:30-18:30	CORE SUSPEND ABS + ARM JUDO	CORE SUSPEND BUTT + THIGHS ANT P	CORE SUSPEND WHOLE BODY STAMP	CORE SUSPEND ABS + ARM ANT P			
PILATES REFORMER	18:15-18:30	Foundation		Foundation		Foundation		
	18:30-19:30	ESSENTIAL ABS + ARM AU	YOGA STRETCHING ON REFORMER LILY	ESSENTIAL FIT+TONE KAT	CIRCUIT ABS + ARM GUBGIB	ESSENTIAL BUTT + THIGHS INK		
YOGA	18:30-20:00	HOT (B) CAKE 90 min	ARM BALANCE* BIG 90 min	HOT (AB) SOMCHAI 90 min	Vinyasa FU 90 min	HOT (A) PLE 90 min		
CORE BLAST	18:45-19:00	Foundation		Foundation		Foundation		
	19:00-20:00	CORE SUSPEND BUTT + THIGHS JUDO	CORE BLAST CARDIO ANT P	CORE SUSPEND WHOLE BODY STAMP	CORE SUSPEND BUTT + THIGHS ANT P	CORE SUSPEND ABS + ARM JUDO		
PILATES REFORMER	19:30-20:30	ESSENTIAL FIT + TONE AU	CIRCUIT BUTT + THIGHS LILY	ESSENTIAL ABS + ARM KAT	ESSENTIAL BUTT + THIGHS GUBGIB	ESSENTIAL FIT + TONE INK		
YOGA	20:15-21:15	HOT (AB) CAKE 60 min	HOT (A) BIG 60 min	GENTLE FLOW SOMCHAI 60 min	HOT (AB) FU 60 min	HOT (A) PLE 60 min		

## ABSOLUTE YOU CLASS SCHEDULE

CRYSTAL PARK STUDIO								
DATE		12-Mar	13-Mar	14-Mar	15-Mar	16-Mar	17-Mar	18-Mar
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YOGA	7:30-8:30	HATHA KNOT 60 min	HOT (AB) SOMCHAI 60 min	HOT (A) BIG 60 min	AB FIT WHOLE BODY MON 60 min	HOT (A) FU 60 min	BRYCE CORE YOGA KWANG 60 min	HOT (A) LEK 60 min
PILATES REFORMER	8:00-8:30	Foundation		Foundation				
	8:30-9:30	ESSENTIAL ABS + ARM ANT	ESSENTIAL ABS + ARM PEWEE	CIRCUIT BUTT + THIGHS JERALD	CIRCUIT ABS + ARM INK	ESSENTIAL BUTT + THIGHS AKE	ESSENTIAL FIT + TONE KATE	CIRCUIT BUTT + THIGHS RISSA
RHYTHM CYCLING	8:30-8:45	Foundation		Foundation		Foundation	Foundation	Foundation
	8:45-9:30	ABSOLUTE BEATS KENG (T)		ABSOLUTE BEATS FAI		ABSOLUTE BEATS BOAT	ABSOLUTE BEATS AOM	ABSOLUTE BEATS MEW
YOGA	8:45-9:45	HOT (A) KNOT 60 min	GENTLE FLOW SOMCHAI 60 min	HOT (AB) BIG 60 min	HATHA MON 60 min	HATHA FU 60 min	HOT (A) KWANG 60 min	AB FIT WHOLE BODY LEK 60 min
RHYTHM CYCLING	9:30-9:45		Foundation		Foundation			
	9:45-10:30		ABSOLUTE BEATS PLOY		ABSOLUTE BEATS AOM			
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 PEWEE	ESSENTIAL ABS + ARM JERALD	ESSENTIAL BUTT + THIGHS INK	ESSENTIAL ABS + ARM AKE	CARDIO JUMPBOARD KATE	ESSENTIAL FIT + TONE RISSA
RHYTHM CYCLING	10:15-10:30						Foundation	Foundation
	10:30-11:15						ABSOLUTE BEATS AOM	ABSOLUTE BEATS MEW
YOGA	10:30-12:00	Vinyasa KNOT 90 min	HOT FLOW SOMCHAI 90 min	HATHA BIG 90 min	HOT (AB) MON 90 min	HOT (A) FU 90 min	HOT (AB) KWANG 90 min	HATHA LEK 90 min
PILATES REFORMER	10:45-11:15						Foundation	
	11:15-12:15						ESSENTIAL BUTT + THIGHS KATE	CIRCUIT ABS + ARM RISSA
YOGA	14:00-15:30		HOT (AB) ARTIE 90 min		Vinyasa PLE 90 min			
YOGA	15:00-16:30						Vinyasa KWANG 90 min	HOT (A) LEK 90 min
RHYTHM CYCLING	15:30-15:45						Foundation	Foundation
	15:45-16:30						ABSOLUTE BEATS AOM	ABSOLUTE BEATS MEW
PILATES REFORMER	15:30-16:00							Foundation
	16:00-17:00						CIRCUIT ABS + ARM KATE	ESSENTIAL BUTT + THIGHS RISSA
YOGA	17:30-19:00	HOT (A) KNOT 90 min	Vinyasa ARTIE 90 min	HOT (AB) BIG 90 min	HATHA PLE 90 min	Vinyasa FU 90 min		
PILATES REFORMER	17:00-17:30		Foundation		Foundation			
	17:30-18:30	ESSENTIAL FIT + TONE ANT	ESSENTIAL BUTT + THIGHS PEWEE	ESSENTIAL FIT + TONE JERALD	ESSENTIAL ABS + ARM INK	CIRCUIT BUTT + THIGHS AKE		
RHYTHM CYCLING	18:15-18:30	Foundation	Foundation	Foundation	Foundation	Foundation		
	18:30-19:15	ABSOLUTE BEATS KENG (T)	ABSOLUTE BEATS PLOY	ABSOLUTE BEATS FAI	ABSOLUTE BEATS D.GIFT	ABSOLUTE BEATS KENG (T)		
PILATES REFORMER	18:30-19:00	Foundation		Foundation				
	19:00-20:00	ESSENTIAL BUTT + THIGHS ANT	CIRCUIT ABS + ARM PEWEE	ESSENTIAL ABS + ARM JERALD	ESSENTIAL BUTT + THIGHS INK	ESSENTIAL FIT + TONE AKE		
YOGA	19:15-20:30	HATHA KNOT 75 min	HOT (AB) ARTIE 75 min	Vinyasa BIG 75 min	HOT (A) PLE 75 min	GENTLE FLOW FU 75 min		
RHYTHM CYCLING	19:30-19:45	Foundation	Foundation	Foundation	Foundation			
	19:45-20:30	ABSOLUTE BEATS KENG (T)	ABSOLUTE BEATS PLOY	ABSOLUTE BEATS FAI	ABSOLUTE BEATS D.GIFT			

COMMONS STUDIO								
DATE		12-Mar	13-Mar	14-Mar	15-Mar	16-Mar	17-Mar	18-Mar
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
RHYTHM CYCLING	7:30-8:15		ABSOLUTE BEATS AOM		ABSOLUTE BEATS GIFT			
PILATES REFORMER	9:00-10:00	ESSENTIAL FIT + TONE RISSA		ESSENTIAL BUTT + THIGHS JEAB				
RHYTHM CYCLING	9:00-9:15	Foundation		Foundation		(9:15-10:15)	Foundation	
	9:15-10:00	ABSOLUTE BEATS MIMI	ABSOLUTE BEATS JUSTIN	ABSOLUTE BEATS DAN	ABSOLUTE BEATS CIARA	BIG BEATS 60 DAN	ABSOLUTE BEATS GIFT	ABSOLUTE BEATS CIARA
PILATES REFORMER	9:45-10:15		Foundation				Foundation	Foundation
	10:15-11:15	ESSENTIAL BUTT + THIGHS RISSA	ESSENTIAL FIT + TONE RJ	ESSENTIAL ABS + ARM JEAB	ESSENTIAL ABS + ARM JENNIFER	ESSENTIAL ABS + ARM JACKIE	ESSENTIAL BUTT + THIGHS KAN P	CIRCUIT ABS + ARM KATE
RHYTHM CYCLING	10:15-10:30		Foundation		Foundation			Foundation
	10:30-11:15	ABSOLUTE BEATS DAN	ABSOLUTE BEATS JUSTIN	ABSOLUTE BEATS DAN	ABSOLUTE BEATS CIARA	ABSOLUTE BEATS AOM	ABSOLUTE BEATS GIFT	ABSOLUTE BEATS GIFT
RHYTHM CYCLING	15:00-15:15						Foundation	
PILATES REFORMER	15:00-16:00						ABSOLUTE BEATS SUNNY	
	15:00-16:00						CIRCUIT BUTT + THIGHS KAN P	ESSENTIAL ABS + ARM KATE
RHYTHM CYCLING	16:30-16:45						Foundation	(16:30-17:30)
	16:45-17:30						ABSOLUTE BEATS SUNNY	BIG BEATS 60 CIARA
RHYTHM CYCLING	18:15-18:30	Foundation		Foundation		Foundation		
	18:30-19:15	ABSOLUTE BEATS DAN	ABSOLUTE BEATS SUNNY	ABSOLUTE BEATS JUSTIN	ABSOLUTE BEATS CIARA	ABSOLUTE BEATS PEARL		
PILATES REFORMER	18:00-18:30	Foundation		Foundation			Foundation	Foundation
	18:30-19:30	ESSENTIAL ABS + ARM RISSA	ESSENTIAL BUTT + THIGHS RJ	ESSENTIAL FIT + TONE JEAB	ESSENTIAL ABS + ARM JENNIFER	ESSENTIAL FIT + TONE JACKIE		
RHYTHM CYCLING	19:30-19:45		Foundation		Foundation			
	19:45-20:30	ABSOLUTE BEATS GIFT	ABSOLUTE BEATS MEW	ABSOLUTE BEATS JUSTIN	ABSOLUTE BEATS MEW			

## ABSOLUTE YOU CLASS SCHEDULE

JAS URBAN STUDIO								
DATE		12-Mar	13-Mar	14-Mar	15-Mar	16-Mar	17-Mar	18-Mar
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PILATES REFORMER	8:00-8:30	Foundation	Foundation	Foundation	Foundation	Foundation	Foundation	Foundation
	8:30-9:30	ESSENTIAL ABS + ARM KAN P	ESSENTIAL BUTT + THIGHS GUBGIB	ESSENTIAL FIT + TONE KATE	ESSENTIAL ABS + ARM KUNGKING	ESSENTIAL BUTT + THIGHS ARM	ESSENTIAL FIT + TONE KUNGKING	ESSENTIAL ABS + ARM AU
YOGA	8:30-9:30	GENTLE FLOW PAUL 60 min		HATHA PETER 60 min				
RHYTHM CYCLING	8:45-9:00	Foundation	Foundation	Foundation	Foundation	Foundation	Foundation	Foundation
	9:00-9:45	ABSOLUTE BEATS KATIE	ABSOLUTE BEATS DAN	ABSOLUTE BEATS AOM	ABSOLUTE BEATS PLA (T)	ABSOLUTE BEATS FAI	ABSOLUTE BEATS BOAT	ABSOLUTE BEATS KENG (T)
PILATES REFORMER	9:30-10:00			Foundation				
	10:00-11:00	ESSENTIAL FIT + TONE KAN P	ESSENTIAL ABS + ARM GUBGIB	ESSENTIAL BUTT + THIGHS KATE	ESSENTIAL FIT + TONE KUNGKING	ESSENTIAL ABS + ARM ARM	ESSENTIAL ABS + ARM KUNGKING	ESSENTIAL BUTT + THIGHS AU
YOGA	10:00-11:30	HOT (A) PAUL 90 min	HATHA PLE 90 min	HOT (B) PETER 90 min	Vinyasa LEK 90 min	HOT (AB) DIA 90 min	HOT (A) PLE 90 min	HOT (AB) CANDY 90 min
RHYTHM CYCLING	10:45-11:00						Foundation	Foundation
	11:00-11:45						ABSOLUTE BEATS PEARL	ABSOLUTE BEATS KENG (T)
YOGA	14:30-15:30	HOT (A) PAUL 60 min		Vinyasa PETER 60 min		HATHA DIA 60 min	HATHA PLE (14:30-16:00)	BRYCE CORE YOGA CANDY 60 min
PILATES REFORMER	14:30-15:00						Foundation	Foundation
	15:00-16:00						ESSENTIAL BUTT + THIGHS KUNGKING	ESSENTIAL FIT + TONE AU
PILATES REFORMER	17:45-18:15	Foundation	Foundation	Foundation	Foundation	Foundation		
	18:15-19:15	ESSENTIAL BUTT + THIGHS KAN P	ESSENTIAL FIT + TONE GUBGIB	ESSENTIAL ABS + ARM KATE	ESSENTIAL BUTT + THIGHS KUNGKING	ESSENTIAL ABS + ARM ARM		
YOGA	18:00-19:30	Vinyasa PAUL 90 min	HOT (A) PLE 90 min	HOT (AB) PETER 90 min	HATHA LEK 90 min	HOT (A) DIA 90 min		
RHYTHM CYCLING	18:15-18:30		Foundation		Foundation			
	18:30-19:15		ABSOLUTE BEATS KENG (T)		ABSOLUTE BEATS FAI			
RHYTHM CYCLING	18:30-18:45	Foundation		Foundation		Foundation		
	18:45-19:30	ABSOLUTE BEATS PLOU		ABSOLUTE BEATS AOM		ABSOLUTE BEATS FAI		
PILATES REFORMER	19:15-19:45	Foundation		Foundation				
	19:45-20:45	ESSENTIAL FIT + TONE KAN P	ESSENTIAL BUTT + THIGHS GUBGIB	ESSENTIAL BUTT + THIGHS KATE	ESSENTIAL ABS + ARM KUNGKING			
RHYTHM CYCLING	19:30-19:45		Foundation		Foundation			
	19:45-20:30		ABSOLUTE BEATS KENG (T)		ABSOLUTE BEATS FAI			
YOGA	19:45-20:45		GENTLE FLOW PLE 60 min		HOT (A) LEK 60 min			

G TOWER STUDIO								
DATE		12-Mar	13-Mar	14-Mar	15-Mar	16-Mar	17-Mar	18-Mar
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PILATES REFORMER	7:00-7:15	Foundation		Foundation		Foundation		
	7:15-8:15	ESSENTIAL BUTT + THIGHS JEAB		ESSENTIAL ABS + ARM INK		ESSENTIAL FIT + TONE KUNGKING		
RHYTHM CYCLING	7:00-7:15	Foundation	Foundation	Foundation	Foundation	Foundation		
	7:15-8:15	ABSOLUTE BEATS BIM	ABSOLUTE BEATS PLA (T)	ABSOLUTE BEATS PLA (T)	ABSOLUTE BEATS BOAT	ABSOLUTE BEATS PLA (T)		
PILATES REFORMER	8:30-9:00		Foundation		Foundation			
	9:00-10:00		ESSENTIAL ABS + ARM STAMP		ESSENTIAL BUTT + THIGHS AKE			
RHYTHM CYCLING	9:15-9:30						Foundation	Foundation
	9:30-10:15						ABSOLUTE BEATS JAMIE	ABSOLUTE BEATS BOAT
PILATES REFORMER	9:30-10:00						Foundation	Foundation
	10:00-11:00						ESSENTIAL FIT + TONE AU	ESSENTIAL ABS + ARM KAN P
PILATES REFORMER	10:00-10:30		Foundation		Foundation			
	10:30-11:30		ESSENTIAL BUTT + THIGHS STAMP		ESSENTIAL FIT + TONE AKE			
PILATES REFORMER	11:45-12:00	Foundation		Foundation		Foundation		
	12:00-13:00	ESSENTIAL ABS + ARM JEAB		ESSENTIAL BUTT + THIGHS INK		ESSENTIAL FIT + TONE KUNGKING		
RHYTHM CYCLING	12:00-12:15		Foundation		Foundation			
	12:15-13:00		LUNCH BEATS KATIE		LUNCH BEATS PLA (T)			
RHYTHM CYCLING	14:15-14:30						Foundation	Foundation
	14:30-15:15						ABSOLUTE BEATS MEW	ABSOLUTE BEATS AOM
PILATES REFORMER	14:30-15:00						Foundation	Foundation
	15:00-16:00						ESSENTIAL ABS + ARM AU	ESSENTIAL FIT + TONE KAN P
PILATES REFORMER	17:45-18:15	Foundation	Foundation	Foundation	Foundation	Foundation		
	18:15-19:15	ESSENTIAL BUTT + THIGHS JEAB	ESSENTIAL ABS + ARM STAMP	ESSENTIAL FIT + TONE INK	ESSENTIAL ABS + ARM AKE	ESSENTIAL BUTT + THIGHS KUNGKING		
RHYTHM CYCLING	18:15-18:30	Foundation	Foundation	Foundation	Foundation	Foundation		
	18:30-19:15	ABSOLUTE BEATS BOAT	ABSOLUTE BEATS JUSTIN	ABSOLUTE BEATS CHERIE	ABSOLUTE BEATS KATIE	ABSOLUTE BEATS BOAT		
PILATES REFORMER	19:15-19:45	Foundation	Foundation	Foundation	Foundation			
	19:45-20:45	ESSENTIAL ABS + ARM JEAB	ESSENTIAL BUTT + THIGHS STAMP	ESSENTIAL FIT + TONE INK	ESSENTIAL ABS + ARM AKE			
RHYTHM CYCLING	19:30-19:45	Foundation		Foundation				
	19:45-20:30	ABSOLUTE BEATS BOAT		ABSOLUTE BEATS CHERIE				

## ABSOLUTE YOU CLASS SCHEDULE

ON-NUT STUDIO								
DATE		12-Mar	13-Mar	14-Mar	15-Mar	16-Mar	17-Mar	18-Mar
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YOGA	8:30-9:30						BRYCE CORE YOGA HARRESON 60 min	HATHA ARTIE 60 min
PILATES REFORMER	8:30-9:00	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>
	9:00-10:00	ESSENTIAL FIT + TONE KUNGKING	ESSENTIAL ABS + ARM BENZ	ESSENTIAL BUTT + THIGHS ARM	ESSENTIAL FIT + TONE KATE	ESSENTIAL ABS + ARM KAN P	ESSENTIAL BUTT + THIGHS MAE	ESSENTIAL FIT + TONE GUBGIB
RHYTHM CYCLING	9:00-9:15	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>
	9:15-10:00	ABSOLUTE BEATS PLA (T)	ABSOLUTE BEATS KATIE	ABSOLUTE BEATS KENG (T)	ABSOLUTE BEATS FAI	ABSOLUTE BEATS D.GIFT	ABSOLUTE BEATS MEW	ABSOLUTE BEATS D.GIFT
YOGA	9:45-11:00	HOT (A) JACKIE 75 min	HATHA HARRESON 75 min	HOT (AB) DIA 75 min	GENTLE FLOW ARTIE 75 min	Vinyasa CAKE 75 min	HOT (A) HARRESON 75 min	GENTLE FLOW ARTIE 75 min
PILATES REFORMER	10:00-10:30						<i>Foundation</i>	<i>Foundation</i>
	10:30-11:30						ESSENTIAL ABS + ARM MAE	ESSENTIAL BUTT + THIGHS GUBGIB
PILATES REFORMER	13:30-14:00						<i>Foundation</i>	<i>Foundation</i>
	14:00-15:00						ESSENTIAL FIT + TONE MAE	ESSENTIAL ABS + ARM GUBGIB
YOGA	14:00-15:30						HOT (AB) HARRESON 90 min	HOT (B) ARTIE 90 min
RHYTHM CYCLING	14:45-15:00						<i>Foundation</i>	<i>Foundation</i>
	15:00-15:45						ABSOLUTE BEATS PEARL	ABSOLUTE BEATS D.GIFT
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 FIT + TONE KUNGKING	ESSENTIAL BUTT + THIGHS BENZ	ESSENTIAL ABS + ARM ARM	ESSENTIAL BUTT + THIGHS KATE	ESSENTIAL FIT + TONE KAN P		
YOGA	18:00-19:30	HOT (B) JACKIE 90 min	HATHA HARRESON 90 min	HOT (A) DIA 90 min	Vinyasa ARTIE 90 min	HOT (AB) CAKE 90 min		
RHYTHM CYCLING	18:15-18:30	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>		
	18:30-19:15	ABSOLUTE BEATS PLA (T)	ABSOLUTE BEATS KATIE	ABSOLUTE BEATS KENG (T)	ABSOLUTE BEATS AOM	ABSOLUTE BEATS D.GIFT		
PILATES REFORMER	19:15-19:30		<i>Foundation</i>		<i>Foundation</i>			
	19:30-20:30		ESSENTIAL FIT + TONE BENZ		ESSENTIAL ABS + ARM KATE			
RHYTHM CYCLING	19:30-19:45	<i>Foundation</i>		<i>Foundation</i>				
	19:45-20:30	ABSOLUTE BEATS PLA (T)		ABSOLUTE BEATS KENG (T)				
YOGA	19:45-20:45	GENTLE FLOW JACKIE 60 min		HATHA DIA 60 min				

NANG-LIN-CHEE STUDIO								
DATE		12-Mar	13-Mar	14-Mar	15-Mar	16-Mar	17-Mar	18-Mar
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YOGA	8:30-9:30						BRYCE CORE YOGA PAUL 60 min	HATHA KWANG 60 min
PILATES REFORMER	8:30-9:00				<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>
	9:00-10:00				ESSENTIAL FIT + TONE AU	ESSENTIAL ABS + ARM GUBGIB	ESSENTIAL BUTT + THIGHS LILY	ESSENTIAL FIT + TONE INK
YOGA	9:45-11:00				GENTLE FLOW DIA 75 min	Vinyasa ARTIE 75 min	HOT (A) PAUL 75 min	GENTLE FLOW KWANG 75 min
PILATES REFORMER	10:00-10:30						<i>Foundation</i>	<i>Foundation</i>
	10:30-11:30						ESSENTIAL ABS + ARM LILY	ESSENTIAL BUTT + THIGHS INK
PILATES REFORMER	13:30-14:00						<i>Foundation</i>	<i>Foundation</i>
	14:00-15:00						ESSENTIAL FIT + TONE LILY	ESSENTIAL ABS + ARM INK
YOGA	14:00-15:30						HOT (AB) PAUL 90 min	HOT (B) KWANG 90 min
PILATES REFORMER	17:45-18:15				<i>Foundation</i>	<i>Foundation</i>		
	18:15-19:15				ESSENTIAL BUTT + THIGHS AU	ESSENTIAL FIT + TONE GUBGIB		
YOGA	18:00-19:30				Vinyasa DIA 90 min	HOT (AB) ARTIE 90 min		
PILATES REFORMER	19:15-19:30				<i>Foundation</i>			
	19:30-20:30				ESSENTIAL ABS + ARM AU			
YOGA	19:45-20:45							