

ABSOLUTE YOU CLASS SCHEDULE

AMARIN PLAZA STUDIO								
DATE		14-September	15-September	16-September	17-September	18-September	19-September	20-September
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YOGA	7:00-7:45	AWAKENING LUKE 45 min	RISE AND SHINE CANDY 45 min	AWAKENING BIG 45 min	RISE AND SHINE BEBE 45 min	OFFICE SYNDROME CANDY 45 min		
PILATES REFORMER	7:00-8:00 PR 2	ESSENTIAL FIT + TONE JENNY	ESSENTIAL BUTT + THIGHS FLYNN	ESSENTIAL ABS + ARM CHER	ESSENTIAL FIT + TONE KATE	ESSENTIAL ABS + ARM JENNY		
PILATES REFORMER	7:15-8:15	CIRCUIT ABS + ARMS PEWEE	ESSENTIAL FIT + TONE KATE	REFORMER BLEND JENNY	ESSENTIAL ABS + ARMS TERESA	CIRCUIT BUTT + THIGHS RJ		
PILATES REFORMER	8:00-9:00						ESSENTIAL FIT + TONE JP	ESSENTIAL BUTT + THIGHS TERESA
PILATES REFORMER	8:15-9:15 PR 2						ESSENTIAL ABS + ARM CHER	ESSENTIAL FIT + TONE STAMP
YOGA	8:15-9:45	HATHA LUKE 90 min		Vinyasa BIG 90 min		HATHA CANDY 90 min		Vinyasa EVE (7:30-8:30)
PILATES REFORMER	8:30-9:30	ESSENTIAL BUTT + THIGHS JENNY	ESSENTIAL ABS + ARMS KATE	ESSENTIAL FIT + TONE CHER	ESSENTIAL ABS + ARMS TERESA	STRETCH & DESTRESS JENNY		
PILATES REFORMER	8:30-9:00 9:00-10:00		Foundation #PR 2 ESSENTIAL ABS + ARMS FLYNN		Foundation #PR 2 ESSENTIAL BUTT + THIGHS KATE		(9:15-10:15) ESSENTIAL BUTT + THIGHS JULIE	(9:15-10:15) CIRCUIT ABS + ARMS TERESA
YOGA	8:45-9:45						FAT BURNING CAKE 60 min	HATHA EVE 60 min
PILATES REFORMER	9:30-10:30 PR 2						ESSENTIAL FIT + TONE JP	ESSENTIAL BUTT + THIGHS STAMP
YOGA	10:00-11:30	HOT (A) HARRISON 90 min	HATHA CANDY 90 min	HOT (AB) BIG 90 min	HOT (A) BEBE 90 min	HOT (AB) CANDY 90 min	HOT (A) PAUL 90 min	HOT (A) HARRISON 90 min
PILATES REFORMER	10:30-11:30						ESSENTIAL ABS + ARM JULIE	ESSENTIAL FIT + TONE TERESA
PILATES REFORMER	10:30-11:00 11:00-12:00 PR 2						Foundation ESSENTIAL ABS + ARM CHER	Foundation ESSENTIAL FIT + TONE JULIE
YOGA	11:00-12:30 <i>(Temporarily Changed Time and Room)</i>						Vinyasa CAKE (11:45-13:15) #YG1	YOGA PILATES EVE (11:45-13:15) #YG1
PILATES REFORMER	11:45-12:45						ESSENTIAL FIT + TONE JP	ESSENTIAL ABS + ARM TERESA
YOGA	12:15-13:00	FAT BURNING LUKE 45 min		FAT BURNING PAUL 45 min		OFFICE SYNDROME HARRISON 45 min		
PILATES REFORMER	12:15-13:15		ESSENTIAL FIT + TONE LUKE		ESSENTIAL BUTT + THIGHS JACKIE			
PILATES REFORMER	14:00-14:30 14:30-15:30	ESSENTIAL ABS + ARMS LUKE		Foundation ESSENTIAL FIT + TONE JENNY		CIRCUIT ABS + ARMS RJ	ESSENTIAL ABS + ARMS JULIE	ESSENTIAL FIT + TONE JULIE
YOGA	14:30-16:00		HATHA AIR 90 min		HOT (A) MON 90 min		HOT (AB) PAUL 90 min	HOT (A) HARRISON 90 min
PILATES REFORMER	14:30-15:00 15:00-16:00 PR 2						Foundation ESSENTIAL BUTT + THIGHS JP	Foundation ESSENTIAL ABS + ARM STAMP
YOGA	15:15-16:45 YG 2						HATHA KNOT 90 min	Vinyasa BIG 90 min
PILATES REFORMER	16:00-17:00						CIRCUIT BUTT + THIGHS JULIE	ESSENTIAL BUTT + THIGHS JULIE
YOGA	17:00-18:00	Vinyasa JACKIE 60 min	HOT (A) LUKE 60 min	STRETCH & DESTRESS BIG 60 min	HATHA MON 60 min	FAT BURNING EVE 60 min	HOT (A) PAUL (16:30-17:30)	FAT BURNING HARRISON (16:30-17:30)
PILATES REFORMER	16:45-17:45	CIRCUIT ABS + ARM PEWEE	ESSENTIAL FIT + TONE TERESA	ESSENTIAL BUTT + THIGHS LILY	ESSENTIAL ABS + ARM RACHEL	ESSENTIAL FIT + TONE MICHAEL		
PILATES REFORMER	17:00-17:30 17:30-18:30 PR 2	Foundation ESSENTIAL BUTT + THIGHS JULIE	ESSENTIAL ABS + ARM JOHN	Foundation ESSENTIAL FIT + TONE KATE	ESSENTIAL BUTT + THIGHS JACKIE	Foundation ESSENTIAL ABS + ARM RACHEL		
PILATES REFORMER	18:00-19:00	ESSENTIAL BUTT + THIGHS MICHAEL	ESSENTIAL FIT + TONE TERESA	CIRCUIT ABS + ARMS LILY	ESSENTIAL BUTT + THIGHS RACHEL	CIRCUIT BUTT + THIGHS MICHAEL		
YOGA	18:00-19:00 YG 2	FAT BURNING JACKIE 60 min	YOGA PILATES LUKE 60 min	ANTI-AGING BIG 60 min	OFFICE SYNDROME MON 60 min	STRETCH & DESTRESS EVE 60 min		
YOGA	18:15-19:15	HOT (A) HARRISON 60 min	HOT (AB) AIR 60 min	HOT (A) PAUL 60 min	HOT (AB) BEBE 60 min	HOT (A) HARRISON 60 min		
PILATES REFORMER	18:40-19:40 PR 2	ESSENTIAL ABS + ARM JULIE	ESSENTIAL FIT + TONE JOHN	ESSENTIAL BUTT + THIGHS KATE	ESSENTIAL ABS + ARM JACKIE	ESSENTIAL FIT + TONE RACHEL		
PILATES REFORMER	19:10-20:10	ESSENTIAL FIT + TONE MICHAEL	CIRCUIT BUTT + THIGHS TERESA	ESSENTIAL BUTT + THIGHS LILY	ESSENTIAL ABS + ARM RACHEL	ESSENTIAL FIT + TONE MICHAEL		
YOGA	19:15-20:45 YG 2	HATHA JACKIE 90 min	Vinyasa LUKE 90 min	HATHA BIG 90 min	Vinyasa MON 90 min	HATHA EVE 90 min		
YOGA	19:30-20:30	HOT (A) HARRISON 60 min	OFFICE SYNDROME AIR 60 min	HOT (AB) PAUL 60 min	DEEP SLEEP BEBE 60 min	HOT (A) HARRISON 60 min		
PILATES REFORMER	19:45-20:45 PR 2	ESSENTIAL FIT + TONE JULIE	ESSENTIAL BUTT + THIGHS JOHN	ESSENTIAL ABS + ARM KATE	ESSENTIAL FIT + TONE JACKIE	ESSENTIAL BUTT + THIGHS RACHEL		

ABSOLUTE YOU CLASS SCHEDULE

AMARIN PLAZA STUDIO : RHYTHM CYCLING								
DATE		14-September	15-September	16-September	17-September	18-September	19-September	20-September
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
RHYTHM CYCLING	7:15-8:00	ABSOLUTE BEATS MEW	ABSOLUTE BEATS MARIA	ABSOLUTE BEATS AOM	ABSOLUTE BEATS MEW	ABSOLUTE BEATS GIFT		
RHYTHM CYCLING	8:30-8:45	Foundation		Foundation		Foundation	(8:00-8:45)	(8:00-8:45)
RHYTHM CYCLING	8:45-9:30	ABSOLUTE BEATS MAE D.		ABSOLUTE BEATS AOM		ABSOLUTE BEATS FLYNN	ABSOLUTE BEATS FLYNN	ABSOLUTE BEATS MEW
RHYTHM CYCLING	9:00-9:15							Foundation
RHYTHM CYCLING	9:15-10:00						ABSOLUTE BEATS FLYNN	ABSOLUTE BEATS GIFT
RHYTHM CYCLING	10:15-10:30						Foundation	
RHYTHM CYCLING	10:30-11:15						ABSOLUTE BEATS DAN	BATTLE RIDE GIFT & AOM
RHYTHM CYCLING	12:15-13:00	LUNCH BEATS JUSTIN	LUNCH BEATS DAN	LUNCH BEATS MAE D.	LUNCH BEATS PLOU	LUNCH BEATS DAN		Foundation
RHYTHM CYCLING	14:45-15:00							ABSOLUTE BEATS JUSTIN
RHYTHM CYCLING	15:00-15:45						ABSOLUTE BEATS ARIS	
RHYTHM CYCLING	16:00-16:15						Foundation	
RHYTHM CYCLING	16:15-17:00						ABSOLUTE ESSENTIALS ARIS	ABSOLUTE BEATS JUSTIN
RHYTHM CYCLING	17:15-17:30	Foundation		Foundation		Foundation		
RHYTHM CYCLING	17:30-18:15	ABSOLUTE BEATS FLYNN	ABSOLUTE BEATS D.GIFT	ABSOLUTE BEATS MAE D.	ABSOLUTE BEATS PLOU	ABSOLUTE BEATS MEK		
RHYTHM CYCLING	18:30-19:15	ABSOLUTE BEATS JUSTIN	ABSOLUTE BURN DAN	ABSOLUTE BURN MEI	ABSOLUTE BEATS BOAT	ABSOLUTE BEATS MEK		
RHYTHM CYCLING	19:30-19:45	Foundation	(19:30-20:15)	Foundation	(19:30-20:15)			
RHYTHM CYCLING	19:45-20:30	ABSOLUTE BEATS FLYNN	ABSOLUTE BEATS D.GIFT	ABSOLUTE BEATS GIFT	ABSOLUTE BEATS BOAT	ABSOLUTE BEATS MEW		
RHYTHM CYCLING	20:30-21:15		ABSOLUTE BEATS MEW		ABSOLUTE BEATS BOAT			

EXCHANGE TOWER STUDIO								
DATE		14-September	15-September	16-September	17-September	18-September	19-September	20-September
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YOGA	7:00-7:45		AWAKENING BIG 45 min		RISE AND SHINE CANDY 45 min			
RHYTHM CYCLING	7:15-8:00	ABSOLUTE BEATS MARIA	ABSOLUTE BEATS CHERIE	ABSOLUTE BEATS PLOU	ABSOLUTE BEATS DINI	ABSOLUTE BEATS AOM		
PILATES REFORMER	7:00-7:15	Foundation		Foundation				
PILATES REFORMER	7:15-8:15	ESSENTIAL ABS + ARM JOHN	ESSENTIAL FIT + TONE RACHEL	ESSENTIAL BUTT + THIGHS STAMP	ESSENTIAL ABS + ARM MAE	ESSENTIAL BUTT + THIGHS MHE ANN		
YOGA	8:30-9:30	STRETCH & DISTRESS KNOT 60 min	ANTI-AGING BIG 60 min	HATHA JUSTIN 60 min	HOT (A) CANDY 60 min	FAT BURNING PAUL 60 min	HOT (AB) MON 60 min	ANTI-AGING PAUL 60 min
PILATES REFORMER	8:30-9:00						Foundation	Foundation
PILATES REFORMER	9:00-10:00						ESSENTIAL BUTT + THIGHS RACHEL	ESSENTIAL ABS + ARM ART
RHYTHM CYCLING	9:00-9:15		Foundation		Foundation		Foundation	Foundation
RHYTHM CYCLING	9:15-10:00		ABSOLUTE BEATS CHERIE		ABSOLUTE BEATS DINI		ABSOLUTE BEATS MARIA	ABSOLUTE BEATS JUNE
PILATES REFORMER	9:30-10:00		Foundation		Foundation		(10:15-11:15)	(10:15-11:15)
PILATES REFORMER	10:00-11:00	CIRCUIT BUTT + THIGHS JOHN	ESSENTIAL ABS + ARM RACHEL	CIRCUIT BUTT + THIGHS STAMP	ESSENTIAL FIT + TONE MAE	ESSENTIAL ABS + ARM MHE ANN	ESSENTIAL FIT + TONE RACHEL	ESSENTIAL BUTT + THIGHS ART
YOGA	10:00-11:30	Vinyasa KNOT 90 min	HATHA BIG 90 min	YOGA PILATES JUSTIN 90 min	Vinyasa CANDY 90 min	HOT (A) PAUL 90 min	Vinyasa MON 90 min	HOT (A) PAUL 90 min
PILATES REFORMER	11:30-12:00	Foundation		Foundation			(11:30-12:30)	(11:30-12:30)
PILATES REFORMER	12:00-13:00	ESSENTIAL FIT + TONE JOHN		ESSENTIAL ABS + ARM STAMP			CIRCUIT ABS + ARM RACHEL	ESSENTIAL FIT + TONE ART
RHYTHM CYCLING	12:15-13:00	LUNCH BEATS DAN		LUNCH BEATS PLOU		LUNCH BEATS AOM		
YOGA	14:00-15:30						HOT (A) MON 90 min	HATHA PAUL 90 min
RHYTHM CYCLING	14:00-14:15						Foundation	Foundation
RHYTHM CYCLING	14:15-15:00						ABSOLUTE BEATS JUSTIN	ABSOLUTE BEATS AOM
RHYTHM CYCLING	15:30-16:15						ABSOLUTE BEATS JUSTIN	
PILATES REFORMER	15:00-15:30						Foundation	
PILATES REFORMER	15:30-16:30						ESSENTIAL BUTT + THIGHS RACHEL	CIRCUIT ABS + ARM ART
PILATES REFORMER	17:00-18:00							
RHYTHM CYCLING	17:15-17:30	Foundation		Foundation		Foundation		
RHYTHM CYCLING	17:30-18:15	ABSOLUTE ESSENTIALS AOM		ABSOLUTE BEATS KATIE		ABSOLUTE BEATS MAE D.		
YOGA	17:30-18:30	FAT BURNING KNOT 60 min	HATHA MON 60 min	HOT (AB) LUKE 60 min	HOT (A) HARRISON 60 min	OFFICE SYNDROME PAUL 60 min	FAT BURNING MON (16:30-17:30)	HOT (A) PAUL (16:30-17:30)
PILATES REFORMER	17:30-18:00	Foundation		Foundation		Foundation		
PILATES REFORMER	18:00-19:00	ESSENTIAL BUTT + THIGHS TAI	ESSENTIAL FIT + TONE VANESSA	ESSENTIAL ABS + ARM JP	ESSENTIAL BUTT + THIGHS FERN	ESSENTIAL ABS + ARM PANG		
RHYTHM CYCLING	18:15-18:30		Foundation		Foundation			
RHYTHM CYCLING	18:30-19:15	ABSOLUTE BEATS MEI	ABSOLUTE BEATS BOAT	ABSOLUTE BEATS DREAM	ABSOLUTE BEATS JUSTIN	ABSOLUTE BEATS MAE D.		
YOGA	18:45-19:45	HATHA KNOT 60 min	HOT (A) MON 60 min	HATHA LUKE 60 min	HOT (AB) HARRISON 60 min	HOT (A) PAUL 60 min		
PILATES REFORMER	19:15-20:15	ESSENTIAL ABS + ARM TAI	ESSENTIAL BUTT + THIGHS VANESSA	ESSENTIAL FIT + TONE JP	ESSENTIAL ABS + ARM FERN	ESSENTIAL FIT + TONE PANG		
RHYTHM CYCLING	19:30-20:15	ABSOLUTE BEATS AOM	ABSOLUTE BEATS BOAT	ABSOLUTE BEATS DREAM	ABSOLUTE BEATS JUSTIN			
YOGA	20:00-21:00	HOT (AB) KNOT 60 min	Vinyasa MON 60 min	HOT (A) LUKE 60 min	DEEP SLEEP HARRISON 60 min			
PILATES REFORMER	20:20-21:20	ESSENTIAL FIT + TONE TAI		ESSENTIAL BUTT + THIGHS JP				

ABSOLUTE YOU CLASS SCHEDULE

THE CIRCLE STUDIO								
DATE		14-September	15-September	16-September	17-September	18-September	19-September	20-September
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YOGA	7:45-8:45						Vinyasa EVE 60 min	
PILATES REFORMER	8:00-9:00	ESSENTIAL BUTT + THIGHS ANT P		ESSENTIAL ABS + ARM KAN P		ESSENTIAL FIT + TONE AU		
RHYTHM CYCLING	8:00-8:15	Foundation		Foundation		Foundation		
	8:15-9:00	ABSOLUTE BEATS JINA (Temporary Class)	ABSOLUTE BEATS BOAT	ABSOLUTE BEATS CHERIE	ABSOLUTE BEATS KENG (T)	ABSOLUTE BEATS PLOU		
PILATES REFORMER	8:30-9:00	(9:15-10:15)	Foundation	(9:15-10:15)	Foundation	(9:15-10:15)		
	9:00-10:00	ESSENTIAL ABS + ARM ANT P	ESSENTIAL BUTT + THIGHS STAMP	ESSENTIAL FIT + TONE KAN P	ESSENTIAL ABS + ARM KUNGKING	ESSENTIAL BUTT + THIGHS AU	ESSENTIAL FIT + TONE KAN P	ESSENTIAL ABS + ARM PAT
RHYTHM CYCLING	9:00-9:45						ABSOLUTE BEATS D.GIFT	ABSOLUTE BEATS KENG (T)
RHYTHM CYCLING	10:00-10:15		Foundation		Foundation		Foundation	Foundation
	10:15-11:00	BOY BAND JINA (Temporary Class)	ABSOLUTE BEATS BOAT	ABSOLUTE BEATS CHERIE	ABSOLUTE ESSENTIALS KENG (T)	ABSOLUTE BEATS PLOU	ABSOLUTE BEATS D.GIFT	ABSOLUTE BEATS KENG (T)
YOGA	9:00-10:30	HOT (A) LEK 90 min	Vinyasa KNOT 90 min	STRETCH & DESTRESS PLE (9:00-10:00)	HATHA CAKE 90 min	HOT (A) ARTIE 90 min	HOT (AB) EVE 90 min	HATHA BEBE 90 min
PILATES REFORMER	10:30-11:30	ESSENTIAL FIT + TONE ANT P	ESSENTIAL ABS + ARM STAMP	ESSENTIAL BUTT + THIGHS GUBGIB	ESSENTIAL FIT + TONE KUNGKING	ESSENTIAL ABS + ARM AU	ESSENTIAL BUTT + THIGHS KAN P	ESSENTIAL FIT + TONE PAT
YOGA	11:00-12:30		HOT (A) KNOT 90 min		HOT (AB) CAKE 90 min		HOT (A) EVE 90 min	HOT (A) BEBE 90 min
RHYTHM CYCLING	12:15-13:00						ABSOLUTE BEATS PLA (T)	
YOGA	14:00-15:30	FAT BURNING LEK (14:00-15:00)	HATHA KNOT 90 min	HOT (AB) PLE 90 min	ANTI-AGING CAKE (14:00-15:00)	HOT (A) ARTIE 90 min	HATHA EVE 90 min	YIN YANG BEBE 90 min
RHYTHM CYCLING	14:00-14:15						Foundation	Foundation
	14:15-15:00						ABSOLUTE ESSENTIALS PLA (T)	ABSOLUTE BEATS KENG (T)
PILATES REFORMER	14:00-14:30		Foundation		Foundation		Foundation	Foundation
	14:30-15:30	ESSENTIAL BUTT + THIGHS ANT P	ESSENTIAL ABS + ARM STAMP	ESSENTIAL FIT + TONE GUBGIB	ESSENTIAL BUTT + THIGHS KUNGKING	ESSENTIAL FIT + TONE AU	ESSENTIAL ABS + ARM KAN P	ESSENTIAL BUTT + THIGHS PAT
PILATES REFORMER	15:45-16:45						ESSENTIAL BUTT + THIGHS KAN P	ESSENTIAL ABS + ARM PAT
YOGA	16:30-17:30						YOGA PILATES EVE 60 min	HOT (AB) BEBE 60 min
PILATES REFORMER	17:00-18:00	ESSENTIAL ABS + ARM ARM		ESSENTIAL BUTT + THIGHS KAN P		ESSENTIAL FIT + TONE JACKIE		
RHYTHM CYCLING	17:30-18:15	ABSOLUTE BEATS AE (T)	ABSOLUTE BEATS PLA (T)	ABSOLUTE BEATS D.GIFT	ABSOLUTE BEATS KENG (T)	ABSOLUTE BEATS PLOU		
YOGA	17:45-19:00	YOGA PILATES LEK 75 min	HATHA KNOT 75 min	Vinyasa PLE 75 min	HATHA CAKE 75 min	OFFICE SYNDROME ARTIE 75 min		
PILATES REFORMER	17:45-18:15		Foundation		Foundation			
	18:15-19:15	ESSENTIAL BUTT + THIGHS ARM	ESSENTIAL FIT + TONE TAI	ESSENTIAL ABS + ARM KAN P	ESSENTIAL FIT + TONE LILY	ESSENTIAL BUTT + THIGHS JACKIE		
RHYTHM CYCLING	18:30-18:45	Foundation	Foundation	Foundation	Foundation	Foundation		
	18:45-19:30	ABSOLUTE BEATS AE (T)	ABSOLUTE BEATS PLA (T)	ABSOLUTE BEATS D.GIFT	ABSOLUTE BEATS AE (T)	ABSOLUTE BEATS PLOU		
YOGA	19:15-20:30	HOT (AB) LEK 75 min	DEEP SLEEP KNOT 75 min	HOT (A) PLE 75 min	Vinyasa CAKE 75 min	HOT (AB) ARTIE 75 min		
PILATES REFORMER	19:30-20:30	ESSENTIAL ABS + ARM ARM	ESSENTIAL BUTT + THIGHS TAI	ESSENTIAL FIT + TONE KAN P	ESSENTIAL ABS + ARM LILY	ESSENTIAL FIT + TONE JACKIE		
RHYTHM CYCLING	19:45-20:30	ABSOLUTE BEATS AE (T)	ABSOLUTE BEATS PLA (T)	ABSOLUTE BEATS D.GIFT	ABSOLUTE BEATS AE (T)			

LADPRAO STUDIO								
DATE		14-September	15-September	16-September	17-September	18-September	19-September	20-September
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PILATES REFORMER	8:30-9:00	Foundation		Foundation				
	9:00-10:00	ESSENTIAL FIT + TONE LILY	CIRCUIT BUTT + THIGHS PANG	ESSENTIAL FIT + TONE KUNGKING	CIRCUIT ABS + ARM ARM	ESSENTIAL BUTT + THIGHS KWANG	ESSENTIAL BUTT + THIGHS JENNY	ESSENTIAL ABS + ARM CHER
YOGA	8:45-9:45						Vinyasa CANDY 60 min	FAT BURNING LEK 60 min
PILATES REFORMER	9:00-9:30						Foundation	Foundation
	9:30-10:30 ROOM 2						ESSENTIAL BUTT + THIGHS AON	ESSENTIAL FIT + TONE MHE ANN
YOGA	10:00-11:30	HOT (A) OAT 90 min	HOT (AB) PLE 90 min	HATHA ARTIE 90 min	HOT (A) LEK 90 min	HATHA CAKE 90 min	HOT (AB) CANDY 90 min	HOT (A) LEK 90 min
PILATES REFORMER	10:15-11:15	ESSENTIAL BUTT + THIGHS LILY	ESSENTIAL ABS + ARM PANG	ESSENTIAL FIT + TONE KUNGKING	ESSENTIAL BUTT + THIGHS ARM	ESSENTIAL ABS + ARM KWANG	ESSENTIAL FIT + TONE JENNY	ESSENTIAL BUTT + THIGHS CHER
YOGA	11:45-13:15	Vinyasa OAT 90 min	HATHA PLE 90 min	Vinyasa ARTIE 90 min	HATHA LEK 90 min	Vinyasa CAKE 90 min		
PILATES REFORMER	11:30-12:30						ESSENTIAL ABS + ARM AON	ESSENTIAL FIT + TONE MHE ANN
YOGA	14:30-16:00						HATHA CANDY 90 min	YOGA PILATES LEK 90 min
PILATES REFORMER	17:15-18:15	CIRCUIT BUTT + THIGHS LILY	ESSENTIAL ABS + ARM PANG	CIRCUIT BUTT + THIGHS KUNGKING	ESSENTIAL FIT + TONE VANESSA	CIRCUIT ABS + ARM KWANG		
YOGA	17:15-18:15	OFFICE SYNDROME OAT 60 min	HOT (AB) KWANG 60 min	ANTI-AGING EVE 60 min	HOT (A) PAUL 60 min	Vinyasa CAKE 60 min	HOT (A) CANDY (16:30-17:30)	HOT (AB) LEK (16:30-17:30)
PILATES REFORMER	17:30-18:00	Foundation		Foundation		Foundation		
	18:00-19:00 ROOM 2	ESSENTIAL ABS + ARM TAE	ESSENTIAL FIT + TONE AON	ESSENTIAL BUTT + THIGHS TAI	ESSENTIAL ABS + ARM DREAM	ESSENTIAL BUTT + THIGHS TAI		
PILATES REFORMER	18:30-19:30	ESSENTIAL BUTT + THIGHS LILY	STRETCH & DESTRESS PANG	ESSENTIAL FIT + TONE KUNGKING	CIRCUIT BUTT + THIGHS VANESSA	ESSENTIAL ABS + ARM KWANG		
YOGA	18:30-19:30	HOT (A) OAT 60 min	HATHA KWANG 60 min	HOT (AB) EVE 60 min	Vinyasa PAUL 60 min	HOT (A) CAKE 60 min		
PILATES REFORMER	19:15-20:15 ROOM 2	ESSENTIAL FIT + TONE TAE	CIRCUIT BUTT + THIGHS AON	ESSENTIAL ABS + ARM TAI	ESSENTIAL FIT + TONE DREAM			
YOGA	19:45-20:45	STRETCH & DESTRESS OAT 60 min	HOT (A) KWANG 60 min	DEEP SLEEP EVE 60 min	HOT (AB) PAUL 60 min			
PILATES REFORMER	19:45-20:45	ESSENTIAL ABS + ARM LILY	ESSENTIAL FIT + TONE PANG	ESSENTIAL BUTT + THIGHS KUNGKING	ESSENTIAL ABS + ARM VANESSA			

ABSOLUTE YOU CLASS SCHEDULE

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

COMMONS STUDIO								
DATE		14-September	15-September	16-September	17-September	18-September	19-September	20-September
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PILATES REFORMER	8:30-9:00 9:00-10:00	Foundation ESSENTIAL FIT + TONE RACHEL	ESSENTIAL ABS + ARM RJ	ESSENTIAL FIT + TONE MICHAEL	ESSENTIAL ABS + ARM JP	Foundation ESSENTIAL BUTT + THIGHS TERESA	Foundation ESSENTIAL FIT + TONE JOHN	Foundation ESSENTIAL ABS + ARM TAI
RHYTHM CYCLING	9:00-9:15 9:15-10:00	Foundation ABSOLUTE BEATS DINI	ABSOLUTE BEATS MEK	ABSOLUTE BEATS DAN	Foundation ABSOLUTE BEATS AOM	ABSOLUTE BEATS DAN	Foundation ABSOLUTE BEATS GIFT	ABSOLUTE BEATS MEK
PILATES REFORMER	10:15-11:15	ESSENTIAL BUTT + THIGHS RACHEL	ESSENTIAL FIT + TONE RJ	ESSENTIAL ABS + ARM MICHAEL	ESSENTIAL FIT + TONE JP	ESSENTIAL ABS + ARM TERESA	CIRCUIT BUTT + THIGHS JOHN	ESSENTIAL FIT + TONE TAI
RHYTHM CYCLING	10:15-10:30 10:30-11:15	ABSOLUTE BEATS DINI	Foundation ABSOLUTE BEATS MEK	ABSOLUTE BEATS FLYNN	Foundation ABSOLUTE BEATS DAN	ABSOLUTE BEATS D.GIFT	ABSOLUTE BURN GIFT	Foundation ABSOLUTE BEATS MEK
RHYTHM CYCLING	11:30-12:15						ABSOLUTE BEATS GIFT	ABSOLUTE BEATS MEK
PILATES REFORMER	11:30-12:30	ESSENTIAL ABS + ARM (Class Added) RACHEL	ESSENTIAL BUTT + THIGHS RJ	ESSENTIAL FIT + TONE MICHAEL	ESSENTIAL BUTT + THIGHS JP			
RHYTHM CYCLING	15:00-15:15 15:15-16:00						Foundation ABSOLUTE BEATS DINI	Foundation ABSOLUTE BEATS MAE D.
PILATES REFORMER	15:00-16:00						ESSENTIAL ABS + ARM JOHN	ESSENTIAL BUTT + THIGHS TAI
RHYTHM CYCLING	16:30-16:45 16:45-17:30						Foundation ABSOLUTE BEATS DINI	(16:30-17:30) ABSOLUTE 60 MAE D.
RHYTHM CYCLING	17:30-18:15	ABSOLUTE BEATS PINKY		ABSOLUTE BEATS JUNE				
PILATES REFORMER	18:00-18:30 18:30-19:30	Foundation ESSENTIAL ABS + ARM JENNY	ESSENTIAL BUTT + THIGHS RJ	Foundation ESSENTIAL FIT + TONE MICHAEL	ESSENTIAL ABS + ARM JP	Foundation ESSENTIAL FIT + TONE TERESA		
RHYTHM CYCLING	18:15-18:30 18:30-19:15	ABSOLUTE BURN DAN	Foundation ABSOLUTE BEATS JUNE	Foundation ABSOLUTE BEATS MEK	Foundation ABSOLUTE BEATS MEI	ABSOLUTE BEATS D.GIFT		
RHYTHM CYCLING	19:30-20:15	ABSOLUTE BEATS MAE D.	ABSOLUTE BEATS JUNE	ABSOLUTE BEATS MEK	ABSOLUTE BEATS JUNE			
PILATES REFORMER	19:45-20:45	ESSENTIAL BUTT + THIGHS JENNY	ESSENTIAL FIT + TONE RJ	ESSENTIAL ABS + ARM MICHAEL	ESSENTIAL BUTT + THIGHS JP			

ABSOLUTE YOU CLASS SCHEDULE

G TOWER STUDIO								
DATE		14-September	15-September	16-September	17-September	18-September	19-September	20-September
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PILATES REFORMER	7:00-7:15	<i>Foundation</i>		<i>Foundation</i>				
	7:15-8:15	ESSENTIAL BUTT + THIGHS AON		ESSENTIAL ABS + ARM ARM		ESSENTIAL FIT + TONE KUNGKING		
RHYTHM CYCLING	7:00-7:15	<i>Foundation</i>		<i>Foundation</i>		<i>Foundation</i>		
	7:15-8:00	ABSOLUTE BEATS KATIE	ABSOLUTE BEATS TAE	ABSOLUTE BEATS FERN	ABSOLUTE BEATS BOAT	ABSOLUTE BEATS PLA (T)		
PILATES REFORMER	8:30-9:00						<i>Foundation</i>	<i>Foundation</i>
	9:00-10:00						ESSENTIAL BUTT + THIGHS MHE ANN	ESSENTIAL FIT + TONE JENNY
RHYTHM CYCLING	9:00-9:15						<i>Foundation</i>	<i>Foundation</i>
	9:15-10:00						ABSOLUTE BEATS JUNE	ABSOLUTE BEATS BOAT
PILATES REFORMER	10:15-11:15						ESSENTIAL FIT + TONE MHE ANN	ESSENTIAL ABS + ARM JENNY
PILATES REFORMER	11:30-12:00		<i>Foundation</i>		<i>Foundation</i>			
	12:00-13:00		ESSENTIAL BUTT + THIGHS LILY		ESSENTIAL FIT + TONE JENNY			
RHYTHM CYCLING	12:00-12:15		<i>Foundation</i>		<i>Foundation</i>			
RHYTHM CYCLING	12:15-13:00		LUNCH BEATS TAE		LUNCH BEATS AE (T)			
RHYTHM CYCLING	14:00-14:15						<i>Foundation</i>	<i>Foundation</i>
RHYTHM CYCLING	14:15-15:00						ABSOLUTE ESSENTIALS JUNE	ABSOLUTE BEATS BOAT
PILATES REFORMER	14:30-15:00						<i>Foundation</i>	<i>Foundation</i>
	15:00-16:00						ESSENTIAL ABS + ARM MHE ANN	ESSENTIAL FIT + TONE JENNY
PILATES REFORMER	17:00-17:30	<i>Foundation</i>		<i>Foundation</i>		<i>Foundation</i>		
	17:30-18:30	ESSENTIAL FIT + TONE AU	ESSENTIAL ABS + ARM LILY	ESSENTIAL BUTT + THIGHS ARM	ESSENTIAL FIT + TONE JENNY	ESSENTIAL ABS + ARM KUNGKING		
RHYTHM CYCLING	17:30-18:15 <i>(Temporary Class)</i>	ABSOLUTE BEATS PLA (T)		ABSOLUTE BEATS FERN				
RHYTHM CYCLING	18:15-18:30		<i>Foundation</i>		<i>Foundation</i>			
	18:30-19:15	ABSOLUTE BEATS PLA (T)	ABSOLUTE BEATS JUSTIN	ABSOLUTE BEATS FERN	ABSOLUTE BEATS KATIE	ABSOLUTE BEATS BOAT		
PILATES REFORMER	18:45-19:45	ESSENTIAL BUTT + THIGHS AU	ESSENTIAL FIT + TONE LILY	ESSENTIAL ABS + ARM ARM	ESSENTIAL BUTT + THIGHS JENNY	ESSENTIAL FIT + TONE KUNGKING		
RHYTHM CYCLING	19:30-20:15	ABSOLUTE BEATS PLA (T)	ABSOLUTE BEATS MARIA	ABSOLUTE BEATS FERN	ABSOLUTE BEATS KATIE	ABSOLUTE BEATS BOAT		
PILATES REFORMER	19:45-20:45	ESSENTIAL ABS + ARM AU	ESSENTIAL BUTT + THIGHS LILY	ESSENTIAL FIT + TONE ARM	ESSENTIAL ABS + ARM JENNY			

ON-NUT STUDIO								
DATE		14-September	15-September	16-September	17-September	18-September	19-September	20-September
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PILATES REFORMER	7:15-8:15		ESSENTIAL BUTT + THIGHS ANT P		ESSENTIAL ABS + ARM MHE ANN			
YOGA	8:30-9:30	HATHA PLE 60 min		FAT-BURNING MON 60 min		HOT (A) PLE 60 min	ANTI-AGING OAT 60 min	STRETCH & DESTRESS CAKE 60 min
PILATES REFORMER	8:30-9:00	<i>Foundation</i>		<i>Foundation</i>		<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>
	9:00-10:00	ESSENTIAL FIT + TONE VANESSA	ESSENTIAL ABS + ARM ANT P	ESSENTIAL BUTT + THIGHS PANG	ESSENTIAL FIT + TONE MHE ANN	ESSENTIAL ABS + ARM ARM	ESSENTIAL BUTT + THIGHS KUNGKING	ESSENTIAL FIT + TONE JOHN
RHYTHM CYCLING	9:00-9:15	<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 FERN	ABSOLUTE BEATS TAE	ABSOLUTE BEATS DREAM	ABSOLUTE BEATS MARIA
YOGA	10:00-11:15	HOT (A) PLE 75 min	HATHA ARTIE 75 min	HOT (AB) MON 75 min	HATHA KWANG 75 min	Vinyasa PLE 75 min	HOT (A) OAT 75 min	HATHA CAKE 75 min
RHYTHM CYCLING	10:15-11:00 <i>(New Class)</i>						ABSOLUTE BEATS DREAM	ABSOLUTE BEATS MARIA
PILATES REFORMER	10:15-11:15 <i>(Time Change)</i>						ESSENTIAL ABS + ARM KUNGKING	ESSENTIAL BUTT + THIGHS JOHN
PILATES REFORMER	11:30-12:30 <i>(New Class)</i>						ESSENTIAL BUTT + THIGHS KUNGKING	ESSENTIAL FIT + TONE JOHN
PILATES REFORMER	13:30-14:00	<i>Foundation</i>		<i>Foundation</i>		<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>
	14:00-15:00	ESSENTIAL ABS + ARM VANESSA		ESSENTIAL FIT + TONE PANG		ESSENTIAL BUTT + THIGHS ARM	ESSENTIAL FIT + TONE KUNGKING	ESSENTIAL ABS + ARM JOHN
YOGA	14:00-15:30						HOT (AB) OAT 90 min	HOT (A) CAKE 90 min
RHYTHM CYCLING	14:45-15:00						<i>Foundation</i>	<i>Foundation</i>
	15:00-15:45						ABSOLUTE BEATS DREAM	ABSOLUTE ESSENTIALS MARIA
YOGA	18:00-19:00	HOT (A) PLE 60 min	HATHA ARTIE 60 min	HOT (A) MON 60 min	Vinyasa KWANG 60 min	HOT (AB) PLE 60 min		
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 VANESSA	ESSENTIAL BUTT + THIGHS ANT P	ESSENTIAL ABS + ARM PANG	ESSENTIAL BUTT + THIGHS MHE ANN	ESSENTIAL FIT + TONE ARM		
RHYTHM CYCLING	18:15-18:30	<i>Foundation</i>		<i>Foundation</i>		<i>Foundation</i>		
	18:30-19:15	ABSOLUTE BEATS BOAT	ABSOLUTE BEATS KATIE	ABSOLUTE BEATS KENG (T)	ABSOLUTE BEATS D.GIFT	ABSOLUTE BEATS TAE		
YOGA	19:15-20:15	DEEP SLEEP PLE 60 min	HOT (A) ARTIE 60 min	OFFICE SYNDROME MON 60 min	HOT (AB) KWANG 60 min			
PILATES REFORMER	19:30-20:30	ESSENTIAL ABS + ARM VANESSA	ESSENTIAL FIT + TONE ANT P	ESSENTIAL BUTT + THIGHS PANG	ESSENTIAL ABS + ARM MHE ANN			
RHYTHM CYCLING	19:45-20:30	ABSOLUTE BEATS BOAT	ABSOLUTE BEATS KATIE	ABSOLUTE ESSENTIALS KENG (T)	ABSOLUTE BEATS D.GIFT			

ABSOLUTE YOU CLASS SCHEDULE

NANG-LIN-CHEE STUDIO								
DATE		14-September	15-September	16-September	17-September	18-September	19-September	20-September
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YOGA	7:00-7:45	AWAKENING ARTIE	RISE AND SHINE BEBE	AWAKENING CAKE	RISE AND SHINE PLE	OFFICE SYNDROME OAT		
PILATES REFORMER	7:15-8:15	ESSENTIAL BUTT + THIGHS FERN	ESSENTIAL ABS + ARM JACKIE	ESSENTIAL FIT + TONE RJ	ESSENTIAL BUTT + THIGHS PAT	ESSENTIAL FIT + TONE JP		
PILATES REFORMER	8:00-9:00						ESSENTIAL ABS + ARM PANG	ESSENTIAL BUTT + THIGHS JACKIE
YOGA	8:30-9:30						FAT BURNING HARRISON 60 min	OFFICE SYNDROME OAT 60 min
PILATES REFORMER	8:30-9:00	Foundation		Foundation		Foundation		
	9:00-10:00	ESSENTIAL FIT + TONE AIR	ESSENTIAL ABS + ARM JACKIE	ESSENTIAL BUTT + THIGHS RJ	ESSENTIAL FIT + TONE PAT	ESSENTIAL ABS + ARM JP	ESSENTIAL BUTT + THIGHS PANG	ESSENTIAL FIT + TONE JACKIE
RHYTHM CYCLING	9:00-9:15	Foundation	Foundation	Foundation	Foundation	Foundation	Foundation	Foundation
	9:15-10:00	ABSOLUTE BEATS FERN	ABSOLUTE BEATS JUSTIN	ABSOLUTE ESSENTIALS ARIS	ABSOLUTE BEATS PLA (T)	ABSOLUTE BEATS DREAM	ABSOLUTE BEATS MAE D.	ABSOLUTE BEATS D.GIFT
YOGA	10:00-11:15	HOT (A) ARTIE 75 min	ANTI-AGING BEBE 75 min	HOT (AB) CAKE 75 min	HATHA PLE 75 min	Vinyasa OAT 75 min	HOT (A) HARRISON 75 min	HATHA OAT 75 min
RHYTHM CYCLING	10:30-11:15						ABSOLUTE BEATS MAE D.	ABSOLUTE BEATS D.GIFT
PILATES REFORMER	10:30-11:30		ESSENTIAL FIT + TONE JACKIE		ESSENTIAL BUTT + THIGHS PAT		ESSENTIAL ABS + ARM PANG	ESSENTIAL BUTT + THIGHS JACKIE
YOGA	12:15-13:00		FAT BURNING BEBE 45 min		OFFICE SYNDROME PLE 45 min			
PILATES REFORMER	13:30-14:00						Foundation	Foundation
	14:00-15:00	ESSENTIAL BUTT + THIGHS AIR		ESSENTIAL ABS + ARM RJ			ESSENTIAL FIT + TONE PANG	ESSENTIAL ABS + ARM JACKIE
YOGA	14:00-15:30						HOT (AB) HARRISON 90 min	HOT (A) OAT 90 min
RHYTHM CYCLING	14:45-15:00						Foundation	Foundation
	15:00-15:45						ABSOLUTE ESSENTIALS MAE D.	ABSOLUTE BEATS D.GIFT
PILATES REFORMER	17:00-18:00	ESSENTIAL BUTT + THIGHS AIR		ESSENTIAL FIT + TONE ARIS		ESSENTIAL ABS + ARM JP		
RHYTHM CYCLING	17:30-18:15	ABSOLUTE BEATS FERN	ABSOLUTE BEATS DINI	ABSOLUTE BEATS FLYNN	ABSOLUTE BEATS TAE			
YOGA	18:00-19:00	HOT (AB) ARTIE 60 min	HATHA BEBE 60 min	HOT (A) LEK 60 min	Vinyasa EVE 60 min	HOT (AB) OAT 60 min		
PILATES REFORMER	17:45-18:15		Foundation		Foundation			
	18:15-19:15	ESSENTIAL FIT + TONE AIR	ESSENTIAL BUTT + THIGHS JP	ESSENTIAL ABS + ARM ARIS	ESSENTIAL BUTT + THIGHS RJ	ESSENTIAL FIT + TONE JP		
RHYTHM CYCLING	18:30-18:45	Foundation	Foundation	Foundation	Foundation	Foundation		
	18:45-19:30	ABSOLUTE BEATS PLOY	ABSOLUTE BEATS MEI	ABSOLUTE BEATS JUSTIN	ABSOLUTE BEATS TAE	ABSOLUTE BEATS DREAM		
YOGA	19:15-20:15	STRETCH & DESTRESS ARTIE 60 min	Vinyasa BEBE 60 min	HATHA LEK 60 min	DEEP SLEEP EVE 60 min			
PILATES REFORMER	19:30-20:30	ESSENTIAL ABS + ARM AIR	ESSENTIAL FIT + TONE JP	ESSENTIAL BUTT + THIGHS ARIS	ESSENTIAL ABS + ARM RJ			
RHYTHM CYCLING	19:45-20:30	ABSOLUTE BEATS JUNE	ABSOLUTE BEATS DINI	ABSOLUTE BEATS FLYNN	ABSOLUTE BEATS TAE			

ARI STUDIO								
DATE		14-September	15-September	16-September	17-September	18-September	19-September	20-September
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
RHYTHM CYCLING	7:00-7:15		Foundation		Foundation			
	7:15-8:00		ABSOLUTE BEATS AE (T)		ABSOLUTE BEATS ARIS			
PILATES REFORMER	7:30-8:30	ESSENTIAL BUTT + THIGHS STAMP		ESSENTIAL FIT + TONE JINA		ESSENTIAL ABS + ARM JOHN		
PILATES REFORMER	8:30-9:00		Foundation		Foundation		Foundation	Foundation
	9:00-10:00	ESSENTIAL FIT + TONE STAMP	ESSENTIAL ABS + ARM ARM	ESSENTIAL BUTT + THIGHS JINA	ESSENTIAL FIT + TONE AON	CIRCUIT BUTT + THIGHS JOHN	ESSENTIAL BUTT + THIGHS GUBGIB	ESSENTIAL FIT + TONE VANESSA
RHYTHM CYCLING	9:00-9:15	Foundation		Foundation		Foundation	Foundation	Foundation
	9:15-10:00	ABSOLUTE BEATS PAT		ABSOLUTE ESSENTIALS MARIA		ABSOLUTE BEATS PAT	ABSOLUTE BEATS MEV	ABSOLUTE BEATS DREAM
PILATES REFORMER	10:30-11:30		ESSENTIAL FIT + TONE ARM		ESSENTIAL ABS + ARM AON		CIRCUIT ABS + ARM GUBGIB	ESSENTIAL BUTT + THIGHS VANESSA
PILATES REFORMER	13:30-14:00	(13:30-14:30)		(13:30-14:30)		(13:30-14:30)	Foundation	Foundation
	14:00-15:00	ESSENTIAL BUTT + THIGHS KAN P		ESSENTIAL FIT + TONE JINA		ESSENTIAL ABS + ARM JOHN	ESSENTIAL FIT + TONE GUBGIB	ESSENTIAL ABS + ARM VANESSA
RHYTHM CYCLING	14:00-14:15						Foundation	Foundation
	14:15-15:00						ABSOLUTE ESSENTIALS MEV	ABSOLUTE BEATS DREAM
PILATES REFORMER	15:15-16:15						ESSENTIAL BUTT + THIGHS GUBGIB	ESSENTIAL FIT + TONE VANESSA
PILATES REFORMER	17:00-17:30	Foundation	Foundation	Foundation	Foundation	Foundation		
	17:30-18:30	ESSENTIAL FIT + TONE KAN P	ESSENTIAL BUTT + THIGHS ARM	ESSENTIAL ABS + ARM KWANG	ESSENTIAL BUTT + THIGHS TAI	ESSENTIAL FIT + TONE JOHN		
RHYTHM CYCLING	18:15-18:30	Foundation	Foundation	Foundation	Foundation	Foundation		
	18:30-19:15	ABSOLUTE BEATS PAT	ABSOLUTE BEATS KENG (T)	ABSOLUTE BEATS DINI	ABSOLUTE BEATS ARIS	ABSOLUTE BEATS PAT		
PILATES REFORMER	18:45-19:45	ESSENTIAL BUTT + THIGHS KAN P	ESSENTIAL ABS + ARM ARM	ESSENTIAL FIT + TONE KWANG	ESSENTIAL FIT + TONE TAI	ESSENTIAL ABS + ARM JOHN		
RHYTHM CYCLING	19:30-19:45	Foundation	Foundation	Foundation	Foundation			
	19:45-20:30	ABSOLUTE BEATS PAT	ABSOLUTE BEATS KENG (T)	ABSOLUTE BEATS DINI	ABSOLUTE BEATS ARIS			
PILATES REFORMER	20:00-21:00	ESSENTIAL ABS + ARM KAN P	ESSENTIAL FIT + TONE ARM	ESSENTIAL BUTT + THIGHS KWANG	ESSENTIAL ABS + ARM TAI			