

ABSOLUTE YOU CLASS SCHEDULE

AMARIN PLAZA STUDIO								
DATE		13-May	14-May	15-May	16-May	17-May	18-May	19-May
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	HF on the Go BIG 45 min	HF on the Go MONICA 45 min	HF on the Go TING 45 min		
PILATES REFORMER	7:15-8:15	CIRCUIT ABS + ARMS MAE	ESSENTIAL FIT + TONE KAT	REFORMER BLEND JERALD	ESSENTIAL ABS + ARMS MAE	CIRCUIT BUTT + THIGHS RI		
PILATES REFORMER	7:30-8:30 ROOM 2	ESSENTIAL FIT + TONE VANESSA	ESSENTIAL BUTT + THIGHS JULIE	ESSENTIAL ABS + ARM JACKIE	ESSENTIAL FIT + TONE KATE	ESSENTIAL ABS + ARM PEWEE		
PILATES REFORMER	8:00-9:00						ESSENTIAL FIT + TONE JERALD	ESSENTIAL BUTT + THIGHS VANESSA
PILATES REFORMER	8:15-9:15 ROOM 2						ESSENTIAL ABS + ARM MICHAEL	ESSENTIAL FIT + TONE JULIE
YOGA	8:15-9:45	HATHA LUKE 90 min		Vinvasa BIG 90 min		HIP OPENER* TING 90 min		HIP OPENER* KNOT (7:30-8:30)
CORE BLAST	8:30-9:30	CORE SUSPEND BUTT + THIGHS VANESSA		CORE BALST SCULPT JUDO		CORE SUSPEND ABS + ARM RI		
PILATES REFORMER	8:30-9:30	ESSENTIAL BUTT + THIGHS MAE		ESSENTIAL FIT + TONE JACKIE		YOGA STRETCHING ON REFORMER PEWEE		
PILATES REFORMER	8:30-9:00		Foundation		Foundation		(9:15-10:15)	(9:15-10:15)
	9:00-10:00		ESSENTIAL ABS + ARMS KAT		ESSENTIAL BUTT + THIGHS MAE		ESSENTIAL BUTT + THIGHS JULIE	CIRCUIT ABS + ARMS KAT
YOGA	8:45-9:45						ABSOLUTE FIT PAUL 60 min	HATHA KNOT 60 min
CORE BLAST	9:15-10:15						CORE SUSPEND ABS + ARM JERALD	CORE SUSPEND BUTT + THIGHS VANESSA
PILATES REFORMER	9:30-10:00						Foundation	Foundation
	10:00-11:00 ROOM 2						ESSENTIAL FIT + TONE MICHAEL	ESSENTIAL BUTT + THIGHS JULIE
PILATES REFORMER	9:45-10:45	CARDIO JUMPBOARD		CIRCUIT BUTT + THIGHS JACKIE		ESSENTIAL FIT + TONE RI		
YOGA	10:00-11:30	HOT (A) HARRISON 90 min	HATHA CANDY 90 min	HOT (AB) BIG 90 min	HOT (A) MONICA 90 min	HOT (AB) TING 90 min	HOT (A) PAUL 90 min	HOT (A) PAUL 90 min
PILATES REFORMER	10:30-11:30					ESSENTIAL ABS + ARM JULIE	ESSENTIAL FIT + TONE KAT	
YOGA	11:00-12:30 CB studio						BALANCING* PAUL 90 min	YOGA PILATES KNOT
PILATES REFORMER	11:45-12:45						ESSENTIAL FIT + TONE MICHAEL	ESSENTIAL ABS + ARM JULIE
YOGA	12:15-13:00	HF on the Go LUKE 45 min	HF on the Go CANDY 45 min	HF on the Go BEBE 45 min	HF on the Go MONICA 45 min	HF on the Go CAKE 45 min		
PILATES REFORMER	12:15-13:15		ESSENTIAL FIT + TONE KAT		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 VANESSA
PILATES REFORMER	14:00-14:30			Foundation				
	14:30-15:30	ESSENTIAL ABS + ARMS MAE		ESSENTIAL FIT + TONE JACKIE		CIRCUIT ABS + ARMS RI	ESSENTIAL ABS + ARMS JULIE	ESSENTIAL FIT + TONE KAT
YOGA	14:30-16:00	ABSOLUTE FIT MARVIN (14:30-15:30)	HATHA CANDY 90 min	HOT (AB) BENZ 90 min	ABSOLUTE FIT MON (14:30-15:30)	HOT (A) HARRISON 90 min	HOT (AB) HARRISON 90 min	HOT (A) PAUL 90 min
YOGA	15:15-16:45 CB studio						YIN YANG PAUL 90 min	Vinvasa KNOT 90 min
PILATES REFORMER	14:30-15:00						Foundation	Foundation
	15:00-16:00 ROOM 2						ESSENTIAL BUTT + THIGHS MICHAEL	ESSENTIAL ABS + ARM JULIE
PILATES REFORMER	16:00-17:00						CIRCUIT BUTT + THIGHS JULIE	ESSENTIAL BUTT + THIGHS KAT
YOGA	16:30-17:30	Vinvasa MARVIN 60 min	HOT (A) LUKE 60 min	GENTLE FLOW BENZ 60 min	FORWARD BEND* MON 60 min	ABSOLUTE FIT CAKE 60 min	HOT (A) HARRISON 60 min	ABSOLUTE FIT PAUL 60 min
PILATES REFORMER	16:45-17:45	CIRCUIT ABS + ARMS VANESSA	ESSENTIAL FIT + TONE JERALD	ESSENTIAL BUTT + THIGHS BENZ	ESSENTIAL ABS + ARM JEAB	ESSENTIAL FIT + TONE MICHAEL		
PILATES REFORMER	17:00-17:30	Foundation	Foundation	Foundation	Foundation	Foundation		
	17:30-18:30 ROOM 2	ESSENTIAL BUTT + THIGHS PEWEE	ESSENTIAL ABS + ARM KUNGKING	ESSENTIAL FIT + TONE JULIE	ESSENTIAL BUTT + THIGHS KATE	ESSENTIAL ABS + ARM PEWEE		
CORE BLAST	17:45-18:00		Foundation	Foundation	Foundation	Foundation		
	18:00-19:00	CORE SUSPEND BUTT + THIGHS VANESSA	CORE SUSPEND ABS + ARM LILY	CORE SUSPEND WHOLE BODY JUDO	CORE SUSPEND BUTT + THIGHS JACKIE	CORE BLAST TONE RI		
PILATES REFORMER	18:00-19:00	ESSENTIAL FIT + TONE MICHAEL	ESSENTIAL FIT + TONE JERALD	CIRCUIT ABS + ARMS MAE	ESSENTIAL BUTT + THIGHS JEAB	CIRCUIT BUTT + THIGHS MICHAEL		
YOGA	18:00-19:30	HOT (A) HARRISON 90 min	YOGA PILATES LUKE (18:00-19:00)	HOT (A) BENZ 90 min	ABSOLUTE FIT MON (18:00-19:00)	HOT (AB) HARRISON 90 min		
PILATES REFORMER	18:40-19:40 ROOM 2	ESSENTIAL ABS + ARM PEWEE	ESSENTIAL FIT + TONE KUNGKING	ESSENTIAL BUTT + THIGHS JULIE	ESSENTIAL ABS + ARM KATE	ESSENTIAL FIT + TONE PEWEE		
PILATES REFORMER	19:10-20:10	ESSENTIAL FIT + TONE MICHAEL	ESSENTIAL BUTT + THIGHS JULIE	ESSENTIAL BUTT + THIGHS MAE	ESSENTIAL ABS + ARM JEAB	ESSENTIAL FIT + TONE MICHAEL		
YOGA	19:15-20:45 CB/YG studio	PRANA VASHYA* MARVIN 90 min	Vinvasa LUKE 90 min	HIP OPENER* BEBE 90 min	Vinvasa MON 90 min	HATHA CAKE 90 min		
YOGA	19:15-20:15 CB/YG studio		HATHA LILY 60 min		YOGA PILATES JACKIE 60 min			
PILATES REFORMER	19:45-20:45 ROOM 2	ESSENTIAL FIT + TONE PEWEE	ESSENTIAL BUTT + THIGHS KUNGKING	ESSENTIAL ABS + ARM JULIE	ESSENTIAL FIT + TONE KATE	ESSENTIAL BUTT + THIGHS PEWEE		
YOGA	19:45-20:45	HOT (A) HARRISON 60 min		HOT (AB) BENZ 60 min		HOT (A) HARRISON 60 min		
PILATES REFORMER	20:15-21:15	ESSENTIAL BUTT + THIGHS MICHAEL	ESSENTIAL ABS + ARM JULIE	ESSENTIAL FIT + TONE MAE	ESSENTIAL BUTT + THIGHS JEAB			



ABSOLUTE YOU CLASS SCHEDULE

AMARIN PLAZA STUDIO : RHYTHM CYCLING								
DATE		13-May	14-May	15-May	16-May	17-May	18-May	19-May
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
RHYTHM CYCLING	7:15-8:00	ABSOLUTE BEATS <i>MEW</i>	ABSOLUTE BEATS <i>MARIA</i>	ABSOLUTE BEATS <i>GIFT</i>	ABSOLUTE BEATS <i>MEW</i>	ABSOLUTE BEATS <i>ARIS</i>		
RHYTHM CYCLING	8:30-8:45	<i>Foundation</i>		<i>Foundation</i>		<i>Foundation</i>		
RHYTHM CYCLING	8:45-9:30	ABSOLUTE BEATS <i>MAE D.</i>		ABSOLUTE BEATS <i>ADM</i>		ABSOLUTE BEATS <i>FLYNN</i>		
RHYTHM CYCLING	9:00-9:15							<i>Foundation</i>
RHYTHM CYCLING	9:15-10:00						ABSOLUTE BEATS <i>DAN</i>	ABSOLUTE BEATS <i>GIFT</i>
RHYTHM CYCLING	10:15-10:30						<i>Foundation</i>	
RHYTHM CYCLING	10:30-11:15						ABSOLUTE BEATS <i>MARIA</i>	ABSOLUTE BURN <i>GIFT</i>
RHYTHM CYCLING	12:15-13:00	LUNCH BEATS <i>JUSTIN</i>	LUNCH BEATS <i>D.GIFT</i>	LUNCH BEATS <i>GIFT</i>	LUNCH BEATS <i>DAN</i>	LUNCH BEATS <i>CHRISNA</i>		
RHYTHM CYCLING	14:45-15:00							<i>Foundation</i>
RHYTHM CYCLING	15:00-15:45						ABSOLUTE BEATS <i>FLYNN</i>	ABSOLUTE BEATS <i>JUSTIN</i>
RHYTHM CYCLING	16:00-16:15						<i>Foundation</i>	
RHYTHM CYCLING	16:15-17:00						ABSOLUTE ESSENTIALS <i>FLYNN</i>	ABSOLUTE BEATS <i>JUSTIN</i>
RHYTHM CYCLING	17:15-17:30	<i>Foundation</i>		<i>Foundation</i>		<i>Foundation</i>		
RHYTHM CYCLING	17:30-18:15	ABSOLUTE BEATS <i>FLYNN</i>	ABSOLUTE BEATS <i>D.GIFT</i>	ABSOLUTE BEATS <i>ARIS</i>	ABSOLUTE BEATS <i>ADM</i>	ABSOLUTE BEATS <i>MEK</i>		
RHYTHM CYCLING	18:30-19:15					<i>(18:30-19:30)</i>		
RHYTHM CYCLING	19:30-19:45	<i>Foundation</i>	<i>(19:30-20:15)</i>	<i>Foundation</i>	<i>(19:30-20:15)</i>			
RHYTHM CYCLING	19:45-20:30 <i>(Timing Changed)</i>	ABSOLUTE BEATS <i>FLYNN</i>	ABSOLUTE BEATS <i>PEARL</i>	ABSOLUTE BEATS <i>CHRISNA</i>	ABSOLUTE BEATS <i>BOAT</i>	ABSOLUTE BEATS <i>CHRISNA</i>		
RHYTHM CYCLING	20:30-21:15 <i>(New Class)</i>		ABSOLUTE BEATS <i>MEW</i>		ABSOLUTE BEATS <i>DINI</i>			

SILOM STUDIO								
DATE		13-May	14-May	15-May	16-May	17-May	18-May	19-May
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YOGA	7:00-7:45	HF on the Go <i>CANDY</i> 45 min	HF on the Go <i>MONICA</i> 45 min	HF on the Go <i>LEK</i> 45 min	HF on the Go <i>PLE</i> 45 min	HF on the Go <i>BIG</i> 45 min		
CORE BLAST	7:00-8:00	CORE SUSPEND BUTT + THIGHS <i>JUDO</i>		CORE SUSPEND ABS + ARM <i>FAI</i>		CORE BLAST CARDIO <i>JUDO</i>		
PILATES REFORMER	7:00-8:00	ESSENTIAL FIT + TONE <i>JOHN</i>		CIRCUIT ABS + ARM <i>CHER</i>		ESSENTIAL BUTT + THIGHS <i>MAE</i>		
CORE BLAST	8:00-8:15	<i>Foundation</i>		<i>Foundation</i>		<i>Foundation</i>		
CORE BLAST	8:15-9:15	CORE SUSPEND ABS + ARM <i>JUDO</i>		CORE BLAST CARDIO <i>FAI</i>		CORE SUSPEND BUTT + THIGHS <i>JUDO</i>	CORE SUSPEND ABS + ARM <i>VANESSA</i>	CORE SUSPEND BUTT + THIGHS <i>LILY</i>
YOGA	8:15-9:15		GENTLE FLOW <i>MONICA</i> 60 min		HOT (AB) <i>PLE</i> 60 min			
YOGA	8:30-9:30						HATHA <i>BEBE</i> 60 min	HOT (A) <i>HARRISON</i> 60 min
PILATES REFORMER	8:30-9:00			<i>Foundation</i>				
PILATES REFORMER	9:00-10:00	ESSENTIAL ABS + ARM <i>JOHN</i>	ESSENTIAL FIT + TONE <i>MAE</i>	ESSENTIAL BUTT + THIGHS <i>CHER</i>	ESSENTIAL FIT + TONE <i>ANT P</i>	CIRCUIT BUTT + THIGHS <i>MAE</i>		
PILATES REFORMER	9:15-10:15						ESSENTIAL FIT + TONE <i>VANESSA</i>	ESSENTIAL ABS + ARMS <i>LILY</i>
YOGA	9:30-11:00	HOT (A) <i>CANDY</i> 90 min	HOT (AB) <i>MONICA</i> 90 min	HOT (AB) <i>LEK</i> 90 min	HOT (A) <i>PLE</i> 90 min	HATHA <i>BIG</i> 90 min	HOT (A) <i>BEBE</i> <i>(9:45-11:15)</i>	YOGA PILATES <i>HARRISON</i> <i>(9:45-11:15)</i>
PILATES REFORMER	10:15-10:45						<i>Foundation</i>	
PILATES REFORMER	10:45-11:45						ESSENTIAL ABS + ARM <i>VANESSA</i>	ESSENTIAL BUTT + THIGHS <i>LILY</i>
YOGA	12:15-13:00	HF on the Go <i>CANDY</i> 45 min	HF on the Go <i>MONICA</i> 45 min	HF on the Go <i>LEK</i> 45 min	HF on the Go <i>PLE</i> 45 min	HF on the Go <i>BIG</i> 45 min		
PILATES REFORMER	14:00-14:30				<i>Foundation</i>			<i>Foundation</i>
PILATES REFORMER	14:30-15:30		CIRCUIT BUTT + THIGHS <i>MAE</i>		ESSENTIAL FIT + TONE <i>ANT P</i>		CIRCUIT BUTT + THIGHS <i>VANESSA</i>	ESSENTIAL FIT + TONE <i>LILY</i>
YOGA	14:30-16:00	HOT (AB) <i>CANDY</i> 90 min		HOT (A) <i>ARTIE</i> 90 min		HOT (AB) <i>FU</i> 90 min	<i>YIN YANG</i> <i>BEBE</i> <i>(15:30-17:00)</i>	HOT (AB) <i>HARRISON</i> <i>(15:30-17:00)</i>
PILATES REFORMER	17:00-18:00	ESSENTIAL FIT + TONE <i>KAT</i>	ESSENTIAL ABS + ARM <i>MICHAEL</i>	CARDIO JUMPBOARD <i>ANT</i>	ESSENTIAL BUTT + THIGHS <i>RJ</i>	ESSENTIAL ABS + ARM <i>RACHEL</i>		
YOGA	17:30-18:30	ABSOLUTE FIT <i>KNOT</i> 60 min	HOT (AB) <i>MON</i> 60 min	HATHA <i>ARTIE</i> 60 min	Vinyasa <i>LUKE</i> 60 min	HOT (A) <i>FU</i> 60 min		
CORE BLAST	17:45-18:00	<i>Foundation</i>		<i>Foundation</i>		<i>Foundation</i>		
CORE BLAST	18:00-19:00	CORE SUSPEND WHOLE BODY <i>JUDO</i>	CORE SUSPEND ABS + ARM <i>JUDO</i>	CORE SUSPEND BUTT + THIGHS <i>FAI</i>	CORE SUSPEND ABS + ARM <i>JUDO</i>	CORE SUSPEND BUTT + THIGHS <i>JUDO</i>		
PILATES REFORMER	18:00-18:15	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>		
PILATES REFORMER	18:15-19:15	CIRCUIT ABS + ARM <i>KAT</i>	ESSENTIAL BUTT + THIGHS <i>MICHAEL</i>	CIRCUIT BUTT + THIGHS <i>ANT</i>	ESSENTIAL ABS + ARM <i>RJ</i>	ESSENTIAL FIT + TONE <i>RACHEL</i>		
YOGA	18:45-20:15	Vinyasa <i>KNOT</i> 90 min	BACKBEND* <i>MON</i> 90 min	HOT (AB) <i>ARTIE</i> 90 min	HOT (A) <i>LUKE</i> 90 min	HATHA <i>FU</i> 90 min		
CORE BLAST	19:00-19:15	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>		
CORE BLAST	19:15-20:15	CORE SUSPEND ABS + ARM <i>JUDO</i>	CORE SUSPEND BUTT + THIGHS <i>JUDO</i>	CORE BLAST CARDIO <i>FAI</i>	CORE SUSPEND BUTT + THIGHS <i>JUDO</i>	CORE SUSPEND ABS + ARM <i>JUDO</i>		
PILATES REFORMER	19:30-20:30	ESSENTIAL BUTT + THIGHS <i>KAT</i>	CIRCUIT BUTT + THIGHS <i>MICHAEL</i>	ESSENTIAL ABS + ARM <i>ANT</i>	ESSENTIAL BUTT + THIGHS <i>RJ</i>	ESSENTIAL ABS + ARM <i>RACHEL</i>		
YOGA	20:30-21:30	HOT (A) <i>KNOT</i> 60 min	HOT (AB) <i>MON</i> 60 min	HOT (A) <i>ARTIE</i> 60 min	HATHA <i>LUKE</i> 60 min			



ABSOLUTE YOU CLASS SCHEDULE

EXCHANGE TOWER STUDIO								
DATE		13-May	14-May	15-May	16-May	17-May	18-May	19-May
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YOGA	7:00-7:45		HF on the Go BIG 45 min		HF on the Go TING 45 min			
RHYTHM CYCLING	7:15-8:00	ABSOLUTE BEATS DINI	ABSOLUTE BEATS JUNE	ABSOLUTE BEATS PLOY	ABSOLUTE BEATS ARIS	ABSOLUTE BEATS DINI		
PILATES REFORMER	7:00-7:15	Foundation		Foundation		Foundation		
	7:15-8:15	ESSENTIAL ABS + ARM RJ	ESSENTIAL FIT + TONE LILY	ESSENTIAL BUTT + THIGHS KAT	ESSENTIAL ABS + ARM JACKIE	ESSENTIAL BUTT + THIGHS JERALD		
YOGA	8:30-9:30	GENTLE FLOW MONICA 60 min	ABSOLUTE FIT BIG 60 min	HATHA JUSTIN 60 min	HOT (A) TING 60 min	ABSOLUTE FIT PAUL 60 min	HOT (AB) AIR 60 min	GENTLE FLOW CAKE 60 min
PILATES REFORMER	8:30-9:00					Foundation	Foundation	Foundation
	9:00-10:00			ESSENTIAL ABS + ARM KAT		ESSENTIAL FIT + TONE JERALD	ESSENTIAL BUTT + THIGHS RACHEL	ESSENTIAL ABS + ARM JEAB
RHYTHM CYCLING	9:00-9:15		Foundation	Foundation	Foundation		Foundation	Foundation
	9:15-10:00		ABSOLUTE BEATS CHERIE	ABSOLUTE ESSENTIALS PLOY	ABSOLUTE BEATS ARIS		ABSOLUTE BEATS JUSTIN	ABSOLUTE BEATS ADM
PILATES REFORMER	9:30-10:00		Foundation		Foundation		(10:15-11:15)	(10:15-11:15)
	10:00-11:00	CIRCUIT BUTT + THIGHS RJ	ESSENTIAL ABS + ARM LILY	CIRCUIT BUTT + THIGHS RJ	ESSENTIAL FIT + TONE JACKIE	ESSENTIAL ABS + ARM JERALD	ESSENTIAL FIT + TONE RACHEL	ESSENTIAL BUTT + THIGHS JEAB
YOGA	10:00-11:30	Vinyasa MONICA 90 min	HATHA BIG 90 min	YOGA PILATES JUSTIN 90 min	Vinyasa TING 90 min	HOT (A) PAUL 90 min	BACKBEND* AIR 90 min	HOT (A) CAKE 90 min
PILATES REFORMER	11:30-12:00	Foundation		Foundation		Foundation		
	12:00-13:00	ESSENTIAL FIT + TONE RJ		ESSENTIAL ABS + ARM KAT		ESSENTIAL BUTT + THIGHS KATE	ESSENTIAL ABS + ARM RACHEL	ESSENTIAL FIT + TONE JEAB
RHYTHM CYCLING	12:15-13:00	LUNCH BEATS MAE D.		LUNCH BEATS ADM		LUNCH BEATS FERN		
YOGA	12:15-13:00			HF on the Go JUSTIN 45 min		HF on the Go PAUL 45 min		
YOGA	14:00-15:30						HOT (A) AIR 90 min	HATHA CAKE 90 min
RHYTHM CYCLING	14:00-14:15						Foundation	Foundation
	14:15-15:00						ABSOLUTE BEATS JUSTIN	ABSOLUTE BEATS ADM
PILATES REFORMER	15:00-15:30						Foundation	
	15:30-16:30						ESSENTIAL BUTT + THIGHS RACHEL	CIRCUIT ABS + ARM JEAB
PILATES REFORMER	17:00-18:00		CIRCUIT BUTT + THIGHS RACHEL		ESSENTIAL ABS + ARM RISSA			
RHYTHM CYCLING	17:15-17:30	Foundation		Foundation		Foundation		
	17:30-18:15	ABSOLUTE ESSENTIALS PAE		ABSOLUTE BEATS KATIE		ABSOLUTE BEATS D.GIFT		
YOGA	17:30-18:30	ABSOLUTE FIT PAUL 60 min	HATHA EVE 60 min	HOT (AB) LUKE 60 min	HOT (A) AIR 60 min	Vinyasa PAUL 60 min	ABSOLUTE FIT AIR (16:30-17:30)	HOT (A) CAKE (16:30-17:30)
PILATES REFORMER	17:30-18:00	Foundation		Foundation		Foundation		
	18:00-19:00	ESSENTIAL BUTT + THIGHS RJ	ESSENTIAL FIT + TONE RACHEL	ESSENTIAL ABS + ARM MICHAEL	ESSENTIAL BUTT + THIGHS RISSA	ESSENTIAL ABS + ARM KATE		
RHYTHM CYCLING	18:30-18:45	Foundation		Foundation		Foundation		
YOGA	18:45-19:30	ABSOLUTE BEATS PAE	ABSOLUTE BEATS BOAT	ABSOLUTE BEATS DIRSAM	ABSOLUTE BEATS JUSTIN	ABSOLUTE BEATS PEARL		
	18:45-20:00	HATHA PAUL 75 min	HOT (A) EVE 75 min	HATHA LUKE 75 min	HOT (AB) LUKE 75 min	HOT (A) PAUL 75 min		
PILATES REFORMER	19:00-19:15	Foundation		Foundation		Foundation		
	19:15-20:15	ESSENTIAL ABS + ARM RJ	ESSENTIAL BUTT + THIGHS RACHEL	ESSENTIAL FIT + TONE MICHAEL	ESSENTIAL ABS + ARM RISSA	ESSENTIAL FIT + TONE KATE		
RHYTHM CYCLING	19:45-20:30	ABSOLUTE BEATS FERN	ABSOLUTE BEATS BOAT	ABSOLUTE BEATS DREAM	ABSOLUTE BEATS JUSTIN			
YOGA	20:15-21:15	HOT (AB) PAUL 60 min	Vinyasa EVE 60 min	HOT (A) LUKE 60 min	HATHA / VINYASA AIR 60 min			
PILATES REFORMER	20:15-21:15	ESSENTIAL BUTT + THIGHS RJ	ESSENTIAL ABS + ARM RACHEL	ESSENTIAL BUTT + THIGHS MICHAEL	ESSENTIAL FIT + TONE RISSA	ESSENTIAL ABS + ARM KATE		

THE CIRCLE STUDIO								
DATE		13-May	14-May	15-May	16-May	17-May	18-May	19-May
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YOGA	7:45-8:45						Vinyasa LEK 60 min	
RHYTHM CYCLING	8:00-8:15	Foundation		Foundation		Foundation		
	8:15-9:00	ABSOLUTE BEATS PAT		ABSOLUTE BEATS D.GIFT		ABSOLUTE BEATS PLOY		
PILATES REFORMER	8:30-9:00		Foundation		Foundation		Foundation	
	9:00-10:00	ESSENTIAL ABS + ARM AU	ESSENTIAL BUTT + THIGHS GUBGIB	ESSENTIAL FIT + TONE ANT P	ESSENTIAL ABS + ARM KAN P	ESSENTIAL BUTT + THIGHS BENZ	ESSENTIAL FIT + TONE KAN P	ESSENTIAL ABS + ARM ART
RHYTHM CYCLING	10:00-10:15		Foundation		Foundation		Foundation	Foundation
YOGA	10:15-11:00	ABSOLUTE BEATS PAT	ABSOLUTE BEATS AE (T)	ABSOLUTE BEATS D.GIFT	ABSOLUTE ESSENTIALS KENG (T)	ESSENTIAL BUTT + THIGHS KAN P	ABSOLUTE BEATS D.GIFT	ABSOLUTE BEATS KENG (T)
	9:00-10:30	HOT (A) PLE 90 min	Vinyasa KWANG 90 min	AB FIT GROUND FU (9:00-10:00)	HATHA KNOT 90 min	HOT (A) KNOT 90 min	HOT (AB) LEK 90 min	HATHA FAI 90 min
PILATES REFORMER	10:00-10:30	Foundation		Foundation		Foundation		Foundation
	10:30-11:30	ESSENTIAL FIT + TONE AU	ESSENTIAL ABS + ARM GUBGIB	ESSENTIAL BUTT + THIGHS ANT P	ESSENTIAL FIT + TONE KAN P	ESSENTIAL ABS + ARM BENZ	ESSENTIAL BUTT + THIGHS KAN P	ESSENTIAL FIT + TONE ART
YOGA	11:00-12:30		HOT (A) KWANG 90 min		HOT (AB) KNOT 90 min		AB FIT GROUND LEK (11:00-12:00)	HOT (A) FAI 90 min
RHYTHM CYCLING	12:15-13:00						ABSOLUTE BEATS D.GIFT	
YOGA	14:00-15:30	ABSOLUTE FIT PLE (14:00-15:00)	HATHA KWANG 90 min	HOT (AB) FU 90 min	ABSOLUTE FIT KNOT (14:00-15:00)	HOT (A) EVE 90 min	HATHA LEK 90 min	YIN YANG FAI 90 min
	14:00-14:15						Foundation	Foundation
PILATES REFORMER	14:15-15:00						ABSOLUTE ESSENTIALS D.GIFT	ABSOLUTE BEATS KENG (T)
	14:00-14:30		Foundation		Foundation		Foundation	Foundation
PILATES REFORMER	14:30-15:30	ESSENTIAL BUTT + THIGHS AU	ESSENTIAL ABS + ARM GUBGIB	ESSENTIAL FIT + TONE ANT P	ESSENTIAL BUTT + THIGHS KAN P		ESSENTIAL ABS + ARM KAN P	ESSENTIAL BUTT + THIGHS ART
	16:00-17:00						ESSENTIAL BUTT + THIGHS KAN P	ESSENTIAL ABS + ARMS ART
YOGA	16:30-18:00						YOGA PILATES LEK 90 min	HOT (AB) FAI 90 min
PILATES REFORMER	17:00-18:00	ESSENTIAL ABS + ARM AU		ESSENTIAL BUTT + THIGHS ANT P		ESSENTIAL FIT + TONE BENZ		
YOGA	17:45-19:00	YOGA PILATES PLE 75 min	CORE STRENGTH* KWANG 75 min	Vinyasa FU 75 min	HIP OPENER* KNOT 75 min	HATHA EVE 75 min		
PILATES REFORMER	17:45-18:15	Foundation		Foundation		Foundation		
	18:15-19:15	ESSENTIAL BUTT + THIGHS AU	ESSENTIAL FIT + TONE GUBGIB	ESSENTIAL ABS + ARM ANT P	ESSENTIAL FIT + TONE KAN P	ESSENTIAL BUTT + THIGHS BENZ		
RHYTHM CYCLING	18:15-18:30	Foundation		Foundation		Foundation		
	18:30-19:15	ABSOLUTE BEATS FAI	ABSOLUTE BEATS ADM	ABSOLUTE BEATS PAT	ABSOLUTE BEATS KENG (T)	ABSOLUTE BEATS PLOY		
YOGA	19:15-20:30	HOT (AB) PLE 75 min	HATHA KWANG 75 min	HOT (A) FU 75 min	Vinyasa KNOT 75 min	HOT (AB) EVE 75 min		
RHYTHM CYCLING	19:30-20:15	ABSOLUTE BEATS FAI	ABSOLUTE BEATS ADM	ABSOLUTE BEATS PAT	ABSOLUTE BEATS KENG (T)			
PILATES REFORMER	19:30-20:30	ESSENTIAL ABS + ARM AU	ESSENTIAL BUTT + THIGHS GUBGIB	ESSENTIAL BUTT + THIGHS ANT P	ESSENTIAL ABS + ARM KAN P	ESSENTIAL FIT + TONE BENZ		



ABSOLUTE YOU CLASS SCHEDULE

LADPRO STUDIO									
DATE		13-May	14-May	15-May	16-May	17-May	18-May	19-May	
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
PILATES REFORMER	8:30-9:00	Foundation		Foundation		Foundation		Foundation	
	9:00-10:00	ESSENTIAL FIT + TONE ARM LILY	CIRCUIT ABS + ARM JACKIE	ESSENTIAL BUTT + THIGHS RISSA	CIRCUIT ABS + ARM RACHEL	ESSENTIAL FIT + TONE JACKIE	ESSENTIAL BUTT + THIGHS OHM	ESSENTIAL BUTT + THIGHS OHM	ESSENTIAL ABS + ARM GUBGIB
YOGA	8:45-9:45						Vinyasa KWANG 60 min	ABSOLUTE FIT AIR 60 min	
PILATES REFORMER	9:00-9:30	Foundation		Foundation		Foundation		Foundation	
	9:30-10:30 <i>(New Class)</i>		ANT P		INIK				
YOGA	10:00-11:30	HOT (A) CAKE 90 min	HOT (AB) MARVIN 90 min	HATHA MON 90 min	HOT (A) BIG 90 min	BACK THERAPY* BEBE 90 min	HOT (AB) KWANG 90 min	HOT (A) AIR 90 min	
PILATES REFORMER	10:15-11:15 <i>(Timing Changed)</i>	ESSENTIAL BUTT + THIGHS ARM		ESSENTIAL FIT + TONE RISSA		ESSENTIAL ABS + ARM JACKIE	ESSENTIAL FIT + TONE OHM	ESSENTIAL BUTT + THIGHS GUBGIB	
YOGA	11:45-13:15		HATHA MARVIN 90 min		HATHA BIG 90 min				
PILATES REFORMER	12:00-13:00						ESSENTIAL ABS + ARM OHM	ESSENTIAL FIT + TONE GUBGIB	
YOGA	14:30-16:00	ARM BALANCE* CAKE 90 min		Vinyasa MON 90 min		HOT (AB) BEBE 90 min	HATHA KWANG 90 min	YOGA PILATES AIR 90 min	
PILATES REFORMER	17:15-18:15	CIRCUIT BUTT + THIGHS LILY	ESSENTIAL ABS + ARM JACKIE	CIRCUIT BUTT + THIGHS KUNGLING	ESSENTIAL FIT + TONE INIK	CIRCUIT ABS + ARM JACKIE			
YOGA	17:15-18:15	HATHA CAKE 60 min	HOT (AB) MARVIN 60 min	YOGA PILATES MON 60 min	HOT (A) BIG 60 min	Vinyasa BEBE 60 min	YIN YANG KWANG (16:30-18:00)	HOT (AB) AIR (16:30-18:00)	
PILATES REFORMER	17:30-18:30 <i>(New Class)</i>	ESSENTIAL ABS + ARM LILY		ESSENTIAL BUTT + THIGHS RISSA					
PILATES REFORMER	18:15-18:30	Foundation		Foundation		Foundation		Foundation	
	18:30-19:30	ESSENTIAL ABS + ARM LILY	YOGA STRETCHING ON REFORMER JACKIE	ESSENTIAL FIT+TONE KUNGLING	CIRCUIT ABS + ARM RACHEL	ESSENTIAL BUTT + THIGHS JACKIE			
PILATES REFORMER	18:30-19:00	Foundation		Foundation		Foundation		Foundation	
	19:00-20:00 <i>(New Class)</i>		ANT P		INIK				
YOGA	18:30-20:00	HOT (A) CAKE 90 min	BACKBEND* KNOT 90 min	HOT (AB) MON 90 min	Vinyasa BIG 90 min	HOT (A) BEBE 90 min			
PILATES REFORMER	19:30-20:30	ESSENTIAL FIT + TONE LILY	CIRCUIT BUTT + THIGHS JACKIE	ESSENTIAL ABS + ARM KUNGLING	ESSENTIAL BUTT + THIGHS RACHEL	ESSENTIAL FIT + TONE JACKIE			
YOGA	20:15-21:15	GENTLE FLOW CAKE 60 min	HOT (A) KNOT 60 min	GENTLE FLOW MON 60 min	HOT (AB) BIG 60 min				

CRYSTAL PARK STUDIO									
DATE		13-May	14-May	15-May	16-May	17-May	18-May	19-May	
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
YOGA	7:30-8:30	HATHA BIG 60 min	HOT (AB) FAI 60 min	YOGA PILATES KNOT 60 min	ABSOLUTE FIT FU 60 min	HOT (A) PLE 60 min	ABSOLUTE FIT CAKE 60 min	HOT (A) ARTIE 60 min	
PILATES REFORMER	8:00-9:00 <i>(Timing Changed)</i>						ESSENTIAL FIT + TONE KATE	ESSENTIAL ABS + ARM OHM	
PILATES REFORMER	8:30-9:30 <i>(No Foundation)</i>	CIRCUIT ABS + ARM ANT	ESSENTIAL ABS + ARM JEAB	CIRCUIT BUTT + THIGHS VANESSA	CIRCUIT ABS + ARM OHM	ESSENTIAL BUTT + THIGHS INIK			
RHYTHM CYCLING	8:30-8:45	Foundation		Foundation		Foundation		Foundation	
	8:45-9:30	ABSOLUTE BEATS KENG (T)		ABSOLUTE BEATS TAE		ABSOLUTE BEATS BOAT			
YOGA	8:45-9:45	HOT (A) BIG 60 min	INVERSION* FAI (8:45-10:15)	HOT (AB) KNOT 60 min	HOT (A) FU (8:45-10:15)	Vinyasa PLE 60 min	HOT (A) CAKE 60 min	ABSOLUTE FIT ARTIE 60 min	
PILATES REFORMER	9:15-10:15 <i>(New Class)</i>						ESSENTIAL ABS + ARM KATE	ESSENTIAL BUTT + THIGHS OHM	
RHYTHM CYCLING	9:30-9:45	Foundation		Foundation		Foundation		Foundation	
	9:45-10:30		ABSOLUTE BEATS PLOY	ESSENTIAL ABS + ARM	ABSOLUTE BEATS D.GIFT		ABSOLUTE BEATS CHERIE	ABSOLUTE BEATS DREAM	
PILATES REFORMER	9:45-10:15	Foundation		Foundation		Foundation		Foundation	
	10:15-11:15 <i>(Class Changed)</i>	ESSENTIAL BUTT + THIGHS ANT	ESSENTIAL FIT + TONE JEAB	ESSENTIAL ABS + ARM VANESSA	ESSENTIAL BUTT + THIGHS OHM	ESSENTIAL ABS + ARM INIK			
PILATES REFORMER	10:30-11:30 <i>(Timing Changed)</i>						CARDIO JUMPBOARD KATE	ESSENTIAL FIT + TONE OHM	
YOGA	10:30-12:00	Vinyasa BIG 90 min	HOT (A) FAI 90 min	HATHA KNOT 90 min	ARM BALANCE* FU 90 min	HOT (A) PLE 90 min	HOT (AB) CAKE 90 min	HATHA ARTIE 90 min	
PILATES REFORMER	11:00-11:30	Foundation		Foundation		Foundation		Foundation	
	11:30-12:30 <i>(Class Added)</i>	ESSENTIAL FIT + TONE ANT	ESSENTIAL ABS + ARM JEAB	ESSENTIAL BUTT + THIGHS VANESSA	ESSENTIAL ABS + ARM OHM	ESSENTIAL FIT + TONE INIK			
PILATES REFORMER	11:45-12:15	Foundation		Foundation		Foundation		Foundation	
	12:15-13:15 <i>(Timing Changed)</i>						ESSENTIAL BUTT + THIGHS KATE	CIRCUIT ABS + ARM OHM	
YOGA	14:00-15:30	CORE STRENGTH* BIG 90 min		HOT (A) KNOT 90 min		Vinyasa AIR 90 min	Vinyasa CAKE 90 min	YIN YANG ARTIE 90 min	
RHYTHM CYCLING	15:30-15:45	Foundation		Foundation		Foundation		Foundation	
	15:45-16:30	ABSOLUTE BEATS KENG (T)	ABSOLUTE ESSENTIALS PLOY	ABSOLUTE BEATS TAE	ABSOLUTE BEATS D.GIFT	ABSOLUTE BEATS AE (T)	ABSOLUTE ESSENTIALS CHERIE	ABSOLUTE BEATS DREAM	
PILATES REFORMER	15:30-16:00	Foundation		Foundation		Foundation		Foundation	
	16:00-17:00						CIRCUIT ABS + ARM KATE	ESSENTIAL BUTT + THIGHS OHM	
YOGA	17:30-18:30	HOT (A) BIG 60 min	Vinyasa LEK 60 min	HOT (AB) KNOT 60 min	HATHA KWANG 60 min	GENTLE FLOW AIR 60 min			
PILATES REFORMER	17:00-17:30	Foundation		Foundation		Foundation		Foundation	
	17:30-18:30	ESSENTIAL FIT + TONE ANT	ESSENTIAL BUTT + THIGHS JEAB	ESSENTIAL FIT + TONE VANESSA	ESSENTIAL ABS + ARM OHM	CIRCUIT BUTT + THIGHS INIK			
RHYTHM CYCLING	18:30-18:45	Foundation		Foundation		Foundation		Foundation	
	18:45-19:30	ABSOLUTE BEATS KENG (T)	ABSOLUTE ESSENTIALS PLOY	ABSOLUTE BEATS TAE	ABSOLUTE BEATS D.GIFT	ABSOLUTE BEATS AE (T)			
PILATES REFORMER	18:30-19:00	Foundation		Foundation		Foundation		Foundation	
	19:00-20:00	ESSENTIAL BUTT + THIGHS ANT	CIRCUIT ABS + ARM JEAB	ESSENTIAL ABS + ARM VANESSA	ESSENTIAL BUTT + THIGHS OHM	ESSENTIAL FIT + TONE INIK			
YOGA	19:00-20:15	HATHA BIG 75 min	HOT (AB) LEK (19:00-20:00)	Vinyasa KNOT 75 min	HOT (A) KWANG (19:00-20:00)	HOT (A) AIR 75 min			
YOGA	20:10-21:10		HOT (A) LEK 60 min		HATHA KWANG 60 min				

ABSOLUTE YOU CLASS SCHEDULE

COMMONS STUDIO								
DATE		13-May	14-May	15-May	16-May	17-May	18-May	19-May
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PILATES REFORMER	8:30-9:00	Foundation				Foundation	Foundation	Foundation
	9:00-10:00	ESSENTIAL FIT + TONE <i>RACHEL</i>	ESSENTIAL ABS + ARM <i>RJ</i>	ESSENTIAL FIT + TONE <i>GUBGIB</i>	ESSENTIAL ABS + ARM <i>KAT</i>	ESSENTIAL BUTT + THIGHS <i>RISSA</i>	ESSENTIAL FIT + TONE <i>JOHN</i>	ESSENTIAL ABS + ARM <i>CHER</i>
RHYTHM CYCLING	9:00-9:15	Foundation			Foundation	(9:15-10:15)	Foundation	
	9:15-10:00	ABSOLUTE BEATS <i>ARIS</i>	ABSOLUTE BEATS <i>MEX</i>	ABSOLUTE BEATS <i>FLYNN</i>	ABSOLUTE BEATS <i>DAN</i>	ABSOLUTE BEATS <i>DAN</i>	ABSOLUTE BEATS <i>GIFT</i>	ABSOLUTE BEATS <i>MEX</i>
PILATES REFORMER	10:15-11:15	ESSENTIAL BUTT + THIGHS <i>RACHEL</i>	ESSENTIAL FIT + TONE <i>RJ</i>	ESSENTIAL ABS + ARM <i>GUBGIB</i>	ESSENTIAL FIT + TONE <i>KAT</i>	ESSENTIAL ABS + ARM <i>RISSA</i>	CIRCUIT BUTT + THIGHS <i>JOHN</i>	ESSENTIAL FIT + TONE <i>CHER</i>
	10:15-10:30	Foundation			Foundation		Foundation	Foundation
RHYTHM CYCLING	10:30-11:15	ABSOLUTE BEATS <i>ARIS</i>	ABSOLUTE BEATS <i>MEX</i>	ABSOLUTE BEATS <i>DAN</i>	ABSOLUTE BEATS <i>CHRISMA</i>	ABSOLUTE BEATS <i>GIFT</i>	ABSOLUTE BURN <i>GIFT</i>	ABSOLUTE BEATS <i>MEX</i>
	15:00-15:15						ABSOLUTE BEATS <i>ARIS</i>	ABSOLUTE BEATS <i>PEARL</i>
PILATES REFORMER	15:15-16:00						ESSENTIAL ABS + ARM <i>JOHN</i>	ESSENTIAL BUTT + THIGHS <i>CHER</i>
	15:00-16:00	Foundation			Foundation		Foundation	Foundation
RHYTHM CYCLING	16:30-16:45						Foundation	(16:30-17:30)
	16:45-17:30						ABSOLUTE BEATS <i>ARIS</i>	ABSOLUTE 60 <i>PEARL</i>
RHYTHM CYCLING	17:15-17:30			Foundation				
	17:30-18:15	ABSOLUTE BEATS <i>ARIS</i>		ABSOLUTE BEATS <i>FLYNN</i>				
RHYTHM CYCLING	18:15-18:30		Foundation	(18:30-19:30)	Foundation	Foundation		
	18:30-19:15	ABSOLUTE BURN <i>DAN</i>	ABSOLUTE BEATS <i>FLYNN</i>	ABSOLUTE 60 <i>MEX</i>	ABSOLUTE BEATS <i>CHRISMA</i>	ABSOLUTE BEATS <i>GIFT</i>		
PILATES REFORMER	18:00-18:30	Foundation		Foundation		Foundation		
	18:30-19:30	ESSENTIAL ABS + ARM <i>RACHEL</i>	ESSENTIAL BUTT + THIGHS <i>RJ</i>	ESSENTIAL FIT + TONE <i>GUBGIB</i>	ESSENTIAL ABS + ARM <i>KAT</i>	ESSENTIAL FIT + TONE <i>RISSA</i>		
RHYTHM CYCLING	19:30-19:45	Foundation						
	19:45-20:30	ABSOLUTE BEATS <i>GIFT</i>	ABSOLUTE BEATS <i>FLYNN</i>	ABSOLUTE BEATS <i>MEX</i>	ABSOLUTE BEATS <i>PEARL</i>			

JAS URBAN STUDIO								
DATE		13-May	14-May	15-May	16-May	17-May	18-May	19-May
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PILATES REFORMER	8:00-8:30		Foundation		Foundation		Foundation	Foundation
	8:30-9:30	ESSENTIAL ABS + ARM <i>KAN P</i>	ESSENTIAL BUTT + THIGHS <i>ART</i>	ESSENTIAL FIT + TONE <i>INK</i>	ESSENTIAL ABS + ARM <i>AU</i>	ESSENTIAL BUTT + THIGHS <i>ARM</i>	ESSENTIAL FIT + TONE <i>GUBGIB</i>	ESSENTIAL ABS + ARM <i>KAN P</i>
YOGA	8:30-9:30	GENTLE FLOW <i>LEK</i> 60 min		HATHA <i>KWANG</i> 60 min		HOT (A) <i>ARTIE</i> 60 min		
RHYTHM CYCLING	8:45-9:00	Foundation	Foundation	Foundation	Foundation	Foundation	Foundation	Foundation
	9:00-9:45	ABSOLUTE ESSENTIALS <i>KATIE</i>	ABSOLUTE BEATS <i>DAN</i>	ABSOLUTE BEATS <i>AE (TT)</i>	ABSOLUTE BEATS <i>PLA (TT)</i>	ABSOLUTE BEATS <i>PAT</i>	ABSOLUTE BEATS <i>BOAT</i>	ABSOLUTE BEATS <i>JUNE</i>
PILATES REFORMER	9:30-10:00	Foundation		Foundation		Foundation		Foundation
	10:00-11:00	ESSENTIAL FIT + TONE <i>KAN P</i>	ESSENTIAL ABS + ARM <i>ART</i>	ESSENTIAL BUTT + THIGHS <i>INK</i>	ESSENTIAL FIT + TONE <i>AU</i>	ESSENTIAL ABS + ARM <i>ARM</i>	ESSENTIAL ABS + ARM <i>GUBGIB</i>	ESSENTIAL BUTT + THIGHS <i>KAN P</i>
YOGA	10:00-11:30	ABSOLUTE FIT <i>LEK</i> (10:00-11:00)	HATHA <i>PAUL</i> 90 min	HOT (A) <i>KWANG</i> 90 min	Vinyasa <i>BEBE</i> 90 min	HATHA <i>ARTIE</i> 90 min (10:00-11:00)	HOT (A) <i>BENZ</i> 90 min	HOT (AB) <i>EVE</i> 90 min
RHYTHM CYCLING	10:00-10:15						Foundation	Foundation
	10:15-11:00						ABSOLUTE BEATS <i>BOAT</i>	ABSOLUTE ESSENTIALS <i>JUNE</i>
YOGA	14:30-16:00	HOT (AB) <i>LEK</i> 90 min			GENTLE FLOW <i>BEBE</i> 14:30-15:30		HATHA <i>BENZ</i> 90 min	YIN YANG <i>EVE</i> 90 min
PILATES REFORMER	14:30-15:00						Foundation	Foundation
	15:00-16:00						ESSENTIAL BUTT + THIGHS <i>GUBGIB</i>	ESSENTIAL FIT + TONE <i>KAN P</i>
PILATES REFORMER	17:45-18:15	Foundation	Foundation	Foundation	Foundation	Foundation		
	18:15-19:15	ESSENTIAL BUTT + THIGHS <i>KAN P</i>	ESSENTIAL FIT + TONE <i>ART</i>	ESSENTIAL ABS + ARM <i>INK</i>	ESSENTIAL BUTT + THIGHS <i>AU</i>	ESSENTIAL ABS + ARM <i>ARM</i>		
YOGA	18:00-19:30	Vinyasa <i>LEK</i> 90 min	HOT (A) <i>PAUL</i> 90 min	HOT (AB) <i>KWANG</i> 90 min	HATHA <i>BEBE</i> 90 min	HOT (AB) <i>ARTIE</i> 90 min		
RHYTHM CYCLING	18:30-18:45	Foundation	Foundation	Foundation	Foundation	Foundation		
	18:45-19:30	ABSOLUTE BEATS <i>SADIA</i>	ABSOLUTE BEATS <i>KENG (TT)</i>	ABSOLUTE BEATS <i>AE (TT)</i>	ABSOLUTE BEATS <i>DREAM</i>	ABSOLUTE BEATS <i>PAT</i>		
PILATES REFORMER	19:15-19:45	Foundation		Foundation				
	19:45-20:45	ESSENTIAL FIT + TONE <i>KAN P</i>	ESSENTIAL BUTT + THIGHS <i>ART</i>	ESSENTIAL BUTT + THIGHS <i>INK</i>	ESSENTIAL ABS + ARM <i>AU</i>			
RHYTHM CYCLING	19:45-20:30		ABSOLUTE BEATS <i>KENG (TT)</i>		ABSOLUTE BEATS <i>DREAM</i>			
YOGA	19:45-20:45		BACKBEND* <i>PAUL</i> 60 min		HOT (A) <i>BEBE</i> 60 min			

ABSOLUTE YOU CLASS SCHEDULE

G TOWER STUDIO								
DATE		13-May	14-May	15-May	16-May	17-May	18-May	19-May
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PILATES REFORMER	7:00-7:15	Foundation		Foundation				
	7:15-8:15	ESSENTIAL BUTT + THIGHS JEAB		ESSENTIAL ABS + ARM ART		ESSENTIAL FIT + TONE AU		
RHYTHM CYCLING	7:00-7:15	Foundation	Foundation	Foundation	Foundation	Foundation		
	7:15-8:15	ABSOLUTE BEATS SAFIYA	ABSOLUTE BEATS PLA (T)	ABSOLUTE BEATS SADIA	ABSOLUTE BEATS BOAT	ABSOLUTE BEATS PLA (T)		
RHYTHM CYCLING	9:00-9:15						Foundation	Foundation
	9:15-10:00						ABSOLUTE BEATS SADIA	ABSOLUTE BEATS BOAT
PILATES REFORMER	9:30-10:00						Foundation	Foundation
	10:00-11:00						ESSENTIAL FIT + TONE JACKIE	ESSENTIAL ABS + ARM AU
PILATES REFORMER	11:45-12:00	Foundation		Foundation		Foundation		
	12:00-13:00	ESSENTIAL ABS + ARM JEAB	ESSENTIAL BUTT + THIGHS INK	ESSENTIAL BUTT + THIGHS ART	ESSENTIAL FIT + TONE ARM	ESSENTIAL FIT + TONE AU		
RHYTHM CYCLING	12:00-12:15	Foundation	Foundation	Foundation	Foundation	Foundation		
	12:15-13:00		LUNCH BEATS TAE		LUNCH BEATS PLA (T)			
RHYTHM CYCLING	14:00-14:15						Foundation	Foundation
	14:15-15:00						ABSOLUTE ESSENTIALS SADIA	ABSOLUTE BEATS MAE D
PILATES REFORMER	14:30-15:00						Foundation	Foundation
	15:00-16:00						ESSENTIAL ABS + ARM JACKIE	ESSENTIAL FIT + TONE AU
PILATES REFORMER	17:30-18:30	ESSENTIAL FIT + TONE JEAB <i>(Class Added)</i>		ESSENTIAL BUTT + THIGHS ART				
PILATES REFORMER	17:45-18:15	<i>(18:45-19:45)</i>		<i>(18:45-19:45)</i>		Foundation		
	18:15-19:15	ESSENTIAL BUTT + THIGHS JEAB	ESSENTIAL ABS + ARM INK	ESSENTIAL FIT + TONE ART	ESSENTIAL ABS + ARM ARM	ESSENTIAL BUTT + THIGHS AU		
RHYTHM CYCLING	18:15-18:30	Foundation	Foundation	Foundation	Foundation	Foundation		
	18:30-19:15	ABSOLUTE BEATS PLA (T)	ABSOLUTE BEATS JUSTIN	ABSOLUTE BEATS FERN	ABSOLUTE BEATS KATIE	ABSOLUTE BEATS BOAT		
PILATES REFORMER	19:15-19:45		Foundation		Foundation			
	19:45-20:45	ESSENTIAL ABS + ARM JEAB	ESSENTIAL BUTT + THIGHS INK	ESSENTIAL FIT + TONE ART	ESSENTIAL ABS + ARM ARM			
RHYTHM CYCLING	19:30-19:45	Foundation	Foundation	Foundation	Foundation			
	19:45-20:30	ABSOLUTE BEATS PLA (T)	ABSOLUTE BEATS TAE	ABSOLUTE BEATS FERN	ABSOLUTE BEATS SADIA			

ON-NUT STUDIO								
DATE		13-May	14-May	15-May	16-May	17-May	18-May	19-May
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YOGA	7:00-8:00	HATHA MON 60 min		GENTLE FLOW MARVIN 60 min		HOT (A) KWANG 60 min		
PILATES REFORMER	7:00-8:00		ESSENTIAL BUTT + THIGHS RISSA		ESSENTIAL ABS + ARM CHER			
	7:15-8:00		ABSOLUTE BEATS KATIE		ABSOLUTE BEATS FERN			
YOGA	8:30-9:30						ABSOLUTE FIT EVE 60 min	GENTLE FLOW LEK 60 min
PILATES REFORMER	8:30-9:00	Foundation		Foundation		Foundation		
	9:00-10:00	ESSENTIAL FIT + TONE ART	ESSENTIAL ABS + ARM RISSA	ESSENTIAL BUTT + THIGHS KATE	ESSENTIAL FIT + TONE CHER	ESSENTIAL ABS + ARM JOHN	ESSENTIAL BUTT + THIGHS AU	ESSENTIAL FIT + TONE ANT P
RHYTHM CYCLING	9:00-9:15						Foundation	Foundation
	9:15-10:00						ABSOLUTE BEATS MAE D	ABSOLUTE BEATS D.GIFT
RHYTHM CYCLING	10:00-10:15	Foundation		Foundation		Foundation		
	10:15-11:00	ABSOLUTE BEATS PLA (T)		ABSOLUTE BEATS KENG (T)		ABSOLUTE BEATS SADIA		
YOGA	10:00-11:15	HOT (A) MON 75 min	HATHA PLE 75 min	HOT (AB) MARVIN 75 min	HATHA ARTIE 75 min	Vinyasa KWANG 75 min	HOT (A) EVE 75 min	HATHA LEK 75 min
PILATES REFORMER	10:00-10:30							Foundation
	10:30-11:30						ESSENTIAL ABS + ARM AU	ESSENTIAL BUTT + THIGHS ANT P
PILATES REFORMER	13:30-14:00	Foundation		Foundation		Foundation	Foundation	Foundation
	14:00-15:00	ESSENTIAL ABS + ARM ART		ESSENTIAL FIT + TONE KATE		ESSENTIAL BUTT + THIGHS JOHN	ESSENTIAL FIT + TONE AU	ESSENTIAL ABS + ARM ANT P
YOGA	14:00-15:00		HOT (A) PLE 60 min		GENTLE FLOW ARTIE 60 min		HOT (AB) EVE (14:00-15:30)	HOT (A) LEK (14:00-15:30)
RHYTHM CYCLING	14:45-15:00						Foundation	Foundation
	15:00-15:45						ABSOLUTE BEATS MAE D	ABSOLUTE ESSENTIALS D.GIFT
PILATES REFORMER	17:45-18:15	Foundation		Foundation		Foundation		
	18:15-19:15	ESSENTIAL FIT + TONE ART	ESSENTIAL BUTT + THIGHS RISSA	ESSENTIAL ABS + ARM KATE	ESSENTIAL BUTT + THIGHS CHER	ESSENTIAL FIT + TONE JOHN		
YOGA	18:00-19:30	HOT (A) MON 90 min	HATHA PLE 90 min	HOT (A) MARVIN 90 min	Vinyasa ARTIE 90 min	HOT (AB) KWANG 90 min		
RHYTHM CYCLING	18:15-18:30	Foundation	Foundation	Foundation	Foundation	Foundation		
	18:30-19:15	ABSOLUTE BEATS BOAT	ABSOLUTE BEATS KATIE	ABSOLUTE BEATS KENG (T)	ABSOLUTE BEATS PLODY	ABSOLUTE BEATS SADIA		
PILATES REFORMER	19:15-19:30		Foundation		Foundation			
	19:30-20:30	ESSENTIAL ABS + ARM ART	ESSENTIAL FIT + TONE RISSA	ESSENTIAL BUTT + THIGHS KATE	ESSENTIAL ABS + ARM CHER			
RHYTHM CYCLING	19:30-19:45	Foundation	Foundation	Foundation	Foundation			
	19:45-20:30	ABSOLUTE BEATS BOAT	ABSOLUTE BEATS KATIE	ABSOLUTE ESSENTIALS KENG (T)	ABSOLUTE BEATS PLODY			
YOGA	19:45-20:45	GENTLE FLOW MON 60 min	HOT (A) PLE 60 min	HATHA MARVIN 60 min	HOT (AB) ARTIE 60 min			

ABSOLUTE YOU CLASS SCHEDULE

NANG-LIN-CHEE STUDIO								
DATE		13-May	14-May	15-May	16-May	17-May	18-May	19-May
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YOGA	7:30-8:15		HF on the Go CAKE 45 min		HF on the Go MARVIN 45 min			
PILATES REFORMER	7:30-8:30	ESSENTIAL BUTT + THIGHS JULIE	ESSENTIAL ABS + ARM VANESSA	ESSENTIAL FIT + TONE RJ	ESSENTIAL BUTT + THIGHS LILY	ESSENTIAL FIT + TONE OHM		
YOGA	8:30-9:30						ABSOLUTE FIT ARTIE 60 min	GENTLE FLOW MARVIN 60 min
PILATES REFORMER	8:30-9:00	Foundation		Foundation		Foundation		Foundation
	9:00-10:00	ESSENTIAL FIT + TONE JULIE	ESSENTIAL ABS + ARM VANESSA	ESSENTIAL BUTT + THIGHS RJ	ESSENTIAL FIT + TONE LILY	ESSENTIAL ABS + ARM OHM	ESSENTIAL BUTT + THIGHS CHER	ESSENTIAL FIT + TONE JOHN
RHYTHM CYCLING	9:00-9:15	Foundation		Foundation		Foundation		Foundation
	9:15-10:00	ABSOLUTE BEATS FERM	ABSOLUTE BEATS JUSTIN	ABSOLUTE ESSENTIALS MAE D	ABSOLUTE BEATS TAE	ABSOLUTE BEATS DREAM	ABSOLUTE BEATS CHRISNA	ABSOLUTE BEATS MARIA
YOGA	10:00-11:15	HOT (A) AIR 75 min	HATHA CAKE 75 min	HOT (AB) CANDY 75 min	HATHA MARVIN 75 min	Vinyasa FAI 75 min	HOT (A) ARTIE 75 min	HATHA MARVIN 75 min
PILATES REFORMER	10:00-10:30						Foundation	Foundation
	10:30-11:30						ESSENTIAL ABS + ARM CHER	ESSENTIAL BUTT + THIGHS JOHN
PILATES REFORMER	13:30-14:00						Foundation	Foundation
	14:00-15:00	ESSENTIAL BUTT + THIGHS JULIE		ESSENTIAL ABS + ARM RJ			ESSENTIAL FIT + TONE CHER	ESSENTIAL ABS + ARM JOHN
YOGA	14:00-15:30						HOT (AB) ARTIE 90 min	HOT (A) MARVIN 90 min
RHYTHM CYCLING	14:45-15:00						Foundation	Foundation
	15:00-15:45						ABSOLUTE ESSENTIALS CHRISNA	ABSOLUTE BEATS MARIA
PILATES REFORMER	17:15-18:15	ESSENTIAL BUTT + THIGHS JOHN		ESSENTIAL FIT + TONE ARM				
	(Class Added)							
RHYTHM CYCLING	17:30-18:15	ABSOLUTE BEATS PLOW		ABSOLUTE BEATS MAE D				
	(Class Added)							
PILATES REFORMER	17:45-18:15	Foundation		Foundation		Foundation		Foundation
	18:15-19:15	ESSENTIAL FIT + TONE JOHN	ESSENTIAL BUTT + THIGHS VANESSA	ESSENTIAL ABS + ARM ARM	ESSENTIAL BUTT + THIGHS LILY	ESSENTIAL FIT + TONE OHM		
YOGA	18:00-19:30	HOT (AB) AIR 90 min	HATHA CAKE 90 min	HOT (A) CANDY 90 min	Vinyasa MARVIN 90 min	HOT (AB) FAI 90 min		
RHYTHM CYCLING	18:15-18:30	Foundation		Foundation		Foundation		Foundation
	18:30-19:15	ABSOLUTE BEATS PLOW	ABSOLUTE BEATS DREAM	ABSOLUTE BEATS JUSTIN	ABSOLUTE BEATS TAE	ABSOLUTE BEATS DREAM		
PILATES REFORMER	19:15-19:30	Foundation		Foundation		Foundation		Foundation
	19:30-20:30	ESSENTIAL ABS + ARM JOHN	ESSENTIAL FIT + TONE VANESSA	ESSENTIAL BUTT + THIGHS ARM	ESSENTIAL ABS + ARM LILY			
RHYTHM CYCLING	19:30-20:15	ABSOLUTE BEATS PLOW	ABSOLUTE BEATS SARIYA	ABSOLUTE BEATS DINI	ABSOLUTE BEATS AE (T)			
YOGA	19:45-20:45	GENTLE FLOW AIR 60 min		HATHA CANDY 60 min				

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CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YOGA	7:00-7:45	HF on the Go EVE 45 min		HF on the Go MONICA 45 min		HF on the Go MON 45 min		
PILATES REFORMER	7:30-8:30	ESSENTIAL BUTT + THIGHS GUBGIB		ESSENTIAL FIT + TONE LILY		ESSENTIAL ABS + ARM CHER		
YOGA	8:30-9:30						ABSOLUTE FIT FU 60 min	GENTLE FLOW FAR 60 min
PILATES REFORMER	8:30-9:00	Foundation		Foundation		Foundation		Foundation
	9:00-10:00	ESSENTIAL FIT + TONE GUBGIB	ESSENTIAL ABS + ARM ARM	ESSENTIAL BUTT + THIGHS LILY	ESSENTIAL FIT + TONE JOHN	ESSENTIAL ABS + ARM CHER	ESSENTIAL BUTT + THIGHS RISSA	ESSENTIAL FIT + TONE BENZ
YOGA	10:00-11:15	HOT (A) EVE 75 min	HATHA BEBE 75 min	HOT (AB) PLE 75 min	HOT (A) BENZ 75 min	Vinyasa MON 75 min	HOT (A) FU 75 min	HATHA FAR 75 min
PILATES REFORMER	10:00-10:30						Foundation	Foundation
	10:30-11:30		ESSENTIAL FIT + TONE ARM		ESSENTIAL ABS + ARM JOHN		ESSENTIAL ABS + ARM RISSA	ESSENTIAL BUTT + THIGHS BENZ
YOGA	11:30-13:00	Vinyasa EVE 90 min		HATHA MONICA 90 min				
PILATES REFORMER	13:30-14:00	(13:30-14:30)		(13:30-14:30)		(13:30-14:30)		Foundation
	14:00-15:00	ESSENTIAL BUTT + THIGHS GUBGIB		ESSENTIAL FIT + TONE LILY		ESSENTIAL ABS + ARM CHER	ESSENTIAL FIT + TONE RISSA	ESSENTIAL ABS + ARM BENZ
YOGA	14:00-15:30		HATHA BEBE 90 min		BACKBEND* BENZ 90 min		HOT (AB) FU 90 min	HOT (A) FAR 90 min
PILATES REFORMER	17:15-17:45	Foundation		Foundation		Foundation		Foundation
	17:45-18:45	ESSENTIAL FIT + TONE KUNGGING	ESSENTIAL BUTT + THIGHS ARM	ESSENTIAL ABS + ARM PEWEE	ESSENTIAL BUTT + THIGHS JOHN	ESSENTIAL FIT + TONE CHER		
YOGA	18:00-19:30	HOT (AB) EVE 90 min	HOT (A) BEBE 90 min	HOT (A) PLE 90 min	Vinyasa BENZ 90 min	HOT (AB) MON 90 min		
PILATES REFORMER	18:45-19:00	Foundation		Foundation		Foundation		Foundation
	19:00-20:00	ESSENTIAL BUTT + THIGHS KUNGGING	ESSENTIAL ABS + ARM ARM	ESSENTIAL FIT + TONE PEWEE	ESSENTIAL FIT + TONE JOHN			
PILATES REFORMER	20:15-21:15	ESSENTIAL ABS + ARM KUNGGING	ESSENTIAL FIT + TONE ARM	ESSENTIAL BUTT + THIGHS PEWEE	ESSENTIAL ABS + ARM JOHN			
YOGA	19:45-20:45	GENTLE FLOW EVE 60 min	YIN YANG BEBE 60 min	GENTLE FLOW PLE 60 min	HOT (AB) BENZ 60 min			