

ABSOLUTE YOU CLASS SCHEDULE

AMARIN PLAZA STUDIO									
DATE		16-Apr	17-Apr	18-Apr	19-Apr	20-Apr	21-Apr	22-Apr	
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
YOGA	7:00-7:45	Closed of Songkran		Pilates on the Go JACKIE 45 min	HF on the Go PAUL 45 min	HF on the Go TING 45 min			
PILATES REFORMER	7:15-8:15		CARDIO JUMPBOARD RJ	ESSENTIAL ABS + ARMS MAE	CIRCUIT BUTT + THIGHS RJ				
PILATES REFORMER	8:00-9:00						ESSENTIAL FIT + TONE JERALD	ESSENTIAL BUTT + THIGHS RACHEL	
YOGA	8:15-9:45				Vinyasa JACKIE 90 min		CORE STRENGTH* TING 90 min	ARM BALANCE* KNOT (7:30-8:30)	
CORE BLAST	8:30-9:30				CORE BALST SCULPT JUDO	CORE SUSPEND BUTT + THIGHS LILY	CORE SUSPEND ABS + ARM RJ		
PILATES REFORMER	8:30-9:30				ESSENTIAL FIT + TONE RJ		YOGA STRETCHING ON REFORMER JEAB		
PILATES REFORMER	8:30-9:00 9:00-10:00					Foundation ESSENTIAL BUTT + THIGHS MAE		ESSENTIAL BUTT + THIGHS MICHAEL	CIRCUIT ABS + ARMS RISSA
YOGA	8:45-9:45							AB FIT WHOLE BODY MARVIN 60 min	PILATES KNOT 60 min
CORE BLAST	9:00-10:00							CORE SUSPEND ABS + ARM JERALD	CORE SUSPEND BUTT + THIGHS RACHEL
PILATES REFORMER	9:45-10:45				CIRCUIT BUTT + THIGHS RJ		ESSENTIAL FIT + TONE RJ		
YOGA	10:00-11:30				HOT (AB) JACKIE 90 min	HOT (A) PAUL 90 min	HOT (AB) TING 90 min	HOT (B) HARRESON 90 min	HOT (A) PAUL 90 min
PILATES REFORMER	10:00-10:30 10:30-11:30							Foundation ESSENTIAL ABS + ARM MICHAEL	Foundation ESSENTIAL FIT + TONE RISSA
YOGA	11:00-12:30 CB studio							INVERSION* MARVIN 90 min	YOGA PILATES KNOT 90 min
PILATES REFORMER	11:45-12:45							ESSENTIAL FIT + TONE MICHAEL	ESSENTIAL ABS + ARM RACHEL
YOGA	12:15-13:00				HF on the Go JACKIE 45 min	HF on the Go PAUL 45 min	HF on the Go MON 45 min		
PILATES REFORMER	12:15-13:15					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 RACHEL
PILATES REFORMER	14:00-14:30 14:30-15:30				H.I.I.T RJ	ESSENTIAL FIT + TONE MAE	CIRCUIT ABS + ARMS RJ	Foundation ESSENTIAL ABS + ARMS MICHAEL	ESSENTIAL FIT + TONE RISSA
YOGA	14:30-16:00				HOT (AB) MONICA 90 min	AB FIT GROUND PAUL (14:30-15:30)	HOT (A) HARRESON 90 min	HOT (AB) HARRESON 90 min	HOT (B) PAUL 90 min
YOGA	15:15-16:45 CB studio							YIN YANG MARVIN 90 min	Vinyasa KNOT 90 min
PILATES REFORMER	16:00-16:30 16:30-17:30							CIRCUIT BUTT + THIGHS JERALD	Foundation ESSENTIAL BUTT + THIGHS RISSA
YOGA	16:30-17:30				GENTLE FLOW TING 60 min	FORWARD BEND* MARVIN 60 min	AB FIT WHOLE BODY MON 60 min	HOT (A) HARRESON (16:30-18:00)	AB FIT GROUND PAUL (16:30-17:30)
PILATES REFORMER	16:45-17:45				ESSENTIAL BUTT + THIGHS MAE	ESSENTIAL ABS + ARM RISSA	ESSENTIAL FIT + TONE RJ		
CORE BLAST	17:45-18:00 18:00-19:00				CORE SUSPEND WHOLE BODY JUDO	Foundation CORE SUSPEND BUTT + THIGHS LILY	CORE BLAST TONE JEAB		
YOGA	18:00-19:30				HOT (B) MONICA 90 min	BRYCE CORE YOGA MARVIN (18:00-19:00)	HOT (AB) HARRESON 90 min		
PILATES REFORMER	17:45-18:00 18:00-19:00				CIRCUIT ABS + ARMS MAE	Foundation ESSENTIAL BUTT + THIGHS RISSA	CIRCUIT BUTT + THIGHS MICHAEL		
YOGA	19:15-20:15 CB/YG studio					YOGA PILATES LILY 60 min			
YOGA	19:15-20:45 CB/YG studio				INVERSION* TING 90 min	Vinyasa MARVIN 90 min	HATHA MON 90 min		
PILATES REFORMER	19:10-20:10				ESSENTIAL BUTT + THIGHS MAE	ESSENTIAL ABS + ARM RISSA	ESSENTIAL FIT + TONE MICHAEL		
YOGA	19:45-21:15				HOT (AB) MONICA 90 min		HOT (B) HARRESON 90 min		
PILATES REFORMER	20:15-21:15			ESSENTIAL FIT + TONE MAE	ESSENTIAL BUTT + THIGHS RISSA	ESSENTIAL ABS + ARM MICHAEL			

ABSOLUTE YOU CLASS SCHEDULE

AMARIN PLAZA STUDIO : RHYTHM CYCLING									
DATE		16-Apr	17-Apr	18-Apr	19-Apr	20-Apr	21-Apr	22-Apr	
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
RHYTHM CYCLING	7:15-8:00	Closed of Songkran		ABSOLUTE BEATS GIFT	ABSOLUTE BEATS PLO Y	ABSOLUTE BEATS MEW			
RHYTHM CYCLING	8:30-8:45 8:45-9:30			Foundation ABSOLUTE BEATS JAMIE		Foundation ABSOLUTE BEATS CHERIE			
RHYTHM CYCLING	9:00-9:15 9:15-10:00							ABSOLUTE BEATS DAN	Foundation ABSOLUTE BEATS SUNNY
RHYTHM CYCLING	10:15-10:30 10:30-11:15							Foundation ABSOLUTE BEATS DAN	ABSOLUTE BEATS SUNNY
RHYTHM CYCLING	12:15-13:00				LUNCH BEATS JAMIE	LUNCH BEATS MEI	LUNCH BEATS CHERIE		
RHYTHM CYCLING	14:45-15:00 15:00-15:45								Foundation ABSOLUTE BEATS JUSTIN
RHYTHM CYCLING	16:00-16:15 16:15-17:00							Foundation ABSOLUTE BEATS JAMIE	ABSOLUTE BEATS JUSTIN
RHYTHM CYCLING	17:15-17:30 17:30-18:15				Foundation ABSOLUTE BEATS MEK	ABSOLUTE BEATS JUNE	Foundation ABSOLUTE BEATS MEK		
RHYTHM CYCLING	18:30-19:15				(18:30-19:30) BIG BEATS 60 SUNNY	ABSOLUTE BEATS JAMIE	ABSOLUTE BEATS JAMIE		
RHYTHM CYCLING	19:30-19:45 19:45-20:30				(19:45-20:30) ABSOLUTE BEATS MEW	Foundation ABSOLUTE BEATS JUNE	ABSOLUTE BEATS JAMIE		

SILOM STUDIO									
DATE		16-Apr	17-Apr	18-Apr	19-Apr	20-Apr	21-Apr	22-Apr	
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
YOGA	7:00-7:45	Closed of Songkran		HF on the Go PLE 45 min	HF on the Go CANDY 45 min	HF on the Go FU 45 min			
CORE BLAST	7:00-8:00			CORE SUSPEND ABS + ARM PEWEE		CORE BLAST CARDIO MAE			
PILATES REFORMER	7:00-8:00			CIRCUIT ABS + ARM RISSA		ESSENTIAL BUTT + THIGHS JENNIFER			
CORE BLAST	8:00-8:15 8:15-9:15			Foundation CORE BLAST CARDIO PEWEE			Foundation CORE SUSPEND BUTT + THIGHS MAE	Foundation CORE SUSPEND ABS + ARM PEWEE	CORE SUSPEND BUTT + THIGHS OHM
YOGA	8:15-9:15					HOT (A) CANDY 60 min			
YOGA	8:30-9:30							HATHA LEK 60 min	HOT (A) HARRISON 60 min
PILATES REFORMER	8:30-9:00 9:00-10:00				Foundation ESSENTIAL BUTT + THIGHS RISSA	YOGA STRETCHING ON REFORMER MICHAEL	Foundation CIRCUIT BUTT + THIGHS JENNIFER		
PILATES REFORMER	9:15-10:15							ESSENTIAL FIT + TONE PEWEE	ESSENTIAL ABS + ARMS OHM
YOGA	9:30-11:00				GENTLE FLOW PLE 90 min	HOT (B) CANDY 90 min	HATHA FU 90 min	HOT (B) LEK (9:45-11:15)	HOT (AB) HARRISON (9:45-11:15)
PILATES REFORMER	10:15-10:45 10:45-11:45							Foundation ESSENTIAL ABS + ARM PEWEE	ESSENTIAL BUTT + THIGHS OHM
YOGA	12:15-13:00				HF on the Go PLE 45 min	HF on the Go CANDY 45 min	HF on the Go FU 45 min		
PILATES REFORMER	14:00-14:30 14:30-15:30					Foundation ESSENTIAL FIT + TONE MICHAEL		CIRCUIT BUTT + THIGHS PEWEE	Foundation ESSENTIAL FIT + TONE OHM
YOGA	14:30-16:00				HOT (A) KNOT 90 min		HOT (AB) PETER 90 min	HOT (A) LEK (15:30-17:00)	HOT (B) HARRISON (15:30-17:00)
PILATES REFORMER	17:00-18:00				CARDIO JUMPCARD ANT	ESSENTIAL BUTT + THIGHS RJ	ESSENTIAL ABS + ARM STAMP		
YOGA	17:30-18:30				HATHA KNOT 60 min	Vinyasa KWANG 60 min	HOT (A) PETER 60 min		
CORE BLAST	17:45-18:00 18:00-19:00				Foundation CORE SUSPEND BUTT + THIGHS PEWEE	CORE SUSPEND ABS + ARM ANT P	Foundation CORE SUSPEND BUTT + THIGHS JUDO		
PILATES REFORMER	18:00-18:15 18:15-19:15				CIRCUIT BUTT + THIGHS ANT	ESSENTIAL ABS + ARM RJ	ESSENTIAL FIT + TONE STAMP		
YOGA	18:45-20:15				HOT (AB) KNOT 90 min	HOT (A) KWANG 90 min	HATHA PETER 90 min		
CORE BLAST	19:00-19:15 19:15-20:15				CORE SUSPEND ABS + ARM PEWEE	Foundation CORE BLAST CARDIO ANT P	CORE SUSPEND ABS + ARM JUDO		
PILATES REFORMER	19:30-20:30				ESSENTIAL ABS + ARM ANT	ESSENTIAL BUTT + THIGHS RJ	ESSENTIAL FIT + TONE STAMP		
YOGA	20:30-21:30				HOT (B) KNOT 60 min	HATHA KWANG 60 min			

ABSOLUTE YOU CLASS SCHEDULE

EXCHANGE TOWER STUDIO									
DATE		16-Apr	17-Apr	18-Apr	19-Apr	20-Apr	21-Apr	22-Apr	
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
YOGA	7:00-7:45	Closed of Songkran			HF on the Go PETER 45 min				
PILATES REFORMER	7:00-7:15 7:15-8:15				Foundation ESSENTIAL ABS + ARM PEWEE				
YOGA	8:30-9:30				HATHA JUSTIN 60 min	HOT (A) PETER 60 min	BRYCE CORE YOGA PAUL 60 min	HOT (AB) MON 60 min	GENTLE FLOW MONICA 60 min
PILATES REFORMER	8:30-9:30				ESSENTIAL ABS + ARM JENNIFER		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 FAI	Foundation ABSOLUTE BEATS PLOU	Foundation ABSOLUTE BEATS JUNE	Foundation ABSOLUTE BEATS JUSTIN	Foundation ABSOLUTE BEATS JAMIE
PILATES REFORMER	9:30-10:00 10:00-11:00				Foundation ESSENTIAL FIT + TONE JENNIFER	CIRCUIT BUTT + THIGHS PEWEE	Foundation ESSENTIAL ABS + ARM JERALD	Foundation ESSENTIAL FIT + TONE RISSA	Foundation ESSENTIAL BUTT + THIGHS JEAB
YOGA	10:00-11:30				YOGA PILATES JUSTIN 90 min	Vinyasa PETER 90 min	HOT (A) PAUL 90 min	ARM BALANCE* MON 90 min	HOT (A) MONICA 90 min
PILATES REFORMER	11:30-12:00 12:00-13:00				Foundation ESSENTIAL ABS + ARM JENNIFER		Foundation ESSENTIAL BUTT + THIGHS MAE		
RHYTHM CYCLING	12:15-13:00					LUNCH BEATS PLOU			
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) MON 90 min	HATHA MONICA 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					ESSENTIAL ABS + ARM PEWEE		Foundation ESSENTIAL BUTT + THIGHS RISSA	CIRCUIT ABS + ARM JEAB
RHYTHM CYCLING	17:15-17:30 17:30-18:15				Foundation ABSOLUTE BEATS MEI		Foundation ABSOLUTE BEATS JUNE		
YOGA	17:30-18:30				HOT (AB) MARVIN 60 min	HOT (B) MONICA 60 min	HOT FLOW BENZ 60 min	AB FIT WHOLE BODY MON (16:30-17:30)	
PILATES REFORMER	18:00-18:30 18:30-19:30				Foundation ESSENTIAL FIT + TONE JENNIFER	Foundation ESSENTIAL ABS + ARM PEWEE	Foundation ESSENTIAL FIT + TONE JERALD		
RHYTHM CYCLING	18:30-18:45 18:45-19:30				Foundation ABSOLUTE BEATS MEI	Foundation ABSOLUTE BEATS JUSTIN	Foundation ABSOLUTE BEATS MEI		
YOGA	18:45-20:00				HOT (B) MARVIN 75 min	HOT (A) MONICA 75 min	HOT (A) BENZ 75 min		
PILATES REFORMER	19:30-20:00 20:00-21:00				Foundation ESSENTIAL BUTT + THIGHS JENNIFER	Foundation ESSENTIAL FIT + TONE PEWEE	Foundation ESSENTIAL ABS + ARM JERALD		
RHYTHM CYCLING	19:45-20:00 20:00-20:45					Foundation ABSOLUTE BEATS JUSTIN			
YOGA	20:15-21:15			HOT (A) MARVIN 60 min	HATHA / VINYASA MONICA 60 min				

ABSOLUTE YOU CLASS SCHEDULE

BEE HIVE STUDIO								
DATE		16-Apr	17-Apr	18-Apr	19-Apr	20-Apr	21-Apr	22-Apr
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PILATES/CORE BLAST	8:00-9:00	<i>Closed of Songkran</i>		CORE SUSPEND WHOLE BODY <i>AKE</i>	CIRCUIT BUTT + THIGHS <i>OHM</i>	ESSENTIAL FIT + TONE <i>ANT</i>	ESSENTIAL BUTT + THIGHS <i>ART</i>	CIRCUIT ABS + ARM <i>ANT</i>
YOGA	9:00-10:30		HOT (A) FU 90 min	HATHA LEK 90 min	YIN YANG SOMCHAI 90 min	HOT (AB) CAKE 90 min	HOT (B) CANDY 90 min	
PILATES/CORE BLAST	9:00-9:30 9:30-10:30		Foundation FIT + TONE <i>AKE</i>	ESSENTIAL ABS + ARM <i>OHM</i>	Foundation BUTT + THIGHS <i>ANT</i>	Foundation FIT + TONE <i>ART</i>	Foundation (9:15-9:30) CORE SUSPEND WHOLE BODY <i>ANT</i>	
YOGA	11:00-12:30		HOT FLOW FU 90 min		CORE STRENGTH* SOMCHAI 90 min	HATHA CAKE 90 min	YIN YANG CANDY 90 min	
PILATES REFORMER	11:00-12:00		ESSENTIAL BUTT + THIGHS <i>AKE</i>	ESSENTIAL FIT + TONE <i>OHM</i>	ESSENTIAL ABS + ARM <i>ANT</i>	YOGA STRETCHING ON REFORMER <i>ART</i>	ESSENTIAL FIT + TONE <i>ANT</i>	
PILATES REFORMER	14:00-14:30 14:30-15:30					Foundation ESSENTIAL ABS + ARM <i>ART</i>	Foundation BUTT + THIGHS <i>ANT</i>	
YOGA	14:30-16:00		HATHA FU 90 min	HOT (AB) LEK 90 min	HOT (A) SOMCHAI 90 min	INVERSION* CAKE 90 min	HATHA CANDY 90 min	
YOGA	16:30-17:45		ARM BALANCE* PETER 75 min		HOT (AB) SOMCHAI 75 min	GENTLE FLOW CAKE 75 min	HOT (A) CANDY 75 min	
PILATES/CORE BLAST	17:15-17:30 17:30-18:30		ESSENTIAL FIT + TONE <i>AKE</i>	Foundation CORE SUSPEND ABS + ARM <i>OHM</i>	CORE SUSPEND BUTT + THIGHS <i>ANT</i>			
YOGA	18:00-19:30		HOT (A) PETER 90 min	HATHA LEK 90 min	YOGA PILATES SOMCHAI 90 min			
PILATES REFORMER	18:30-19:00 19:00-20:00		ESSENTIAL ABS + ARM <i>AKE</i>	Foundation ESSENTIAL BUTT + THIGHS <i>OHM</i>	ESSENTIAL FIT + TONE <i>ANT</i>			
YOGA	19:45-21:00		BRYCE CORE YOGA PETER (19:45-20:45)	HOT FLOW LEK 75 min				

THE CIRCLE STUDIO								
DATE		16-Apr	17-Apr	18-Apr	19-Apr	20-Apr	21-Apr	22-Apr
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
RHYTHM CYCLING	8:00-8:15 8:15-9:00	<i>Closed of Songkran</i>		Foundation ABSOLUTE BEATS <i>AOM</i>		Foundation ABSOLUTE BEATS <i>PLOY</i>		
PILATES REFORMER	8:30-9:00 9:00-10:00		Foundation ESSENTIAL FIT + TONE <i>ARM</i>	Foundation ABS + ARM <i>KUNGGING</i>	Foundation BUTT + THIGHS <i>GUBGIB</i>	Foundation FIT + TONE <i>KUNGGING</i>	Foundation ABSOLUTE BEATS <i>MIMI</i>	Foundation ABSOLUTE BEATS <i>FAI</i>
RHYTHM CYCLING	10:00-10:15 10:15-11:00				Foundation ABSOLUTE BEATS <i>KENG (T)</i>		Foundation ABSOLUTE BEATS <i>MIMI</i>	Foundation ABSOLUTE BEATS <i>FAI</i>
YOGA	9:00-10:30		AB FIT GROUND CAKE (9:00-10:00)	HATHA SOMCHAI 90 min	HOT (A) PLE 90 min	HOT (AB) PETER 90 min	HOT (A) SOMCHAI 90 min	
PILATES REFORMER	10:00-10:30 10:30-11:30		Foundation ESSENTIAL BUTT + THIGHS <i>ARM</i>		Foundation ESSENTIAL ABS + ARM <i>GUBGIB</i>			
YOGA	11:00-12:30			HOT (AB) SOMCHAI 90 min		AB FIT GROUND PETER (11:00-12:00)	HOT (A) SOMCHAI 90 min	
YOGA	14:00-15:30		HOT (AB) CAKE 90 min	BRYCE CORE YOGA SOMCHAI 60 min	HOT (A) PLE 90 min	HATHA PETER 90 min	YIN YANG SOMCHAI 90 min	
RHYTHM CYCLING	14:00-14:15 14:15-15:00					Foundation ABSOLUTE BEATS <i>MIMI</i>	Foundation ABSOLUTE BEATS <i>FAI</i>	
PILATES REFORMER	14:00-14:30 14:30-15:30			Foundation ESSENTIAL BUTT + THIGHS <i>KUNGGING</i>		Foundation ESSENTIAL ABS + ARM <i>KUNGGING</i>	Foundation BUTT + THIGHS <i>GUBGIB</i>	
YOGA	16:30-18:00					HOT (A) PETER 90 min	HOT (AB) SOMCHAI 90 min	
YOGA	17:45-19:00		HOT (A) CAKE 75 min	FORWARD BEND* SOMCHAI 75 min	HATHA PLE 75 min			
PILATES REFORMER	17:45-18:15 18:15-19:15		Foundation ESSENTIAL ABS + ARM <i>ARM</i>	Foundation ESSENTIAL FIT + TONE <i>KUNGGING</i>	Foundation ESSENTIAL BUTT + THIGHS <i>GUBGIB</i>			
RHYTHM CYCLING	18:15-18:30 18:30-19:15		Foundation ABSOLUTE BEATS <i>AOM</i>	Foundation ABSOLUTE BEATS <i>KENG (T)</i>	Foundation ABSOLUTE BEATS <i>PLOY</i>			
YOGA	19:15-20:30		HATHA CAKE 75 min	GENTLE FLOW SOMCHAI 75 min	HOT (AB) PLE 75 min			
PILATES REFORMER	19:15-19:45 19:45-20:45		Foundation ESSENTIAL BUTT + THIGHS <i>ARM</i>					

ABSOLUTE YOU CLASS SCHEDULE

LADPRAO STUDIO										
DATE		16-Apr	17-Apr	18-Apr	19-Apr	20-Apr	21-Apr	22-Apr		
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
PILATES REFORMER	8:30-9:00	<i>Closed of Songkran</i>		<i>Foundation</i>	ESSENTIAL ABS + ARM ART	ESSENTIAL FIT + TONE OHM	<i>Foundation</i>	<i>Foundation</i>		
	9:00-10:00			CIRCUIT BUTT + THIGHS RACHEL				ESSENTIAL BUTT + THIGHS OHM	CIRCUIT ABS + ARM LILY	
YOGA	8:45-9:45							BRYCE CORE YOGA KWANG 60 min	AB FIT GROUND OAT 60 min	
CORE BLAST	10:00-11:00						CORE SUSPEND WHOLE BODY ANT P			
YOGA	10:00-11:30					HOT (AB) SOMCHAI 90 min	HOT (A) KNOT 90 min	CORE STRENGTH* LILY 90 min	HOT (AB) KWANG 90 min	HOT (A) OAT 90 min
PILATES REFORMER	10:00-11:00								ESSENTIAL FIT + TONE OHM	ESSENTIAL BUTT + THIGHS LILY
CORE BLAST	11:00-12:00								CORE SUSPEND BUTT + THIGHS OHM	CORE SUSPEND ABS + ARM LILY
YOGA	14:30-16:00					HOT (A) SOMCHAI 90 min		HOT (AB) LILY 90 min	HATHA KWANG 90 min	HOT FLOW OAT 90 min
PILATES REFORMER	17:15-18:15					CIRCUIT BUTT + THIGHS LILY	ESSENTIAL FIT + TONE ART	CIRCUIT ABS + ARM OHM		
YOGA	17:15-18:15					HOT (AB) SOMCHAI 60 min	HOT (A) KNOT 60 min	Vinyasa LILY 60 min	HOT (A) KWANG (16:30-18:00)	HOT (AB) OAT (16:30-18:00)
CORE BLAST	17:30-18:30					CORE SUSPEND WHOLE BODY RACHEL	CORE SUSPEND ABS + ARM JUDO			
PILATES REFORMER	18:15-18:30					<i>Foundation</i>	CIRCUIT ABS + ARM ART	<i>Foundation</i>	ESSENTIAL BUTT + THIGHS OHM	
	18:30-19:30					ESSENTIAL FIT+TONE LILY				
YOGA	18:30-20:00					HOT (AB) SOMCHAI 90 min	Vinyasa KNOT 90 min	HOT (A) ARTIE 90 min		
CORE BLAST	18:45-19:00					<i>Foundation</i>	CORE SUSPEND BUTT + THIGHS JUDO	<i>Foundation</i>	CORE SUSPEND ABS + ARM ANT P	
	19:00-20:00					CORE SUSPEND WHOLE BODY RACHEL				
PILATES REFORMER	19:30-20:30					ESSENTIAL ABS + ARM LILY	ESSENTIAL BUTT + THIGHS ART	ESSENTIAL FIT + TONE OHM		
YOGA	20:15-21:15			GENTLE FLOW SOMCHAI 60 min	HOT (AB) KNOT 60 min	HOT (A) ARTIE 60 min				

CRYSTAL PARK STUDIO										
DATE		16-Apr	17-Apr	18-Apr	19-Apr	20-Apr	21-Apr	22-Apr		
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
YOGA	7:30-8:30	<i>Closed of Songkran</i>		HOT (A) KWANG 60 min	AB FIT WHOLE BODY PLE 60 min	HOT (A) CANDY 60 min	BRYCE CORE YOGA JEAB 60 min	HOT (A) ARTIE 60 min		
PILATES REFORMER	8:00-8:30					<i>Foundation</i>	CIRCUIT ABS + ARM RACHEL	ESSENTIAL BUTT + THIGHS RISSA	ESSENTIAL FIT + TONE JEAB	CIRCUIT BUTT + THIGHS ART
	8:30-9:30					CIRCUIT BUTT + THIGHS JERALD				
RHYTHM CYCLING	8:30-8:45					<i>Foundation</i>		<i>Foundation</i>	ABSOLUTE BEATS KENG (T)	
	8:45-9:30					ABSOLUTE BEATS PLA (T)				
YOGA	8:45-9:45					HOT (AB) KWANG 60 min	HATHA PLE 60 min	HATHA CANDY 60 min	HOT (A) BENZ 60 min	AB FIT WHOLE BODY ARTIE 60 min
RHYTHM CYCLING	9:30-9:45						<i>Foundation</i>		<i>Foundation</i>	<i>Foundation</i>
	9:45-10:30						ABSOLUTE BEATS MIMI		ABSOLUTE BEATS BIM	ABSOLUTE BEATS MEW
PILATES REFORMER	9:45-10:15					ESSENTIAL ABS + ARM JERALD	ESSENTIAL BUTT + THIGHS RACHEL	ESSENTIAL ABS + ARM RISSA	(9:45-10:45)	(9:45-10:45)
	10:15-11:15								CARDIO JUMPMBOARD	ESSENTIAL FIT + TONE
YOGA	10:30-12:00					HATHA KWANG 90 min	HOT (AB) PLE 90 min	HOT (A) CANDY 90 min	HOT (AB) BENZ 90 min	HATHA ARTIE 90 min
PILATES REFORMER	10:45-11:15								<i>Foundation</i>	CIRCUIT ABS + ARM ART
	11:15-12:15								ESSENTIAL BUTT + THIGHS JEAB	
YOGA	14:00-15:30						Vinyasa FU 90 min		Vinyasa BENZ 90 min	HOT (A) ARTIE 90 min
YOGA	15:00-16:30								<i>Foundation</i>	<i>Foundation</i>
RHYTHM CYCLING	15:30-15:45								ABSOLUTE BEATS BIM	ABSOLUTE BEATS MEW
	15:45-16:30									
PILATES REFORMER	15:30-16:00						CIRCUIT ABS + ARM JEAB	<i>Foundation</i>		
	16:00-17:00							ESSENTIAL BUTT + THIGHS ART		
YOGA	17:30-19:00			HOT (AB) LEK 90 min	HATHA FU 90 min	Vinyasa OAT 90 min				
PILATES REFORMER	17:00-17:30			ESSENTIAL FIT + TONE JERALD	<i>Foundation</i>	CIRCUIT BUTT + THIGHS RISSA				
	17:30-18:30				ESSENTIAL ABS + ARM RACHEL					
RHYTHM CYCLING	18:15-18:30			<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>				
	18:30-19:15			ABSOLUTE BEATS FAI	ABSOLUTE BEATS MIMI	ABSOLUTE BEATS KENG (T)				
PILATES REFORMER	18:30-19:00			<i>Foundation</i>	ESSENTIAL BUTT + THIGHS RACHEL	ESSENTIAL FIT + TONE RISSA				
	19:00-20:00			ESSENTIAL ABS + ARM JERALD						
YOGA	19:15-20:30			Vinyasa LEK 75 min	HOT (A) FU 75 min	GENTLE FLOW OAT 75 min				
RHYTHM CYCLING	19:30-19:45			<i>Foundation</i>	<i>Foundation</i>					
	19:45-20:30			ABSOLUTE BEATS FAI	ABSOLUTE BEATS MIMI					

ABSOLUTE YOU CLASS SCHEDULE

COMMONS STUDIO									
DATE		16-Apr	17-Apr	18-Apr	19-Apr	20-Apr	21-Apr	22-Apr	
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
PILATES REFORMER	9:00-10:00	<i>Closed of Songkran</i>		ESSENTIAL BUTT + THIGHS ART					
RHYTHM CYCLING	9:00-9:15 9:15-10:00				Foundation ABSOLUTE BEATS MEK	ABSOLUTE BEATS JAMIE	<i>(9:15-10:15)</i> BIG BEATS 60 MEK	Foundation ABSOLUTE BEATS GIFT	ABSOLUTE BEATS GIFT
PILATES REFORMER	9:45-10:15 10:15-11:15				ESSENTIAL ABS + ARM ART	ESSENTIAL FIT + TONE JENNIFER	ESSENTIAL ABS + ARM AU	Foundation ESSENTIAL BUTT + THIGHS RACHEL	Foundation CIRCUIT ABS + ARM PEWEE
RHYTHM CYCLING	10:15-10:30 10:30-11:15				ABSOLUTE BEATS PLOY	Foundation ABSOLUTE BEATS JAMIE	ABSOLUTE BEATS MIMI	ABSOLUTE BEATS GIFT	Foundation ABSOLUTE BEATS GIFT
RHYTHM CYCLING	15:00-15:15 15:15-16:00							Foundation ABSOLUTE BEATS SUNNY	
PILATES REFORMER	15:00-16:00							CIRCUIT BUTT + THIGHS RACHEL	ESSENTIAL ABS + ARM PEWEE
RHYTHM CYCLING	16:30-16:45 16:45-17:30							Foundation ABSOLUTE BEATS SUNNY	Foundation (16:30-17:30) BIG BEATS 60 MEK
RHYTHM CYCLING	18:15-18:30 18:30-19:15				Foundation ABSOLUTE BEATS JUSTIN	ABSOLUTE BEATS MEK	Foundation ABSOLUTE BEATS MIMI		
PILATES REFORMER	18:00-18:30 18:30-19:30				Foundation ESSENTIAL FIT + TONE ART	ESSENTIAL ABS + ARM JENNIFER	ESSENTIAL FIT + TONE AU		
RHYTHM CYCLING	19:30-19:45 19:45-20:30				ABSOLUTE BEATS JUSTIN	Foundation ABSOLUTE BEATS MEW			

JAS URBAN STUDIO									
DATE		16-Apr	17-Apr	18-Apr	19-Apr	20-Apr	21-Apr	22-Apr	
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
PILATES REFORMER	8:00-8:30 8:30-9:30	<i>Closed of Songkran</i>		Foundation ESSENTIAL FIT + TONE STAMP	ESSENTIAL ABS + ARM AU	ESSENTIAL BUTT + THIGHS KATE	ESSENTIAL FIT + TONE STAMP	ESSENTIAL ABS + ARM KATE	
YOGA	8:30-9:30				HATHA PAUL 60 min				
RHYTHM CYCLING	8:45-9:00 9:00-9:45				Foundation ABSOLUTE BEATS BIM	Foundation ABSOLUTE BEATS PLA (T)	Foundation ABSOLUTE BEATS AOM	Foundation ABSOLUTE BEATS BOAT	Foundation ABSOLUTE BEATS KENG (T)
PILATES REFORMER	9:30-10:00 10:00-11:00				Foundation ESSENTIAL BUTT + THIGHS STAMP	ESSENTIAL FIT + TONE AU	ESSENTIAL ABS + ARM KATE	ESSENTIAL ABS + ARM STAMP	ESSENTIAL BUTT + THIGHS KATE
YOGA	10:00-11:30				HOT (B) PAUL 90 min	Vinyasa HARRISON 90 min	HOT (AB) KWANG 90 min	HOT (A) OAT 90 min	HOT (AB) DIA 90 min
RHYTHM CYCLING	10:00-10:15 10:15-11:00							Foundation ABSOLUTE BEATS BOAT	Foundation ABSOLUTE BEATS KENG (T)
YOGA	14:30-15:30				Vinyasa PAUL 60 min		HATHA KWANG 60 min	HATHA OAT (14:30-16:00)	BRYCE CORE YOGA DIA 60 min
PILATES REFORMER	14:30-15:00 15:00-16:00							Foundation ABSOLUTE BEATS STAMP	Foundation ESSENTIAL FIT + TONE KATE
PILATES REFORMER	17:45-18:15 18:15-19:15				Foundation ESSENTIAL ABS + ARM STAMP	ESSENTIAL BUTT + THIGHS AU	ESSENTIAL ABS + ARM KATE		
YOGA	18:00-19:30				HOT (AB) PAUL 90 min	HATHA HARRISON 90 min	HOT (A) KWANG 90 min		
RHYTHM CYCLING	18:15-18:30 18:30-19:15					Foundation ABSOLUTE BEATS FAI			
RHYTHM CYCLING	18:30-18:45 18:45-19:30				Foundation ABSOLUTE BEATS BIM		Foundation ABSOLUTE BEATS AOM		
PILATES REFORMER	19:15-19:45 19:45-20:45				Foundation ESSENTIAL BUTT + THIGHS STAMP	ESSENTIAL ABS + ARM AU			
RHYTHM CYCLING	19:30-19:45 19:45-20:30					Foundation ABSOLUTE BEATS FAI			
YOGA	19:45-20:45						HOT (A) HARRISON 60 min		

ABSOLUTE YOU CLASS SCHEDULE

G TOWER STUDIO																								
DATE		16-Apr	17-Apr	18-Apr	19-Apr	20-Apr	21-Apr	22-Apr																
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY																
PILATES REFORMER	7:00-7:15	<i>Closed of Songkran</i>		<i>Foundation</i>		<i>Foundation</i>																		
	7:15-8:15			ESSENTIAL ABS + ARM MICHAEL		ESSENTIAL FIT + TONE RACHEL																		
RHYTHM CYCLING	7:00-7:15					<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>																
	7:15-8:15					ABSOLUTE BEATS PLOY	ABSOLUTE BEATS AOM	ABSOLUTE BEATS PLA (T)																
PILATES REFORMER	8:30-9:00								<i>Foundation</i>															
	9:00-10:00								ESSENTIAL BUTT + THIGHS JEAB															
RHYTHM CYCLING	9:15-9:30												<i>Foundation</i>	<i>Foundation</i>										
	9:30-10:15												ABSOLUTE BEATS MEW	ABSOLUTE BEATS BOAT										
PILATES REFORMER	9:30-10:00														<i>Foundation</i>	<i>Foundation</i>								
	10:00-11:00														ESSENTIAL FIT + TONE MAE	ESSENTIAL ABS + ARM AU								
PILATES REFORMER	10:00-10:30														<i>Foundation</i>									
	10:30-11:30														ESSENTIAL FIT + TONE JEAB									
PILATES REFORMER	11:45-12:00															<i>Foundation</i>		<i>Foundation</i>						
	12:00-13:00															ESSENTIAL BUTT + THIGHS MICHAEL		ESSENTIAL FIT + TONE RACHEL						
RHYTHM CYCLING	12:00-12:15																		<i>Foundation</i>					
	12:15-13:00																		LUNCH BEATS PLA (T)					
RHYTHM CYCLING	14:15-14:30																						<i>Foundation</i>	<i>Foundation</i>
	14:30-15:15																						ABSOLUTE BEATS MEW	ABSOLUTE BEATS AOM
PILATES REFORMER	14:30-15:00																						<i>Foundation</i>	<i>Foundation</i>
	15:00-16:00																						ESSENTIAL ABS + ARM MAE	ESSENTIAL FIT + TONE AU
PILATES REFORMER	17:45-18:15																			<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>		
	18:15-19:15																			ESSENTIAL FIT + TONE MICHAEL	ESSENTIAL ABS + ARM JEAB	ESSENTIAL BUTT + THIGHS RACHEL		
RHYTHM CYCLING	18:15-18:30																			<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>		
	18:30-19:15																			ABSOLUTE BEATS CHERIE	ABSOLUTE BEATS AOM	ABSOLUTE BEATS BIM		
PILATES REFORMER	19:15-19:45																			<i>Foundation</i>	<i>Foundation</i>			
	19:45-20:45																			ESSENTIAL FIT + TONE MICHAEL	ESSENTIAL ABS + ARM JEAB			
RHYTHM CYCLING	19:30-19:45																			<i>Foundation</i>				
	19:45-20:30																				ABSOLUTE BEATS CHERIE			

ON-NUT STUDIO																												
DATE		16-Apr	17-Apr	18-Apr	19-Apr	20-Apr	21-Apr	22-Apr																				
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY																				
PILATES REFORMER	7:30-8:30	<i>Closed of Songkran</i>			ESSENTIAL ABS + ARM STAMP																							
YOGA	<i>(New Classes)</i> 8:30-9:30					GENTLE FLOW MON 60 min		HOT (B) CAKE 60 min	BRYCE CORE YOGA ARTIE 60 min	HATHA LEK 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 BUTT + THIGHS KUNGKING	ESSENTIAL FIT + TONE STAMP	ESSENTIAL ABS + ARM ARM	ESSENTIAL BUTT + THIGHS AU	ESSENTIAL FIT + TONE BENZ																
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 KENG (T)	ABSOLUTE BEATS BIM	ABSOLUTE BEATS FAI	ABSOLUTE BEATS MEI	ABSOLUTE BEATS PLA (T)														
YOGA	9:45-11:00											HOT (AB) MON 75 min	GENTLE FLOW OAT 75 min	Vinyasa CAKE 75 min	HOT (A) ARTIE 75 min	GENTLE FLOW LEK 75 min												
PILATES REFORMER	10:00-10:30																<i>Foundation</i>	<i>Foundation</i>										
	10:30-11:30																ESSENTIAL ABS + ARM AU	ESSENTIAL BUTT + THIGHS BENZ										
PILATES REFORMER	13:30-14:00															<i>Foundation</i>		<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>								
	14:00-15:00															ESSENTIAL FIT + TONE KUNGKING		ESSENTIAL BUTT + THIGHS ARM	ESSENTIAL FIT + TONE AU	ESSENTIAL ABS + ARM BENZ								
YOGA	14:00-15:00																		HOT FLOW OAT 60 min		HOT (AB) ARTIE (14:00-15:30)	HOT (B) LEK (14:00-15:30)						
RHYTHM CYCLING	14:45-15:00																						<i>Foundation</i>	<i>Foundation</i>				
	15:00-15:45																						ABSOLUTE BEATS MEI	ABSOLUTE BEATS PLA (T)				
PILATES REFORMER	17:45-18:15																					<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>				
	18:15-19:15																					ESSENTIAL ABS + ARM KUNGKING	ESSENTIAL BUTT + THIGHS STAMP	ESSENTIAL FIT + TONE ARM				
YOGA	18:00-19:30																							HOT (A) MON 90 min	Vinyasa OAT 90 min	HOT (AB) CAKE 90 min		
RHYTHM CYCLING	18:15-18:30																									<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>
	18:30-19:15	ABSOLUTE BEATS KENG (T)	ABSOLUTE BEATS BIM																							ABSOLUTE BEATS FAI		
PILATES REFORMER	19:15-19:30			<i>Foundation</i>	<i>Foundation</i>																							
	19:30-20:30			ESSENTIAL BUTT + THIGHS KUNGKING	ESSENTIAL ABS + ARM STAMP																							
RHYTHM CYCLING	19:30-19:45					<i>Foundation</i>																						
	19:45-20:30					ABSOLUTE BEATS KENG (T)																						
YOGA	19:45-20:45							HATHA MON 60 min	HOT (B) OAT 60 min																			

ABSOLUTE YOU CLASS SCHEDULE

NANG-LIN-CHEE STUDIO									
DATE		16-Apr	17-Apr	18-Apr	19-Apr	20-Apr	21-Apr	22-Apr	
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
YOGA	8:30-9:30	Closed of Songkran					BRYCE CORE YOGA TING 60 min	HATHA MON 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 BUTT + THIGHS GUBGIB	ESSENTIAL FIT + TONE ARM	ESSENTIAL ABS + ARM KUNGKING	ESSENTIAL BUTT + THIGHS GUBGIB	ESSENTIAL FIT + TONE MIMI
RHYTHM CYCLING	9:00-9:15				<i>Foundation</i>		<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>
	9:15-10:00				ABSOLUTE BEATS CHERIE		ABSOLUTE BEATS MEI	ABSOLUTE BEATS AOM	ABSOLUTE BEATS CHERIE
YOGA	9:45-11:00				HOT (A) ARTIE 75 min	GENTLE FLOW BENZ 75 min	Vinyasa DIA 75 min	HOT (A) TING 75 min	GENTLE FLOW MON 75 min
PILATES REFORMER	10:00-10:30							<i>Foundation</i>	<i>Foundation</i>
	10:30-11:30							ESSENTIAL ABS + ARM GUBGIB	ESSENTIAL BUTT + THIGHS MIMI
PILATES REFORMER	13:30-14:00							<i>Foundation</i>	<i>Foundation</i>
	14:00-15:00							ESSENTIAL FIT + TONE GUBGIB	ESSENTIAL ABS + ARM MIMI
YOGA	14:00-15:30							HOT (A) TING 90 min	HOT (B) MON 90 min
PILATES REFORMER	17:45-18:15				<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>		
	18:15-19:15				ESSENTIAL ABS + ARM GUBGIB	ESSENTIAL BUTT + THIGHS ARM	ESSENTIAL FIT + TONE KUNGKING		
YOGA	18:00-19:30				HOT (A) ARTIE 90 min	Vinyasa BENZ 90 min	HOT (A) DIA 90 min		
RHYTHM CYCLING	18:15-18:30				<i>Foundation</i>	<i>Foundation</i>			
	18:30-19:15				ABSOLUTE BEATS JUNE	ABSOLUTE BEATS MEI			
PILATES REFORMER	19:15-19:30					<i>Foundation</i>			
	19:30-20:30					ESSENTIAL ABS + ARM ARM			
YOGA	19:45-20:45			HATHA ARTIE 60 min					