



ABSOLUTE YOU CLASS SCHEDULE

AMARIN PLAZA STUDIO								
DATE		17-September	18-September	19-September	20-September	21-September	22-September	23-September
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 CAKE 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 RJ	ESSENTIAL ABS + ARMS MAE	CIRCUIT BUTT + THIGHS RJ		
PILATES REFORMER	7:30-8:30 ROOM 2	ESSENTIAL FIT + TONE SARI	ESSENTIAL BUTT + THIGHS JACKIE	ESSENTIAL ABS + ARM JERALD	ESSENTIAL FIT + TONE JACKIE	ESSENTIAL ABS + ARM JEAB		
PILATES REFORMER	8:00-9:00						ESSENTIAL FIT + TONE JERALD	ESSENTIAL BUTT + THIGHS PEWEE
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		Vinyasa BIG 90 min		HIP OPENER* TING 90 min		FORWARD BEND* MON (7:30-8:30)
CORE BLAST	8:30-9:30	CORE SUSPEND BUTT + THIGHS SARI	CORE SUSPEND ABS + ARMS JACKIE	CORE BALST SCULPT JUDO	CORE SUSPEND BUTT + THIGHS JACKIE	CORE SUSPEND ABS + ARM RJ		
PILATES REFORMER	8:30-9:30	ESSENTIAL BUTT + THIGHS MAE		ESSENTIAL FIT + TONE RJ		YOGA STRETCHING ON REFORMER JEAB		
PILATES REFORMER	8:30-9:00 9:00-10:00		Foundation ESSENTIAL ABS + ARMS KAT		Foundation ESSENTIAL BUTT + THIGHS MAE		ESSENTIAL BUTT + THIGHS JULIE	CIRCUIT ABS + ARMS KAT
YOGA	8:45-9:45						ABSOLUTE FIT PAUL 60 min	HATHA MON 60 min
CORE BLAST	9:15-10:15						CORE SUSPEND ABS + ARM JERALD	CORE SUSPEND BUTT + THIGHS PEWEE
PILATES REFORMER	9:30-10:30 ROOM 2						ESSENTIAL FIT + TONE MICHAEL	ESSENTIAL BUTT + THIGHS JULIE
PILATES REFORMER	9:45-10:45	CARDIO JUMPBOARD MAE		CIRCUIT BUTT + THIGHS RJ		ESSENTIAL FIT + TONE RJ		
YOGA	10:00-11:30	HOT (A) PAUL 90 min	HATHA CANDY 90 min	HOT (AB) BIG 90 min	HOT (A) CAKE 90 min	HOT (AB) TING 90 min	HOT (A) CANDY 90 min	HOT (A) CAKE 90 min
PILATES REFORMER	10:00-10:30 10:30-11:30						Foundation ESSENTIAL ABS + ARM JULIE	Foundation ESSENTIAL FIT + TONE KAT
YOGA	11:00-12:30 CB studio						HIP OPENER* PAUL 90 min	YOGA PILATES MON 90 min
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 BIG 45 min	HF on the Go CAKE 45 min	HF on the Go TING 45 min		
PILATES REFORMER	12:15-13:15		ESSENTIAL FIT + TONE KAT		ESSENTIAL BUTT + THIGHS MAE			
CORE BLAST	13:45-14:00 14:00-15:00						Foundation CORE SUSPEND BUTT + THIGHS JERALD	Foundation CORE SUSPEND BUTT + THIGHS PEWEE
PILATES REFORMER	14:00-14:30 14:30-15:30	ESSENTIAL ABS + ARMS MAE	Foundation ESSENTIAL BUTT + THIGHS KAT	H.I.I.T RJ	ESSENTIAL FIT + TONE MAE	CIRCUIT ABS + ARMS RJ	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) MON 90 min	ABSOLUTE FIT KNOT (14:30-15:30)	HOT (A) PAUL 90 min	HOT (AB) CANDY 90 min	HOT (A) CAKE 90 min
YOGA	15:15-16:45 CB studio						YIN YANG PAUL 90 min	Vinyasa MON 90 min
PILATES REFORMER	15:00-15:30 15:30-16:30 ROOM 2						Foundation ESSENTIAL BUTT + THIGHS MICHAEL	Foundation ESSENTIAL ABS + ARM JULIE
PILATES REFORMER	16:45-17:45						CIRCUIT BUTT + THIGHS JULIE	ESSENTIAL BUTT + THIGHS KAT
YOGA	16:30-17:30	Vinyasa MARVIN 60 min	HOT (A) LUKE 60 min	GENTLE FLOW MON 60 min	BALANCING* KNOT 60 min	ABSOLUTE FIT LUKE 60 min	HOT (A) CANDY 60 min	ABSOLUTE FIT CAKE 60 min
PILATES REFORMER	16:45-17:45	CIRCUIT ABS + ARMS MICHAEL	ESSENTIAL FIT + TONE JERALD	ESSENTIAL BUTT + THIGHS MAE	ESSENTIAL ABS + ARM JEAB	ESSENTIAL FIT + TONE MICHAEL		
CORE BLAST	17:45-18:00 18:00-19:00		Foundation CORE SUSPEND ABS + ARM JACKIE	Foundation CORE SUSPEND WHOLE BODY JUDO	Foundation CORE SUSPEND BUTT + THIGHS JACKIE	Foundation CORE SUSPEND BUTT + THIGHS RJ		
PILATES REFORMER	18:00-19:00	ESSENTIAL BUTT + THIGHS MICHAEL	ESSENTIAL FIT + TONE JERALD	CIRCUIT ABS + ARMS MAE	ESSENTIAL BUTT + THIGHS JEAB	CIRCUIT BUTT + THIGHS MICHAEL		
YOGA	18:00-19:30	HOT (A) PAUL 90 min	YOGA PILATES LUKE (18:00-19:00)	HOT (A) BENZ 90 min	ABSOLUTE FIT KNOT (18:00-19:00)	HOT (AB) PAUL 90 min		
PILATES REFORMER	17:45-18:15 18:15-19:15 ROOM 2	Foundation ESSENTIAL ABS + ARM JULIE		Foundation ESSENTIAL BUTT + THIGHS JERALD		ESSENTIAL FIT + TONE JEAB		
PILATES REFORMER	19:10-20:10	ESSENTIAL FIT + TONE MICHAEL	CIRCUIT BUTT + THIGHS TERESA	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	Vinyasa LUKE 90 min	FORWARD BEND* MON 90 min	Vinyasa KNOT 90 min	HATHA LUKE 90 min		
YOGA	19:15-20:15 CB/YG studio		HATHA JACKIE 60 min		YOGA PILATES JACKIE 60 min			
PILATES REFORMER	19:30-20:30 ROOM 2	ESSENTIAL FIT + TONE JULIE		ESSENTIAL ABS + ARM JERALD		ESSENTIAL BUTT + THIGHS JEAB		
YOGA	19:45-20:45	HOT (A) PAUL 60 min		HOT (AB) BENZ 60 min		HOT (A) PAUL 60 min		
PILATES REFORMER	20:15-21:15	ESSENTIAL BUTT + THIGHS	ESSENTIAL ABS + ARM	ESSENTIAL FIT + TONE	ESSENTIAL BUTT + THIGHS			

		MICHAEL	TERESA	MAE	JEAB			
AMARIN PLAZA STUDIO : RHYTHM CYCLING								
DATE		17-September	18-September	19-September	20-September	21-September	22-September	23-September
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
RHYTHM CYCLING	7:15-8:00	ABSOLUTE BEATS MEW	ABSOLUTE BEATS D.GIFT	ABSOLUTE BEATS PEARL	ABSOLUTE BEATS PEARL	ABSOLUTE BEATS GIFT		
RHYTHM CYCLING	8:30-8:45	Foundation		Foundation		Foundation		
	8:45-9:30	ABSOLUTE BEATS FLYNN		ABSOLUTE BEATS PLOY		ABSOLUTE BEATS PAT		
RHYTHM CYCLING	9:00-9:15							Foundation
	9:15-10:00						ABSOLUTE BEATS DAN	ABSOLUTE BEATS GIFT
RHYTHM CYCLING	10:15-10:30						Foundation	
	10:30-11:15						ABSOLUTE BEATS HAYES	ABSOLUTE BEATS GIFT
RHYTHM CYCLING	12:15-13:00	LUNCH BEATS JUSTIN	LUNCH BEATS D.GIFT	LUNCH BEATS PLOY	LUNCH BEATS DAN	LUNCH BEATS JAMIE		
RHYTHM CYCLING	14:45-15:00							Foundation
	15:00-15:45						ABSOLUTE BEATS HAYES	ABSOLUTE BEATS JUSTIN
RHYTHM CYCLING	16:00-16:15						Foundation	
	16:15-17:00						ABSOLUTE BEATS FLYNN	ABSOLUTE BEATS JUSTIN
RHYTHM CYCLING	17:15-17:30	Foundation		Foundation		Foundation		
	17:30-18:15	ABSOLUTE BEATS GIFT	ABSOLUTE BEATS FLYNN	ABSOLUTE BEATS MEK	ABSOLUTE BEATS MEI	ABSOLUTE BEATS MEK		
RHYTHM CYCLING	18:30-19:15			(18:30-19:30) BIG BEATS	ABSOLUTE BEATS	ABSOLUTE BEATS		
		ABSOLUTE BEATS JUSTIN	ABSOLUTE BEATS DAN	MEK	MEK	MEK		
RHYTHM CYCLING	19:30-19:45		Foundation	(19:45-20:30)	Foundation			
	19:45-20:30	ABSOLUTE BEATS MARIA	ABSOLUTE BEATS PEARL	ABSOLUTE BEATS MEW	ABSOLUTE BEATS BOAT	ABSOLUTE BEATS MEW		

SILOM STUDIO								
DATE		17-September	18-September	19-September	20-September	21-September	22-September	23-September
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YOGA	7:00-7:45	HF on the Go SOMCHAI 45 min	HF on the Go MARVIN 45 min	HF on the Go TING 45 min	HF on the Go PLE 45 min	HF on the Go ARTIE 45 min		
CORE BLAST	7:00-8:00	CORE SUSPEND BUTT + THIGHS ANT P		CORE SUSPEND ABS + ARM PEWEE		CORE BLAST CARDIO SARI		
PILATES REFORMER	7:00-8:00	ESSENTIAL FIT + TONE KAT		CIRCUIT ABS + ARM JEAB		ESSENTIAL BUTT + THIGHS MAE		
CORE BLAST	8:00-8:15	Foundation		Foundation		Foundation		
	8:15-9:15	CORE SUSPEND ABS + ARM ANT P		CORE BLAST CARDIO PEWEE		CORE SUSPEND ABS + ARM SARI	CORE SUSPEND ABS + ARM PEWEE	CORE SUSPEND BUTT + THIGHS SARI
YOGA	8:15-9:15		GENTLE FLOW MARVIN 60 min		HOT (AB) PLE 60 min			
YOGA	8:30-9:30						HATHA AIR 60 min	HOT (A) FAR 60 min
PILATES REFORMER	8:30-9:00			Foundation		Foundation		
	9:00-10:00	ESSENTIAL ABS + ARM KAT	ESSENTIAL FIT + TONE MAE	ESSENTIAL BUTT + THIGHS JEAB	ESSENTIAL FIT + TONE ANT P	CIRCUIT BUTT + THIGHS MAE		
PILATES REFORMER	9:15-10:15						ESSENTIAL FIT + TONE PEWEE	ESSENTIAL ABS + ARMS SARI
YOGA	9:30-11:00	HOT (A) SOMCHAI 90 min	HOT (AB) MARVIN 90 min	Vinyasa TING 90 min	HOT (A) PLE 90 min	HATHA ARTIE 90 min	HOT (A) AIR (9:45-11:15)	YOGA PILATES FAR (9:45-11:15)
PILATES REFORMER	10:15-10:45						Foundation	
	10:45-11:45						ESSENTIAL ABS + ARM PEWEE	ESSENTIAL BUTT + THIGHS SARI
YOGA	12:15-13:00	HF on the Go SOMCHAI 45 min	HF on the Go MARVIN 45 min	HF on the Go TING 45 min	HF on the Go PLE 45 min	HF on the Go ARTIE 45 min		
PILATES REFORMER	14:00-14:30				Foundation			Foundation
	14:30-15:30		CIRCUIT BUTT + THIGHS MAE		ESSENTIAL FIT + TONE ANT P		CIRCUIT BUTT + THIGHS PEWEE	ESSENTIAL FIT + TONE SARI
YOGA	14:30-16:00	HOT (AB) KNOT 90 min		HOT (A) LEK 90 min		HOT (AB) JACKIE 90 min	YIN YANG AIR (15:30-17:00)	HOT (AB) FAR (15:30-17:00)
PILATES REFORMER	17:00-18:00	ESSENTIAL FIT + TONE KAT	ESSENTIAL ABS + ARM MICHAEL	CARDIO JUMPBOARD	ESSENTIAL BUTT + THIGHS ANT	ESSENTIAL ABS + ARM RISSA		
YOGA	17:30-18:30	ABSOLUTE FIT KNOT 60 min	HOT (AB) PAUL 60 min	HATHA LEK 60 min	Vinyasa LUKE 60 min	HOT (A) JACKIE 60 min		
CORE BLAST	17:45-18:00	Foundation		Foundation		Foundation		
	18:00-19:00	CORE SUSPEND WHOLE BODY ANT P	CORE SUSPEND ABS + ARM JUDO	CORE SUSPEND BUTT + THIGHS PEWEE	CORE SUSPEND ABS + ARM ANT P	CORE SUSPEND BUTT + THIGHS SARI		
PILATES REFORMER	18:00-18:15		Foundation		Foundation			
	18:15-19:15	CIRCUIT ABS + ARM KAT	ESSENTIAL BUTT + THIGHS MICHAEL	CIRCUIT BUTT + THIGHS ANT	ESSENTIAL ABS + ARM RJ	ESSENTIAL FIT + TONE RISSA		
YOGA	18:45-20:15	Vinyasa KNOT 90 min	BALANCING* PAUL 90 min	HOT (AB) LEK 90 min	HOT (A) LUKE 90 min	HATHA JACKIE 90 min		
CORE BLAST	19:00-19:15	Foundation		Foundation		Foundation		
	19:15-20:15	CORE SUSPEND ABS + ARM ANT P	CORE SUSPEND BUTT + THIGHS JUDO	CORE BLAST CARDIO PEWEE	CORE SUSPEND BUTT + THIGHS ANT P	CORE SUSPEND ABS + ARM SARI		
PILATES REFORMER	19:30-20:30	ESSENTIAL BUTT + THIGHS KAT	CIRCUIT BUTT + THIGHS MICHAEL	ESSENTIAL ABS + ARM ANT	ESSENTIAL BUTT + THIGHS RJ	ESSENTIAL ABS + ARM RISSA		
YOGA	20:30-21:30	HOT (A) KNOT 60 min	HOT (AB) PAUL 60 min	HOT (A) LEK 60 min	HATHA LUKE 60 min			

EXCHANGE TOWER STUDIO								
DATE		17-September	18-September	19-September	20-September	21-September	22-September	23-September
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YOGA	7:00-7:45		HF on the Go MONICA 45 min		HF on the Go TING 45 min			
RHYTHM CYCLING	7:15-8:00	ABSOLUTE BEATS CHERIE	ABSOLUTE BEATS PLOY	ABSOLUTE BEATS MEI	ABSOLUTE BEATS DREAM	ABSOLUTE BEATS JAMIE		
PILATES REFORMER	7:00-7:15	Foundation		Foundation				
	7:15-8:15	ESSENTIAL ABS + ARM JULIE	ESSENTIAL FIT + TONE RACHEL	ESSENTIAL BUTT + THIGHS KAT	ESSENTIAL ABS + ARM RISSA			
YOGA	8:30-9:30	GENTLE FLOW BIG	ABSOLUTE FIT MONICA	HATHA JUSTIN	HOT (A) TING	ABSOLUTE FIT SOMCHAI	HOT (AB) BENZ	GENTLE FLOW CANDY

PILATES REFORMER	8:30-9:00	60 min	60 min	60 min	60 min	60 min	60 min	60 min
	9:00-10:00	Foundation ESSENTIAL FIT + TONE JULIE		ESSENTIAL ABS + ARM KAT		Foundation ESSENTIAL FIT + TONE JERALD	Foundation ESSENTIAL BUTT + THIGHS RACHEL	Foundation ESSENTIAL ABS + ARM TERESA
RHYTHM CYCLING	9:00-9:15		Foundation		Foundation		Foundation	Foundation
	9:15-10:00		ABSOLUTE BEATS PLOU		ABSOLUTE BEATS MAE D		ABSOLUTE BEATS JUSTIN	ABSOLUTE BEATS JAMIE
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 RACHEL	CIRCUIT BUTT + THIGHS KAT	ESSENTIAL FIT + TONE RISSA	ESSENTIAL ABS + ARM JERALD	ESSENTIAL FIT + TONE RACHEL	ESSENTIAL BUTT + THIGHS TERESA
YOGA	10:00-11:30	Vinyasa BIG 90 min	HATHA MONICA 90 min	YOGA PILATES JUSTIN	Vinyasa TING 90 min	HOT (A) SOMCHAI 90 min	FORWARD BEND* BENZ 90 min	HOT (A) CANDY 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 MAE		
RHYTHM CYCLING	12:15-13:00	LUNCH BEATS DAN		LUNCH BEATS FLYNN		LUNCH BEATS D.GIFT		
YOGA	12:15-13:00	HF on the Go BIG 45 min		HF on the Go JUSTIN 45 min				
YOGA	14:00-15:30						HOT (A) BENZ 90 min	HATHA CANDY 90 min
RHYTHM CYCLING	14:00-14:15						Foundation	Foundation
	14:15-15:00						ABSOLUTE BEATS JUSTIN	ABSOLUTE BEATS JAMIE
PILATES REFORMER	15:00-15:30						Foundation	
	15:30-16:30		CIRCUIT BUTT + THIGHS RACHEL			ESSENTIAL ABS + ARM RISSA	ESSENTIAL BUTT + THIGHS RACHEL	CIRCUIT ABS + ARM TERESA
RHYTHM CYCLING	17:15-17:30	Foundation		Foundation		Foundation		
	17:30-18:15	ABSOLUTE BEATS MEI		ABSOLUTE BEATS KATIE		ABSOLUTE BEATS D.GIFT		
YOGA	17:30-18:30	ABSOLUTE FIT MONICA 60 min	HATHA BIG 60 min	HOT (AB) LUKE 60 min	HOT (A) BENZ 60 min	Vinyasa SOMCHAI 60 min	ABSOLUTE FIT BENZ (16:30-17:30)	HOT (A) CANDY (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 JERALD		
RHYTHM CYCLING	18:30-18:45	Foundation		Foundation		Foundation		
	18:45-19:30	ABSOLUTE BEATS MEI	ABSOLUTE BEATS BOAT	ABSOLUTE BEATS MEL	ABSOLUTE BEATS JUSTIN	ABSOLUTE BEATS JAMIE		
YOGA	18:45-20:00	HATHA MONICA 75 min	HOT (A) BIG 75 min	HATHA LUKE 75 min	HOT (AB) BENZ 75 min	HOT (A) SOMCHAI 75 min		
PILATES REFORMER	19:00-19:15		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 JERALD		
RHYTHM CYCLING	19:45-20:30		ABSOLUTE BEATS BOAT		ABSOLUTE BEATS JUSTIN			
YOGA	20:15-21:15	HOT (AB) MONICA 60 min	Vinyasa BIG 60 min	HOT (A) LUKE 60 min	HATHA / VINYASA BENZ 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 JERALD		

BEE HIVE STUDIO								
DATE		17-September	18-September	19-September	20-September	21-September	22-September	23-September
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PILATES REFORMER	8:00-9:00	ESSENTIAL ABS + ARM PEWEE	ESSENTIAL FIT + TONE GUBGIB	ESSENTIAL ABS + ARM OHM	CIRCUIT BUTT + THIGHS AU	ESSENTIAL FIT + TONE ANT	ESSENTIAL BUTT + THIGHS GUBGIB	CIRCUIT ABS + ARM AU
PILATES REFORMER	9:00-10:00		CIRCUIT BUTT + THIGHS GUBGIB		ESSENTIAL ABS + ARM AU			
YOGA	9:00-10:30	GENTLE FLOW TING (9:00-10:00)	HATHA KWANG 90 min	HOT (A) FU 90 min	HATHA SOMCHAI 90 min	YIN YANG LILY 90 min	HOT (AB) CAKE 90 min	HOT (A) LEK 90 min
PILATES REFORMER	9:00-9:30	Foundation		Foundation		Foundation	Foundation	Foundation
	9:30-10:30	ESSENTIAL BUTT + THIGHS PEWEE		ESSENTIAL FIT + TONE OHM		ESSENTIAL BUTT + THIGHS ANT	ESSENTIAL FIT + TONE GUBGIB	ESSENTIAL BUTT + THIGHS AU
PILATES REFORMER	10:15-11:15		ESSENTIAL FIT + TONE GUBGIB		ESSENTIAL BUTT + THIGHS AU			
PILATES REFORMER	11:00-12:00	ESSENTIAL FIT + TONE PEWEE		ESSENTIAL BUTT + THIGHS OHM		ESSENTIAL ABS + ARM ANT	CIRCUIT BUTT + THIGHS GUBGIB	ESSENTIAL FIT + TONE AU
YOGA	11:00-12:30	HATHA TING 90 min		Vinyasa FU 90 min		BACKBEND* LILY 90 min	HATHA CAKE 90 min	YIN YANG LEK 90 min
PILATES REFORMER	11:15-12:15		ESSENTIAL ABS + ARM GUBGIB		ESSENTIAL FIT + TONE AU			
PILATES REFORMER	14:00-14:30						Foundation	Foundation
	14:30-15:30						ESSENTIAL ABS + ARM GUBGIB	ESSENTIAL BUTT + THIGHS AU
YOGA	14:30-16:00	HOT (A) TING 90 min	HOT (A) KWANG 90 min	HATHA FU 90 min	HOT (AB) SOMCHAI 90 min	HOT (A) LILY 90 min	BALANCING* CAKE 90 min	HATHA LEK 90 min
YOGA	16:30-17:45	Vinyasa BENZ 75 min		CORE STRENGTH* ARTIE 75 min		HOT (AB) LILY 75 min	GENTLE FLOW CAKE (16:30-17:30)	HOT (A) LEK (16:30-17:30)
PILATES REFORMER	17:30-18:00		Foundation		Foundation			
	18:00-19:00	ESSENTIAL ABS + ARM PEWEE	ESSENTIAL BUTT + THIGHS GUBGIB	ESSENTIAL FIT + TONE OHM	ESSENTIAL ABS + ARM AU	ESSENTIAL BUTT + THIGHS ANT		
YOGA	18:00-19:30	HOT (AB) BENZ 90 min	HATHA KWANG 90 min	HOT (A) ARTIE 90 min	HATHA SOMCHAI 90 min	YOGA PILATES LILY 90 min		
PILATES REFORMER	19:15-20:15	ESSENTIAL BUTT + THIGHS PEWEE	ESSENTIAL FIT + TONE GUBGIB	ESSENTIAL ABS + ARM OHM	ESSENTIAL BUTT + THIGHS AU	ESSENTIAL FIT + TONE ANT		
YOGA	19:45-21:00	HATHA BENZ 75 min	HIP OPENER* KWANG 75 min	ABSOLUTE FIT ARTIE (19:45-20:45)	Vinyasa SOMCHAI 75 min			

THE CIRCLE STUDIO								
DATE		17-September	18-September	19-September	20-September	21-September	22-September	23-September
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
RHYTHM CYCLING	8:00-8:15	Foundation		Foundation		Foundation		
	8:15-9:00	ABSOLUTE BEATS FAL		ABSOLUTE BEATS D.GIFT		ABSOLUTE BEATS PLOU		
PILATES REFORMER	8:30-9:00	Foundation	Foundation	Foundation	Foundation	Foundation	Foundation	Foundation
	9:00-10:00	ESSENTIAL ABS + ARM	ESSENTIAL BUTT + THIGHS	ESSENTIAL FIT + TONE	ESSENTIAL ABS + ARM	ESSENTIAL BUTT + THIGHS	ESSENTIAL FIT + TONE	ESSENTIAL ABS + ARM

RHYTHM CYCLING	10:00-10:15	STAMP	KUNGKING	ARM	INK	ANT P	AU	ANT P
	10:15-11:00	Foundation	Foundation		Foundation		Foundation	Foundation
YOGA	9:00-10:30	HOT (A) LEK 90 min	Vinaya OAT 90 min	AB FIT GROUND CAKE (9:00-10:00)	HATHA BIG 90 min	HOT (A) KWANG 90 min	HOT (AB) FU 90 min	HATHA SOMCHAI 90 min
	10:30-11:30	Foundation	Foundation	Foundation	Foundation	Foundation	Foundation	Foundation
PILATES REFORMER	10:00-10:30	Foundation	Foundation	Foundation	Foundation	Foundation	Foundation	Foundation
	10:30-11:30	ESSENTIAL FIT + TONE STAMP	ESSENTIAL ABS + ARM KUNGKING	ESSENTIAL BUTT + THIGHS ARM	ESSENTIAL FIT + TONE INK	ESSENTIAL ABS + ARM ANT P	ESSENTIAL BUTT + THIGHS AU	ESSENTIAL FIT + TONE ANT P
YOGA	11:00-12:30		HOT (A) OAT 90 min		HOT (AB) BIG 90 min		AB FIT GROUND FU (11:00-12:00)	HOT (A) SOMCHAI 90 min
YOGA	14:00-15:30	ABSOLUTE FIT FAI (14:00-15:00)	HATHA OAT 90 min	HOT (AB) CAKE 90 min	ABSOLUTE FIT BIG (14:00-15:00)	HOT (A) KWANG 90 min	HATHA FU 90 min	YIN YANG SOMCHAI 90 min
RHYTHM CYCLING	14:00-14:15						Foundation	Foundation
	14:15-15:00						ABSOLUTE BEATS D.GIFT	ABSOLUTE BEATS KENG (T)
PILATES REFORMER	14:00-14:30		Foundation		Foundation		Foundation	Foundation
	14:30-15:30	ESSENTIAL BUTT + THIGHS STAMP	ESSENTIAL ABS + ARM KUNGKING	ESSENTIAL FIT + TONE ARM	ESSENTIAL BUTT + THIGHS INK		ESSENTIAL ABS + ARM AU	ESSENTIAL BUTT + THIGHS ANT P
PILATES REFORMER	16:00-17:00						ESSENTIAL BUTT + THIGHS AU	ESSENTIAL ABS + ARMS AU
YOGA	16:30-18:00						YOGA PILATES FU 90 min	HOT (AB) SOMCHAI 90 min
PILATES REFORMER	17:00-18:00	ESSENTIAL ABS + ARM STAMP		ESSENTIAL BUTT + THIGHS ARM		ESSENTIAL FIT + TONE ANT P		
YOGA	17:45-19:00	YOGA PILATES LEK 75 min	CORE STRENGTH* OAT 75 min	HOT (A) CAKE 75 min	HIP OPENER* BIG 75 min	HATHA KWANG 75 min		
PILATES REFORMER	17:45-18:15	Foundation	Foundation	Foundation	Foundation	Foundation		
	18:15-19:15	ESSENTIAL BUTT + THIGHS STAMP	ESSENTIAL FIT + TONE KUNGKING	ESSENTIAL ABS + ARM ARM	ESSENTIAL FIT + TONE INK	ESSENTIAL BUTT + THIGHS ANT P		
RHYTHM CYCLING	18:15-18:30	Foundation	Foundation	Foundation	Foundation	Foundation		
	18:30-19:15	ABSOLUTE BEATS FAI	ABSOLUTE BEATS PAT	ABSOLUTE BEATS D.GIFT	ABSOLUTE BEATS KENG (T)	ABSOLUTE BEATS PLOY		
YOGA	19:15-20:30	HOT (AB) LEK 75 min	HATHA OAT 75 min	HOT (A) CAKE 75 min	Vinaya BIG 75 min	HOT (AB) KWANG 75 min		
PILATES REFORMER	19:15-19:45	Foundation	Foundation	Foundation	Foundation	Foundation		
	19:45-20:45	ESSENTIAL ABS + ARM STAMP	ESSENTIAL BUTT + THIGHS KUNGKING	ESSENTIAL BUTT + THIGHS ARM	ESSENTIAL ABS + ARM INK	ESSENTIAL FIT + TONE ANT P		

LADPRAO STUDIO								
DATE		17-September	18-September	19-September	20-September	21-September	22-September	23-September
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		Foundation	Foundation	Foundation	Foundation	Foundation	Foundation	Foundation
PILATES REFORMER	8:30-9:00	Foundation						
	9:00-10:00	ESSENTIAL FIT + TONE TERESA	CIRCUIT ABS + ARM LILY	ESSENTIAL BUTT + THIGHS JULIE	CIRCUIT ABS + ARM SARI	ESSENTIAL FIT + TONE TERESA	ESSENTIAL BUTT + THIGHS JACKIE	ESSENTIAL ABS + ARM ANT
YOGA	8:45-9:45						ABSOLUTE FIT LEK 60 min	ABSOLUTE FIT ARTIE 60 min
CORE BLAST	10:00-11:00		CORE SUSPEND BUTT + THIGHS LILY		CORE SUSPEND WHOLE BODY JUDO			
YOGA	10:00-11:30	HOT (A) LILY 90 min	HOT (AB) KNOT 90 min	HATHA SOMCHAI 90 min	HOT (A) MON 90 min	TWISTING* PLE 90 min	HOT (AB) LEK 90 min	HOT (A) ARTIE 90 min
PILATES REFORMER	10:00-11:00						ESSENTIAL FIT + TONE JACKIE	ESSENTIAL BUTT + THIGHS ANT
CORE BLAST	11:00-12:00						CORE SUSPEND BUTT + THIGHS JACKIE	CORE SUSPEND ABS + ARM JUDO
YOGA	14:30-16:00	HOT (A) LILY 90 min		HOT (A) SOMCHAI 90 min		HOT (AB) PLE 90 min	HATHA LEK 90 min	YOGA PILATES ARTIE 90 min
PILATES REFORMER	17:15-18:15	CIRCUIT BUTT + THIGHS TERESA	ESSENTIAL ABS + ARM JULIE	CIRCUIT BUTT + THIGHS JULIE	ESSENTIAL FIT + TONE SARI	CIRCUIT ABS + ARM TERESA		
YOGA	17:15-18:15	HATHA LILY 60 min	HOT (AB) KNOT 60 min	YOGA PILATES SOMCHAI 60 min	HOT (A) MON 60 min	Vinaya PLE 60 min	YIN YANG LEK (16:30-18:00)	HOT (AB) ARTIE (16:30-18:00)
CORE BLAST	17:30-18:30	CORE SUSPEND ABS + ARM JUDO	CORE SUSPEND BUTT + THIGHS LILY	CORE SUSPEND WHOLE BODY ANT P	CORE SUSPEND WHOLE BODY JUDO			
PILATES REFORMER	18:15-18:30	Foundation		Foundation		Foundation		
	18:30-19:30	ESSENTIAL ABS + ARM TERESA	YOGA STRETCHING ON REFORMER JULIE	ESSENTIAL FIT + TONE JULIE	CIRCUIT ABS + ARM SARI	ESSENTIAL BUTT + THIGHS TERESA		
YOGA	18:30-20:00	HOT (A) LILY 90 min	BACKBEND* KNOT 90 min	HOT (AB) SOMCHAI 90 min	Vinaya MON 90 min	HOT (A) PLE 90 min		
CORE BLAST	18:45-19:00	Foundation		Foundation		Foundation		
	19:00-20:00	CORE SUSPEND BUTT + THIGHS JUDO	CORE BLAST CARDIO LILY	CORE SUSPEND WHOLE BODY ANT P	CORE SUSPEND WHOLE BODY JUDO	CORE SUSPEND BUTT + THIGHS JUDO	CORE SUSPEND ABS + ARM JUDO	
PILATES REFORMER	19:30-20:30	ESSENTIAL FIT + TONE TERESA	CIRCUIT BUTT + THIGHS JULIE	ESSENTIAL ABS + ARM JULIE	ESSENTIAL BUTT + THIGHS SARI	ESSENTIAL FIT + TONE TERESA		
YOGA	20:15-21:15	GENTLE FLOW LILY 60 min	HOT (A) KNOT 60 min	GENTLE FLOW SOMCHAI 60 min	HOT (AB) MON 60 min			

CRYSTAL PARK STUDIO								
DATE		17-September	18-September	19-September	20-September	21-September	22-September	23-September
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		Foundation	Foundation	Foundation	Foundation	Foundation	Foundation	Foundation
YOGA	7:30-8:30	HATHA PLE 60 min	HOT (AB) SOMCHAI 60 min	YOGA PILATES KNOT 60 min	ABSOLUTE FIT OAT 60 min	HOT (A) BIG 60 min	ABSOLUTE FIT ARTIE 60 min	HOT (A) OAT 60 min
	8:00-8:30	Foundation		Foundation		Foundation		
PILATES REFORMER	8:30-9:30	ESSENTIAL ABS + ARM ANT	ESSENTIAL ABS + ARM JEAB	CIRCUIT BUTT + THIGHS RISSA	CIRCUIT ABS + ARM OHM	ESSENTIAL BUTT + THIGHS INK	ESSENTIAL FIT + TONE OHM	CIRCUIT BUTT + THIGHS ART
	8:30-8:45	Foundation		Foundation		Foundation		
RHYTHM CYCLING	8:45-9:30	ABSOLUTE BEATS KENG (T)		ABSOLUTE BEATS SADJA		ABSOLUTE BEATS BOAT		
	8:45-9:45		GENTLE FLOW SOMCHAI PLE 60 min	HOT (AB) KNOT 60 min	HATHA OAT 60 min	Vinaya BIG 60 min	HOT (A) ARTIE 60 min	ABSOLUTE FIT OAT 60 min
RHYTHM CYCLING	9:30-9:45	Foundation		Foundation		Foundation		
	9:45-10:30	ABSOLUTE BEATS FLYNN	ABSOLUTE BEATS FLYNN	ABSOLUTE BEATS D.GIFT		ABSOLUTE BEATS FAI	ABSOLUTE BEATS JUNE	ABSOLUTE BEATS JUNE
PILATES REFORMER	9:45-10:15	Foundation	Foundation	Foundation	Foundation	Foundation		
	10:15-11:15	CIRCUIT	ESSENTIAL	ESSENTIAL	ESSENTIAL	ESSENTIAL	CARDIO JUMPBOARD	ESSENTIAL

		BUTT + THIGHS ANT	FIT + TONE JEAB	ABS + ARM RISSA	BUTT + THIGHS OHM	ABS + ARM INK	OHM	FIT + TONE ART
YOGA	10:30-12:00	Vinyasa PLE 90 min	YOGA PILATES SOMCHAI 90 min	HATHA KNOT 90 min	FORWARD BEND* OAT 90 min	HOT (A) BIG 90 min	HOT (AB) ARTIE 90 min	HATHA OAT 90 min
PILATES REFORMER	10:45-11:15						Foundation	
	11:15-12:15						ESSENTIAL BUTT + THIGHS OHM	CIRCUIT ABS + ARM ART
YOGA	14:00-15:30		HOT (AB) MON 90 min		Vinyasa FU 90 min		Vinyasa ARTIE 90 min	YIN YANG OAT 90 min
RHYTHM CYCLING	15:30-15:45						Foundation	Foundation
	15:45-16:30						ABSOLUTE BEATS FAI	ABSOLUTE BEATS JUNE
PILATES REFORMER	15:30-16:00							Foundation
	16:00-17:00						CIRCUIT ABS + ARM OHM	ESSENTIAL BUTT + THIGHS ART
YOGA	17:30-18:30	HOT (A) PLE 60 min	Vinyasa MON 60 min	HOT (AB) KNOT 60 min	HATHA FU 60 min	GENTLE FLOW BIG 60 min		
PILATES REFORMER	17:00-17:30		Foundation		Foundation			
	17:30-18:30	ESSENTIAL FIT + TONE ANT	ESSENTIAL BUTT + THIGHS JEAB	ESSENTIAL FIT + TONE RISSA	ESSENTIAL ABS + ARM OHM	CIRCUIT BUTT + THIGHS INK		
RHYTHM CYCLING	18:30-18:45	Foundation	Foundation	Foundation	Foundation			
	18:45-19:30	ABSOLUTE BEATS KENG (T)	ABSOLUTE BEATS MAE D.	ABSOLUTE BEATS SADIA	ABSOLUTE BEATS D.GIFT	ABSOLUTE BEATS DREAM		
PILATES REFORMER	18:30-19:00	Foundation		Foundation				
	19:00-20:00	ESSENTIAL BUTT + THIGHS ANT	CIRCUIT ABS + ARM JEAB	ESSENTIAL ABS + ARM RISSA	ESSENTIAL BUTT + THIGHS OHM	ESSENTIAL FIT + TONE INK		
YOGA	19:00-20:15	HATHA PLE 75 min	HOT (AB) MON (19:00-20:00)	Vinyasa KNOT 75 min	HOT (A) FU (19:00-20:00)	Vinyasa BIG 75 min		
YOGA	20:10-21:10		HOT (A) MON 60 min		HATHA FU 60 min			

COMMONS STUDIO								
DATE		17-September	18-September	19-September	20-September	21-September	22-September	23-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 RACHEL	ESSENTIAL ABS + ARM RJ	ESSENTIAL FIT + TONE GUBGIB	ESSENTIAL ABS + ARM KAT	ESSENTIAL BUTT + THIGHS INK		
RHYTHM CYCLING	9:00-9:15	Foundation		Foundation		(9:15-10:15)	Foundation	
	9:15-10:00	ABSOLUTE BEATS JAMIE	ABSOLUTE BEATS JUSTIN	ABSOLUTE BEATS DAN	ABSOLUTE BEATS JAMIE	BIG BEATS 60 DAN	ABSOLUTE BEATS GIFT	ABSOLUTE BEATS HAYES
PILATES REFORMER	9:45-10:15						Foundation	Foundation
	10:15-11:15	ESSENTIAL BUTT + THIGHS RACHEL	ESSENTIAL FIT + TONE RJ	ESSENTIAL ABS + ARM GUBGIB	ESSENTIAL FIT + TONE KAT	ESSENTIAL ABS + ARM AU	ESSENTIAL FIT + TONE TERESA	CIRCUIT ABS + ARM OHM
RHYTHM CYCLING	10:15-10:30		Foundation		Foundation			Foundation
	10:30-11:15	ABSOLUTE BEATS JAMIE	ABSOLUTE BEATS JUSTIN	ABSOLUTE BEATS MEK	ABSOLUTE BEATS MEI	ABSOLUTE BEATS MEK	ABSOLUTE BEATS GIFT	ABSOLUTE BEATS HAYES
RHYTHM CYCLING	15:00-15:15						Foundation	
	15:15-16:00						ABSOLUTE BEATS JAMIE	
PILATES REFORMER	15:00-16:00						CIRCUIT BUTT + THIGHS TERESA	ESSENTIAL FIT + TONE OHM
RHYTHM CYCLING	16:30-16:45						Foundation	(16:30-17:30)
	16:45-17:30						ABSOLUTE BEATS JAMIE	BIG BEATS 60 MEK
RHYTHM CYCLING	17:30-18:15	ABSOLUTE BEATS CHERIE		ABSOLUTE BEATS JUSTIN				
RHYTHM CYCLING	18:15-18:30		Foundation		Foundation	Foundation		
	18:30-19:15	ABSOLUTE BEATS DAN	ABSOLUTE BEATS D.GIFT	ABSOLUTE BEATS JUSTIN	ABSOLUTE BEATS JAMIE	ABSOLUTE BEATS HAYES		
PILATES REFORMER	18:00-18:30	Foundation		Foundation		Foundation		
	18:30-19:30	ESSENTIAL ABS + ARM RACHEL	ESSENTIAL BUTT + THIGHS RJ	ESSENTIAL FIT + TONE GUBGIB	ESSENTIAL ABS + ARM KAT	ESSENTIAL FIT + TONE AU		
RHYTHM CYCLING	19:30-19:45	Foundation		Foundation				
	19:45-20:30	ABSOLUTE BEATS DAN	ABSOLUTE BEATS MEW	ABSOLUTE BEATS MARIA	ABSOLUTE BEATS PEARL			

JAS URBAN STUDIO								
DATE		17-September	18-September	19-September	20-September	21-September	22-September	23-September
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PILATES REFORMER	8:00-8:30	Foundation	Foundation	Foundation	Foundation	Foundation	Foundation	Foundation
	8:30-9:30	ESSENTIAL ABS + ARM AU	ESSENTIAL BUTT + THIGHS INK	ESSENTIAL FIT + TONE KAN P	ESSENTIAL ABS + ARM KUNGGING	ESSENTIAL BUTT + THIGHS GUBGIB	ESSENTIAL FIT + TONE ANT P	ESSENTIAL ABS + ARM LILY
YOGA	8:30-9:30	GENTLE FLOW CANDY 60 min		HATHA EVE 60 min		HOT (A) BENZ 60 min		
RHYTHM CYCLING	8:45-9:00	Foundation	Foundation	Foundation	Foundation	Foundation	Foundation	Foundation
	9:00-9:45	ABSOLUTE BEATS KATIE	ABSOLUTE BEATS DAN	ABSOLUTE BEATS MAE D.	ABSOLUTE BEATS PLA (T)	ABSOLUTE BEATS KENG (T)	ABSOLUTE BEATS BOAT	ABSOLUTE BEATS FAI
PILATES REFORMER	9:30-10:00			Foundation				
	10:00-11:00	ESSENTIAL FIT + TONE AU	ESSENTIAL ABS + ARM INK	ESSENTIAL BUTT + THIGHS KAN P	ESSENTIAL FIT + TONE KUNGGING	ESSENTIAL ABS + ARM GUBGIB	ESSENTIAL ABS + ARM ANT P	ESSENTIAL BUTT + THIGHS LILY
YOGA	10:00-11:30	HOT (A) CANDY 90 min	HATHA PLE 90 min	HOT (A) EVE 90 min	Vinyasa PAUL 90 min	HATHA BENZ 90 min	HOT (A) FAR 90 min	HATHA EVE 90 min
RHYTHM CYCLING	10:00-10:15						Foundation	Foundation
	10:15-11:00						ABSOLUTE BEATS BOAT	ABSOLUTE BEATS FAI
YOGA	14:30-16:00	HOT (AB) CANDY 90 min			GENTLE FLOW PAUL 14:30-15:30		HATHA FAR 90 min	HOT (A) EVE 90 min
PILATES REFORMER	14:30-15:00						Foundation	Foundation
	15:00-16:00						ESSENTIAL BUTT + THIGHS ANT P	ESSENTIAL FIT + TONE LILY
PILATES REFORMER	17:45-18:15	Foundation	Foundation	Foundation	Foundation	Foundation		
	18:15-19:15	ESSENTIAL BUTT + THIGHS AU	ESSENTIAL FIT + TONE INK	ESSENTIAL ABS + ARM KAN P	ESSENTIAL BUTT + THIGHS KUNGGING	ESSENTIAL ABS + ARM GUBGIB		
YOGA	18:00-19:30	Vinyasa CANDY 90 min	HOT (A) PLE 90 min	HOT (AB) EVE 90 min	HATHA PAUL 90 min	HOT (AB) BENZ 90 min		
RHYTHM CYCLING	18:30-18:45	Foundation	Foundation	Foundation	Foundation	Foundation		
	18:45-19:30	ABSOLUTE BEATS DREAM	ABSOLUTE BEATS KENG (T)	ABSOLUTE BEATS MAE D.	ABSOLUTE BEATS PLOY	ABSOLUTE BEATS SADIA		
PILATES REFORMER	19:15-19:45	Foundation		Foundation				
	19:45-20:45	ESSENTIAL FIT + TONE AU	ESSENTIAL BUTT + THIGHS INK	ESSENTIAL BUTT + THIGHS KAN P	ESSENTIAL ABS + ARM KUNGGING			
RHYTHM CYCLING	19:45-20:30		ABSOLUTE BEATS		ABSOLUTE BEATS			

YOGA	19:45-20:45		KENG (T) GENTLE FLOW PLE 60 min		PLOY HOT (A) PAUL 60 min		
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G TOWER STUDIO								
DATE		17-September	18-September	19-September	20-September	21-September	22-September	23-September
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PILATES REFORMER	7:00-7:15	Foundation		Foundation		Foundation		
	7:15-8:15	ESSENTIAL BUTT + THIGHS JEAB		ESSENTIAL ABS + ARM INK		ESSENTIAL FIT + TONE KUNGKING		
RHYTHM CYCLING	7:00-7:15	Foundation	Foundation	Foundation	Foundation	Foundation		
	7:15-8:15	ABSOLUTE BEATS MAE D.	ABSOLUTE BEATS PLA (T)	ABSOLUTE BEATS CHERIE	ABSOLUTE BEATS BOAT	ABSOLUTE BEATS PLA (T)		
PILATES REFORMER	8:30-9:00		Foundation		Foundation			
	9:00-10:00		ESSENTIAL ABS + ARM SARI		ESSENTIAL BUTT + THIGHS ARM			
RHYTHM CYCLING	9:00-9:15						Foundation	Foundation
	9:15-10:00						ABSOLUTE BEATS MEW	ABSOLUTE BEATS BOAT
PILATES REFORMER	9:30-10:00						Foundation	Foundation
	10:00-11:00						ESSENTIAL FIT + TONE INK	ESSENTIAL ABS + ARM KAN P
PILATES REFORMER	10:00-10:30		Foundation		Foundation			
	10:30-11:30		ESSENTIAL BUTT + THIGHS SARI		ESSENTIAL FIT + TONE ARM			
PILATES REFORMER	11:45-12:00	Foundation		Foundation		Foundation		
	12:00-13:00	ESSENTIAL ABS + ARM JEAB		ESSENTIAL BUTT + THIGHS INK		ESSENTIAL FIT + TONE KUNGKING		
RHYTHM CYCLING	12:00-12:15		Foundation		Foundation			
	12:15-13:00		LUNCH BEATS KATIE		LUNCH BEATS PLA (T)			
RHYTHM CYCLING	14:00-14:15						Foundation	Foundation
	14:15-15:00						ABSOLUTE BEATS MEW	ABSOLUTE BEATS SADIA
PILATES REFORMER	14:30-15:00						Foundation	Foundation
	15:00-16:00						ESSENTIAL ABS + ARM INK	ESSENTIAL FIT + TONE KAN P
PILATES REFORMER	17:45-18:15	Foundation	Foundation	Foundation	Foundation	Foundation		
	18:15-19:15	ESSENTIAL BUTT + THIGHS JEAB	ESSENTIAL ABS + ARM SARI	ESSENTIAL FIT + TONE INK	ESSENTIAL ABS + ARM ARM	ESSENTIAL BUTT + THIGHS KUNGKING		
RHYTHM CYCLING	18:15-18:30	Foundation	Foundation	Foundation	Foundation	Foundation		
	18:30-19:15	ABSOLUTE BEATS PLA (T)	ABSOLUTE BEATS JUSTIN	ABSOLUTE BEATS CHERIE	ABSOLUTE BEATS KATIE	ABSOLUTE BEATS BOAT		
PILATES REFORMER	19:15-19:45	Foundation	Foundation	Foundation	Foundation			
	19:45-20:45	ESSENTIAL ABS + ARM JEAB	ESSENTIAL BUTT + THIGHS SARI	ESSENTIAL FIT + TONE INK	ESSENTIAL ABS + ARM ARM			
RHYTHM CYCLING	19:30-19:45	Foundation	Foundation	Foundation	Foundation			
	19:45-20:30 (Class Added)	ABSOLUTE BEATS PLA (T)	ABSOLUTE BEATS DREAM	ABSOLUTE BEATS CHERIE	ABSOLUTE BEATS SADIA			

ON-NUT STUDIO								
DATE		17-September	18-September	19-September	20-September	21-September	22-September	23-September
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PILATES REFORMER	7:30-8:30		ESSENTIAL BUTT + THIGHS RISSA		ESSENTIAL ABS + ARM RACHEL			
YOGA	8:30-9:30	HATHA MON 60 min		GENTLE FLOW PLE 60 min		HOT (A) EVE 60 min	ABSOLUTE FIT OAT 60 min	GENTLE FLOW AIR 60 min
PILATES REFORMER	8:30-9:00	Foundation	Foundation	Foundation	Foundation	Foundation	Foundation	Foundation
	9:00-10:00	ESSENTIAL FIT + TONE KUNGKING	ESSENTIAL ABS + ARM RISSA	ESSENTIAL BUTT + THIGHS TERESA	ESSENTIAL FIT + TONE RACHEL	ESSENTIAL ABS + ARM OHM	ESSENTIAL BUTT + THIGHS RISSA	ESSENTIAL FIT + TONE INK
RHYTHM CYCLING	9:00-9:15	Foundation	Foundation	Foundation	Foundation	Foundation	Foundation	Foundation
	9:15-10:00	ABSOLUTE BEATS PLA (T)	ABSOLUTE BEATS KATIE	ABSOLUTE BEATS KENG (T)	ABSOLUTE BEATS PAT	ABSOLUTE BEATS FAI	ABSOLUTE BEATS SADIA	ABSOLUTE BEATS DREAM
YOGA	10:00-11:15	HOT (A) MON 75 min	HATHA AIR 75 min	HOT (AB) PLE 75 min	HATHA KWANG 75 min	Vinyasa EVE 75 min	HOT (A) OAT 75 min	HATHA AIR 75 min
PILATES REFORMER	10:00-10:30						Foundation	Foundation
	10:30-11:30						ESSENTIAL ABS + ARM RISSA	ESSENTIAL BUTT + THIGHS INK
PILATES REFORMER	13:30-14:00	Foundation		Foundation		Foundation	Foundation	Foundation
	14:00-15:00	ESSENTIAL FIT + TONE KUNGKING		ESSENTIAL FIT + TONE TERESA		ESSENTIAL BUTT + THIGHS OHM	ESSENTIAL FIT + TONE RISSA	ESSENTIAL ABS + ARM INK
YOGA	14:00-15:00		HOT (A) AIR 60 min		GENTLE FLOW KWANG 60 min		HOT (AB) OAT (14:00-15:30)	HOT (A) AIR (14:00-15:30)
RHYTHM CYCLING	14:45-15:00						Foundation	Foundation
	15:00-15:45						ABSOLUTE BEATS SADIA	ABSOLUTE BEATS DREAM
PILATES REFORMER	17:45-18:15	Foundation	Foundation	Foundation	Foundation	Foundation		
	18:15-19:15	ESSENTIAL FIT + TONE KUNGKING	ESSENTIAL BUTT + THIGHS RISSA	ESSENTIAL ABS + ARM TERESA	ESSENTIAL BUTT + THIGHS RACHEL	ESSENTIAL FIT + TONE OHM		
YOGA	18:00-19:30	HOT (A) MON 90 min	HATHA AIR 90 min	HOT (A) PLE 90 min	Vinyasa KWANG 90 min	HOT (AB) EVE 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 PAT	ABSOLUTE BEATS FAI		
PILATES REFORMER	19:15-19:30	Foundation	Foundation	Foundation	Foundation			
	19:30-20:30	ESSENTIAL ABS + ARM KUNGKING	ESSENTIAL FIT + TONE RISSA	ESSENTIAL BUTT + THIGHS TERESA	ESSENTIAL ABS + ARM RACHEL			
RHYTHM CYCLING	19:30-19:45	Foundation		Foundation				
	19:45-20:30	ABSOLUTE BEATS BOAT		ABSOLUTE BEATS KENG (T)				
YOGA	19:45-20:45	GENTLE FLOW MON 60 min	HOT (A) AIR 60 min	HATHA PLE 60 min	HOT (AB) KWANG 60 min			

NANG-LIN-CHEE STUDIO								
DATE		17-September	18-September	19-September	20-September	21-September	22-September	23-September
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YOGA	7:30-8:15		HF on the Go LEK 45 min		HF on the Go AIR 45 min			
PILATES REFORMER	7:30-8:30	ESSENTIAL BUTT + THIGHS KAN P		ESSENTIAL FIT + TONE KUNGKING				

YOGA	8:30-9:30						ABSOLUTE FIT KWANG 60 min	GENTLE FLOW PAUL 60 min
PILATES REFORMER	8:30-9:00	Foundation	Foundation	Foundation	Foundation	Foundation	Foundation	Foundation
	9:00-10:00	ESSENTIAL FIT + TONE KAN P	ESSENTIAL ABS + ARM ARM	ESSENTIAL BUTT + THIGHS KLUNGKING	ESSENTIAL FIT + TONE KAN P	ESSENTIAL ABS + ARM PEWEE	ESSENTIAL BUTT + THIGHS SARI	ESSENTIAL FIT + TONE RACHEL
RHYTHM CYCLING	9:00-9:15	Foundation	Foundation	Foundation	Foundation	Foundation	Foundation	Foundation
	9:15-10:00	ABSOLUTE BEATS PLO Y	ABSOLUTE BEATS MEI	ABSOLUTE BEATS DREAM	ABSOLUTE BEATS FLYNN	ABSOLUTE BEATS MEI	ABSOLUTE BEATS MARIA	ABSOLUTE BEATS MAE D.
YOGA	10:00-11:15	HOT (A) EVE 75 min	HATHA LEK 75 min	HOT (AB) CANDY 75 min	HATHA AIR 75 min	Vinyasa OAT 75 min	HOT (A) KWANG 75 min	HATHA PAUL 75 min
PILATES REFORMER	10:00-10:30						Foundation	Foundation
	10:30-11:30						ESSENTIAL ABS + ARM SARI	ESSENTIAL BUTT + THIGHS RACHEL
YOGA	12:15-13:00		HF on the Go LEK 45 min		HF on the Go AIR 45 min			
PILATES REFORMER	13:30-14:00						Foundation	Foundation
	14:00-15:00						ESSENTIAL FIT + TONE SARI	ESSENTIAL ABS + ARM RACHEL
YOGA	14:00-15:30						HOT (AB) KWANG 90 min	HOT (A) PAUL 90 min
RHYTHM CYCLING	14:45-15:00						Foundation	Foundation
	15:00-15:45						ABSOLUTE BEATS MARIA	ABSOLUTE BEATS MAE D.
PILATES REFORMER	17:45-18:15	Foundation	Foundation	Foundation	Foundation	Foundation		
	18:15-19:15	ESSENTIAL FIT + TONE KAN P	ESSENTIAL BUTT + THIGHS ARM	ESSENTIAL ABS + ARM KLUNGKING	ESSENTIAL BUTT + THIGHS KAN P	ESSENTIAL FIT + TONE PEWEE		
YOGA	18:00-19:30	HOT (AB) EVE 90 min	HATHA LEK 90 min	HOT (A) CANDY 90 min	Vinyasa AIR 90 min	HOT (AB) OAT 90 min		
RHYTHM CYCLING	18:15-18:30	Foundation	Foundation	Foundation	Foundation	Foundation		
	18:30-19:15	ABSOLUTE BEATS PLO Y	ABSOLUTE BEATS MEI	ABSOLUTE BEATS PLA(T)	ABSOLUTE BEATS FLYNN	ABSOLUTE BEATS MEI		
PILATES REFORMER	19:15-19:30	Foundation	Foundation	Foundation	Foundation			
	19:30-20:30	ESSENTIAL ABS + ARM KAN P	ESSENTIAL FIT + TONE ARM	ESSENTIAL BUTT + THIGHS KLUNGKING	ESSENTIAL ABS + ARM KAN P			
RHYTHM CYCLING	19:30-20:15	ABSOLUTE BEATS PLO Y		ABSOLUTE BEATS PLA(T)				
YOGA	19:45-20:45	HOT (A) EVE 60 min		HATHA CANDY 60 min				

ARI STUDIO								
DATE		17-September	18-September	19-September	20-September	21-September	22-September	23-September
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YOGA	7:30-8:15		HF on the Go EVE 45 min		HF on the Go ARTIE 45 min			
PILATES REFORMER	7:30-8:30	ESSENTIAL BUTT + THIGHS ARM		ESSENTIAL FIT + TONE JACKIE				
YOGA	8:30-9:30						ABSOLUTE FIT EVE 60 min	GENTLE FLOW FU 60 min
PILATES REFORMER	8:30-9:00	Foundation	Foundation	Foundation	Foundation	Foundation	Foundation	Foundation
	9:00-10:00	ESSENTIAL FIT + TONE ARM	ESSENTIAL ABS + ARM KAN P	ESSENTIAL BUTT + THIGHS JACKIE	ESSENTIAL FIT + TONE GUBGIB	ESSENTIAL ABS + ARM ARM	ESSENTIAL BUTT + THIGHS LILY	ESSENTIAL FIT + TONE BENZ
YOGA	10:00-11:15	HOT (A) CAKE 75 min	HATHA EVE 75 min	HOT (AB) KWANG 75 min	HATHA ARTIE 75 min	Vinyasa AIR 75 min	HOT (A) EVE 75 min	HATHA FU 75 min
PILATES REFORMER	10:00-10:30						Foundation	Foundation
	10:30-11:30						ESSENTIAL ABS + ARM LILY	ESSENTIAL BUTT + THIGHS BENZ
YOGA	12:15-13:00	HF on the Go CAKE 45 min		HF on the Go KWANG 45 min		HF on the Go AIR 45 min		
PILATES REFORMER	13:30-14:00						Foundation	Foundation
	14:00-15:00						ESSENTIAL FIT + TONE LILY	ESSENTIAL ABS + ARM BENZ
YOGA	14:00-15:30						HOT (AB) EVE 90 min	HOT (A) FU 90 min
PILATES REFORMER	17:45-18:15	Foundation	Foundation	Foundation	Foundation	Foundation		
	18:15-19:15	ESSENTIAL FIT + TONE ARM	ESSENTIAL BUTT + THIGHS KAN P	ESSENTIAL ABS + ARM JACKIE	ESSENTIAL BUTT + THIGHS GUBGIB	ESSENTIAL FIT + TONE ARM		
YOGA	18:00-19:30	HOT (AB) CAKE 90 min	HATHA EVE 90 min	HOT (A) KWANG 90 min	Vinyasa ARTIE 90 min	HOT (AB) AIR 90 min		
PILATES REFORMER	19:15-19:30	Foundation	Foundation	Foundation	Foundation			
	19:30-20:30	ESSENTIAL ABS + ARM ARM	ESSENTIAL FIT + TONE KAN P	ESSENTIAL BUTT + THIGHS JACKIE	ESSENTIAL ABS + ARM GUBGIB			
YOGA	19:45-20:45	HOT (A) CAKE 60 min		HATHA KWANG 60 min				

Schedule 10-16 September, 2018 (BOAT AVENUE STUDIO)

TIME	10 - MON	11 - TUE	12 - WED	13 - THU	14 - FRI	15 - SAT	16 - SUN
8.30-10.00	YOGA VINYASA Bank		YOGA GENTLE FLOW AM		YOGA VINYASA Bank		
9.00-10.30		YOGA HATHA AM		YOGA HOT A Bam			
9.30-11.00						YOGA HOT A Mike	YOGA HATHA AM
8.30-9.00	Foundation				Foundation		Foundation
9.00-10.00	PILATES REFORMER ESSENTIAL BUTT + THIGHS Bb		PILATES REFORMER ESSENTIAL ABS + ARMS JP		PILATES REFORMER ESSENTIAL FIT+ TONE Tong		PILATES REFORMER ESSENTIAL BUTT + THIGHS JP
9.00-9.15		Foundation		Foundation		Foundation	
9.15-10.00		RHYTHM CYCLING ABSOLUTE BEATS Nui		RHYTHM CYCLING ABSOLUTE BEATS AM		RHYTHM CYCLING ABSOLUTE BEATS AM	
10.00-10.15	Foundation			Foundation		Foundation	Foundation
10.15-11.00	RHYTHM CYCLING ABSOLUTE BEATS Nui		RHYTHM CYCLING HIP HOP GLOW IN THE DARK AM / JP		RHYTHM CYCLING ABSOLUTE BEATS Nui		RHYTHM CYCLING ABSOLUTE BEATS JP
10.00-10.30		Foundation		Foundation		Foundation	
10.30-11.30		PILATES REFORMER ESSENTIAL FIT+ TONE Bb		PILATES REFORMER ESSENTIAL BUTT + THIGHS Tong		PILATES REFORMER ESSENTIAL ABS + ARMS JP	
14.30-15.00							Foundation
15.00-16.00							PILATES REFORMER ESSENTIAL FIT+ TONE JP
15.00-15.15						Foundation	
15.15-16.00						RHYTHM CYCLING ABSOLUTE BEATS Nui	
14.30-16.00						YOGA VINYASA AM	YOGA INVERSION level 1-2 AM
16.00-17.00						PILATES REFORMER ESSENTIAL BUTT + THIGHS JP	
17.30-18.00	Foundation		Foundation		Foundation		
18.00-19.00	PILATES REFORMER ESSENTIAL FIT+ TONE Bb		PILATES REFORMER ESSENTIAL ABS + ARMS JP		PILATES REFORMER ESSENTIAL BUTT + THIGHS Tong		
18.00-18.15		Foundation					
18.15-19.00		RHYTHM CYCLING ABSOLUTE BEATS Nui		RHYTHM CYCLING ABSOLUTE BEATS AM			
18.00-19.15	YOGA HATHA Bam		YOGA VINYASA AM		YOGA HATHA Bank		
19.30-20.30		YOGA HOT A Mike		YOGA HATHA Bam			
19.00-19.30				Foundation			
19.30-20.30		PILATES REFORMER ESSENTIAL BUTT + THIGHS JP		PILATES REFORMER ESSENTIAL FIT+ TONE Tong			
19.15-19.30			Foundation				
19.30-20.15	RHYTHM CYCLING ABSOLUTE BEATS Nui		RHYTHM CYCLING HIP HOP GLOW IN THE DARK AM / JP		RHYTHM CYCLING ABSOLUTE BEATS Nui		

Schedule 10-16 September, 2018 (LIMELIGHT STUDIO)

SEPTEMBER	TIME	10 - MON	11 - TUE	12 - WED	13 - THU	14- FRI	15 - SAT	16 - SUN
YOGA	9.00-10.00	HATHA / VINYASA Bam 60 min		HOT (A) Mike 60 min		HATHA AM 60 min	HEART OPENING Bank 60 min	HOT (A) Bam 60 min
YOGA	9.30-10.30		HATHA Bank 60 min		HOT FLOW Bank 60 min			
PILATES	8.30-9.00		<i>Foundation</i>	<i>(9 SPOTS / CLASS)</i>				
REFORMER	9.00-10.00	CIRCUIT BUTT + THIGHS Fon 60 min	ESSENTIAL ABS + ARMS Fon 90 min	CARDIO JUMPBOARD Bb 60 min	ESSENTIAL FIT + TONE JP 60 min	CIRCUIT BUTT + THIGH JP 60 min	ESSENTIAL FIT + TONE Tong 60 min	CIRCUIT ABS + ARMS Tong 60 min
YOGA	10.30-11.45	HOT (A) Bam 75 min		INVERSION Level 1-2 Bam 75 min		HOT (A) AM 75 min	HOT (AB) Bank 75 min	VINYASA (Level 2-3) Bam 75 min
PILATES	10.15-10.45	<i>Foundation</i>				<i>Foundation</i>		<i>Foundation</i>
REFORMER	10.45-11.45	ESSENTIAL ABS + ARMS Fon 90 min	ESSENTIAL FIT + TONE Fon 60 min	ESSENTIAL ABS + ARMS Bb 60 min	ESSENTIAL BUTT + THIGHS JP 60 min	ESSENTIAL FIT + TONE JP 90 min	ESSENTIAL BUTT + THIGHS Tong 60 min	ESSENTIAL BUTT + THIGHS Tong 90 min
YOGA	14.00-15.30						VINYASA (Level 2-3) Bam 90 min	YOGA for OFFICE SYNDROME Bam 90 min
YOGA	16.30-17.30		VINYASA (Level 2-3) Bank 60 min		HATHA Bank 60 min		HATHA Bam 60 min	HOT (AB) Bam 60 min
PILATES	15.30-16.00						<i>Foundation</i>	
REFORMER	16.00-17.00						ESSENTIAL ABS + ARMS Tong 90 min	ESSENTIAL BUTT + THIGHS Tong 60 min
PILATES	17.30-18.00				<i>Foundation</i>			
REFORMER	18.00-19.00		ESSENTIAL BUTT + THIGHS Fon 60 min		ESSENTIAL FIT + TONE JP 90 min			
PILATES	18.00-18.30	<i>Foundation</i>						
REFORMER	18.30-19.30	ESSENTIAL FIT + TONE Fon 90 min		ESSENTIAL ABS + ARMS Bb 60 min		ESSENTIAL BUTT + THIGH JP 60 min		
YOGA	18.00-19.30	FIT FLOW 1-2 Bank 90 min	HOT (A) Bank 90 min	VINYASA (Level 2-3) Bam 90 min	HOT (AB) Bank 90 min	HIP OPENING AM 90 min		
REFORMER	19.45-20.45		ESSENTIAL FIT + TONE Fon 60 min	ESSENTIAL FIT + TONE Bb 60 min	CIRCUIT BUTT + THIGHS JP 60 min			
YOGA	19.45-20.45	HOT (A) Mike 60 min	YIN YANG Bank 60 min	HOT (A) Bam 60 min	HATHA/VINYASA Bank 60 min			