



ABSOLUTE YOU CLASS SCHEDULE

AMARIN PLAZA STUDIO								
DATE		7-January	8-January	9-January	10-January	11-January	12-January	13-January
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 MARVIN 45 min	HF on the Go BIG 45 min	HF on the Go CANDY 45 min	HF on the Go MON 45 min		
PILATES REFORMER	7:15-8:15	CIRCUIT ABS + ARMS MAE	ESSENTIAL FIT + TONE KAT	REFORMER BLEND JERALD	ESSENTIAL ABS + ARMS MAE	CIRCUIT BUTT + THIGHS RJ		
PILATES REFORMER	7:30-8:30 ROOM 2	ESSENTIAL FIT + TONE STAMP	ESSENTIAL BUTT + THIGHS JACKIE	ESSENTIAL ABS + ARM RJ	ESSENTIAL FIT + TONE LILY	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* MON 90 min		HIP OPENER* KNOT (7:30-8:30)
CORE BLAST	8:30-9:30	CORE SUSPEND BUTT + THIGHS STAMP		CORE BALST SCULPT PEWEE		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		Foundation		Foundation		(9:15-10:15)	(9:15-10:15)
PILATES REFORMER	9:00-10:00		ESSENTIAL ABS + ARMS KAT		ESSENTIAL BUTT + THIGHS MAE		ESSENTIAL BUTT + THIGHS JULIE	CIRCUIT ABS + ARMS KAT
YOGA	8:45-9:45						ABSOLUTE FIT MARVIN 60 min	HATHA KNOT 60 min
CORE BLAST	9:15-10:15						CORE SUSPEND ABS + ARM JERALD	CORE SUSPEND BUTT + THIGHS PEWEE
PILATES REFORMER	9:30-10:00						Foundation	Foundation
PILATES REFORMER	10:00-11:00 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 MARVIN 90 min	HOT (AB) BIG 90 min	HOT (A) CANDY 90 min	HOT (AB) MON 90 min	HOT (A) BEBE 90 min	HOT (A) PAUL 90 min
PILATES REFORMER	10:30-11:30						ESSENTIAL ABS + ARM JULIE	ESSENTIAL FIT + TONE KAT
YOGA	11:00-12:30 CB studio						PRANA VASHYA* MARVIN 90 min	YOGA PILATES KNOT 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 MARVIN 45 min	HF on the Go BEBE 45 min	HF on the Go CANDY 45 min	HF on the Go MON 45 min		
PILATES REFORMER	12:15-13:15		ESSENTIAL FIT + TONE KAT		ESSENTIAL BUTT + THIGHS MAE			
CORE BLAST	13:45-14:00						Foundation	Foundation
CORE BLAST	14:00-15:00						CORE SUSPEND BUTT + THIGHS JERALD	CORE SUSPEND ABS + ARMS PEWEE
PILATES REFORMER	14:00-14:30			Foundation				
PILATES REFORMER	14:30-15:30	ESSENTIAL ABS + ARMS MAE		ESSENTIAL FIT + TONE RJ		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 LUKE 90 min	HOT (AB) PAUL 90 min	ABSOLUTE FIT KNOT (14:30-15:30)	HOT (A) HARRISON 90 min	HOT (AB) BEBE 90 min	HOT (A) PAUL 90 min
YOGA	15:15-16:45 CB studio						YIN YANG MARVIN 90 min	Vinyasa KNOT 90 min
PILATES REFORMER	14:30-15:00						Foundation	Foundation
PILATES REFORMER	15:00-16:00 ROOM 2						ESSENTIAL BUTT + THIGHS MICHAEL	ESSENTIAL ABS + ARM JULIE
PILATES REFORMER	16:00-17:00						CIRCUIT BUTT + THIGHS JULIE	ESSENTIAL BUTT + THIGHS KAT
YOGA	16:30-17:30	Vinyasa MARVIN 60 min	HOT (A) LUKE 60 min	GENTLE FLOW BEBE 60 min	CORE STRENGTH* KNOT 60 min	ABSOLUTE FIT HARRISON 60 min	HOT (A) BEBE 60 min	ABSOLUTE FIT PAUL 60 min
PILATES REFORMER	16:45-17:45	CIRCUIT ABS + ARMS STAMP	ESSENTIAL FIT + TONE JERALD	ESSENTIAL BUTT + THIGHS PEWEE	ESSENTIAL ABS + ARM JEAB	ESSENTIAL FIT + TONE MICHAEL		
CORE BLAST	17:45-18:00		Foundation		Foundation			
CORE BLAST	18:00-19:00	CORE SUSPEND BUTT + THIGHS STAMP	CORE SUSPEND ABS + ARM JACKIE	CORE SUSPEND WHOLE BODY PEWEE	CORE SUSPEND BUTT + THIGHS LILY	CORE BLAST TONE 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) PAUL 90 min	ABSOLUTE FIT KNOT (18:00-19:00)	HOT (AB) HARRISON 90 min		
PILATES REFORMER	17:45-18:15	Foundation		Foundation				
PILATES REFORMER	18:15-19:15 ROOM 2	ESSENTIAL ABS + ARM TERESA		ESSENTIAL BUTT + THIGHS JERALD		ESSENTIAL FIT + TONE JEAB		
PILATES REFORMER	19:10-20:10	ESSENTIAL FIT + TONE MICHAEL	CIRCUIT BUTT + THIGHS JULIE	ESSENTIAL BUTT + THIGHS MAE	ESSENTIAL ABS + ARM JEAB	ESSENTIAL FIT + TONE MICHAEL		
YOGA	19:15-20:45 CB/YG studio	PRANA VASHYA* MARVIN 90 min	Vinyasa LUKE 90 min	BACKBEND* BEBE 90 min	Vinyasa KNOT 90 min	HATHA MON 90 min		
YOGA	19:15-20:15 CB/YG studio		HATHA JACKIE 60 min		YOGA PILATES LILY 60 min			
PILATES REFORMER	19:30-20:30 ROOM 2	ESSENTIAL FIT + TONE TERESA		ESSENTIAL ABS + ARM JERALD		ESSENTIAL BUTT + THIGHS JEAB		
YOGA	19:45-20:45	HOT (A) PAUL 60 min		HOT (AB) PAUL 60 min		HOT (A) HARRISON 60 min		
PILATES REFORMER	20:15-21:15	ESSENTIAL BUTT + THIGHS MICHAEL	ESSENTIAL ABS + ARM JULIE	ESSENTIAL FIT + TONE MAE	ESSENTIAL BUTT + THIGHS JEAB			

ABSOLUTE YOU CLASS SCHEDULE

AMARIN PLAZA STUDIO : RHYTHM CYCLING								
DATE		7-January	8-January	9-January	10-January	11-January	12-January	13-January
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
RHYTHM CYCLING	7:15-8:00	ABSOLUTE BEATS <i>MEW</i>	ABSOLUTE BEATS <i>MARIA</i>	ABSOLUTE BEATS <i>GIFT</i>	ABSOLUTE BEATS <i>DINI</i>	ABSOLUTE BEATS <i>TAE</i>		
RHYTHM CYCLING	8:30-8:45	<i>Foundation</i>		<i>Foundation</i>		<i>Foundation</i>		
	8:45-9:30	ABSOLUTE BEATS <i>MAE D.</i>		ABSOLUTE BEATS <i>AGM</i>		ABSOLUTE BEATS <i>ARIS</i>		
RHYTHM CYCLING	9:00-9:15							<i>Foundation</i>
	9:15-10:00						ABSOLUTE BEATS <i>MARIA</i>	ABSOLUTE BEATS <i>GIFT</i>
RHYTHM CYCLING	10:15-10:30						<i>Foundation</i>	
	10:30-11:15						ABSOLUTE BEATS <i>MARIA</i>	ABSOLUTE BURN <i>GIFT</i>
RHYTHM CYCLING	12:15-13:00	LUNCH BEATS <i>JUSTIN</i>	LUNCH BEATS <i>D.GIFT</i>	LUNCH BEATS <i>GIFT</i>	LUNCH BEATS <i>DAN</i>	LUNCH BEATS <i>ARIS</i>		
RHYTHM CYCLING	14:45-15:00							<i>Foundation</i>
	15:00-15:45						ABSOLUTE BEATS <i>FLYNN</i>	ABSOLUTE BEATS <i>JUSTIN</i>
RHYTHM CYCLING	16:00-16:15						<i>Foundation</i>	
	16:15-17:00						ABSOLUTE ESSENTIALS <i>FLYNN</i>	ABSOLUTE BEATS <i>JUSTIN</i>
RHYTHM CYCLING	17:15-17:30	<i>Foundation</i>		<i>Foundation</i>		<i>Foundation</i>		
	17:30-18:15	ABSOLUTE BEATS <i>FLYNN</i>	ABSOLUTE BEATS <i>D.GIFT</i>	ABSOLUTE BEATS <i>PEARL</i>	ABSOLUTE BEATS <i>TAE</i>	ABSOLUTE BEATS <i>MEK</i>		
RHYTHM CYCLING	18:30-19:15	ABSOLUTE BEATS <i>JUSTIN</i>	ABSOLUTE BURN <i>DAN</i>	ABSOLUTE BURN <i>PEARL</i>	ABSOLUTE BEATS <i>BOAT</i>	(18:30-19:30) ABSOLUTE 60 <i>MEK</i>		
			<i>Foundation</i>	(19:45-20:30) <i>Foundation</i>	<i>Foundation</i>			
RHYTHM CYCLING	19:30-19:45							
	19:45-20:30	ABSOLUTE BEATS <i>FLYNN</i>	ABSOLUTE BEATS <i>PEARL</i>	ABSOLUTE BEATS <i>MARIA</i>	ABSOLUTE BEATS <i>BOAT</i>	ABSOLUTE BEATS <i>MARIA</i>		

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

ABSOLUTE YOU CLASS SCHEDULE

EXCHANGE TOWER STUDIO								
DATE		7-January	8-January	9-January	10-January	11-January	12-January	13-January
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YOGA	7:00-7:45		HF on the Go TING 45 min		HF on the Go AIR 45 min			
RHYTHM CYCLING	7:15-8:00	ABSOLUTE BEATS SADIA	ABSOLUTE BEATS CHERIE	ABSOLUTE BEATS PLODY	ABSOLUTE BEATS DREAM	ABSOLUTE BEATS MAE D.		
PILATES REFORMER	7:00-7:15	<i>Foundation</i>		<i>Foundation</i>				
	7:15-8:15	ESSENTIAL ABS + ARM TERESA	ESSENTIAL FIT + TONE JULIE	ESSENTIAL BUTT + THIGHS KAT	ESSENTIAL ABS + ARM RISSA	ESSENTIAL BUTT + THIGHS JERALD		
YOGA	8:30-9:30	GENTLE FLOW MARVIN 60 min	ABSOLUTE FIT TING 60 min	HATHA JUSTIN 60 min	HOT (A) AIR 60 min	ABSOLUTE FIT MARVIN 60 min	HOT (AB) MON 60 min	GENTLE FLOW MARVIN 60 min
PILATES REFORMER	8:30-9:00	<i>Foundation</i>				<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>
	9:00-10:00	ESSENTIAL FIT + TONE TERESA		ESSENTIAL ABS + ARM KAT		ESSENTIAL FIT + TONE JERALD	ESSENTIAL BUTT + THIGHS RACHEL	ESSENTIAL ABS + ARM CHER
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 CHERIE	ABSOLUTE ESSENTIALS PLODY	ABSOLUTE BEATS DREAM		ABSOLUTE BEATS JUSTIN	ABSOLUTE BEATS MARIA
PILATES REFORMER	9:30-10:00		<i>Foundation</i>		<i>Foundation</i>		(10:15-11:15)	(10:15-11:15)
	10:00-11:00	CIRCUIT BUTT + THIGHS RJ	ESSENTIAL ABS + ARM JULIE	CIRCUIT BUTT + THIGHS KAT	ESSENTIAL FIT + TONE RISSA	ESSENTIAL ABS + ARM JERALD	ESSENTIAL FIT + TONE RACHEL	ESSENTIAL BUTT + THIGHS CHER
YOGA	10:00-11:30	Vinyasa MARVIN 90 min	HATHA TING 90 min	YOGA PILATES JUSTIN 90 min	Vinyasa AIR 90 min	HOT (A) MARVIN 90 min	CORE STRENGTH* MON 90 min	HOT (A) MARVIN 90 min
PILATES REFORMER	11:30-12:00	<i>Foundation</i>		<i>Foundation</i>		<i>Foundation</i>		
	12:00-13:00	ESSENTIAL FIT + TONE RJ		ESSENTIAL ABS + ARM KAT		ESSENTIAL BUTT + THIGHS PEWEE	ESSENTIAL ABS + ARM RACHEL	ESSENTIAL FIT + TONE CHER
RHYTHM CYCLING	12:15-13:00	LUNCH BEATS SADIA		LUNCH BEATS AOM		LUNCH BEATS MAE D.		
YOGA	12:15-13:00	HF on the Go MARVIN 45 min		HF on the Go JUSTIN 45 min				
YOGA	14:00-15:30						HOT (A) MON 90 min	HATHA MARVIN 90 min
RHYTHM CYCLING	14:00-14:15						<i>Foundation</i>	<i>Foundation</i>
	14:15-15:00						ABSOLUTE BEATS JUSTIN	ABSOLUTE BEATS MARIA
PILATES REFORMER	15:00-15:30						<i>Foundation</i>	
	15:30-16:30		CIRCUIT BUTT + THIGHS RACHEL		ESSENTIAL ABS + ARM RISSA		ESSENTIAL BUTT + THIGHS RACHEL	CIRCUIT ABS + ARM CHER
RHYTHM CYCLING	17:15-17:30	<i>Foundation</i>		<i>Foundation</i>		<i>Foundation</i>		
	17:30-18:15	ABSOLUTE ESSENTIALS DJNI		ABSOLUTE BEATS KATIE		ABSOLUTE BEATS AOM		
YOGA	17:30-18:30	ABSOLUTE FIT HARRISON 60 min	HATHA PAUL 60 min	HOT (AB) LUKE 60 min	HOT (A) HARRISON 60 min	Vinyasa MARVIN 60 min	ABSOLUTE FIT MON (16:30-17:30)	HOT (A) MARVIN (16:30-17:30)
PILATES REFORMER	17:30-18:00	<i>Foundation</i>		<i>Foundation</i>		<i>Foundation</i>		
	18:00-19:00	ESSENTIAL BUTT + THIGHS RJ	ESSENTIAL FIT + TONE RACHEL	ESSENTIAL ABS + ARM MICHAEL	ESSENTIAL BUTT + THIGHS RISSA	ESSENTIAL ABS + ARM PEWEE		
RHYTHM CYCLING	18:30-18:45	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>		
	18:45-19:30	ABSOLUTE BEATS MEI	ABSOLUTE BEATS BOAT	ABSOLUTE BEATS DREAM	ABSOLUTE BEATS JUSTIN	ABSOLUTE BEATS AOM		
YOGA	18:45-20:00	HATHA HARRISON 75 min	HOT (A) PAUL 75 min	HATHA LUKE 75 min	HOT (AB) HARRISON 75 min	HOT (A) MARVIN 75 min		
PILATES REFORMER	19:00-19:15		<i>Foundation</i>		<i>Foundation</i>			
	19:15-20:15	ESSENTIAL ABS + ARM RJ	ESSENTIAL BUTT + THIGHS RACHEL	ESSENTIAL FIT + TONE MICHAEL	ESSENTIAL ABS + ARM RISSA	ESSENTIAL FIT + TONE PEWEE		
RHYTHM CYCLING	19:45-20:30	ABSOLUTE BEATS FERN	ABSOLUTE BEATS BOAT	ABSOLUTE BEATS DREAM	ABSOLUTE BEATS JUSTIN			
YOGA	20:15-21:15	HOT (AB) HARRISON 60 min	Vinyasa PAUL 60 min	HOT (A) LUKE 60 min	HATHA / VINYASA HARRISON 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 PEWEE		

ABSOLUTE YOU CLASS SCHEDULE

BEE HIVE STUDIO								
DATE		7-January	8-January	9-January	10-January	11-January	12-January	13-January
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 ARM	CIRCUIT BUTT + THIGHS AU	ESSENTIAL FIT + TONE JACKIE	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 PLE 90 min	HOT (A) EVE 90 min	HATHA FU 90 min	YIN YANG CAKE 90 min	HOT (AB) LEK 90 min	HOT (A) MON 90 min
PILATES REFORMER	9:00-9:30 9:30-10:30	Foundation ESSENTIAL BUTT + THIGHS PEWEE		Foundation ESSENTIAL FIT + TONE ARM		Foundation ESSENTIAL BUTT + THIGHS JACKIE	Foundation ESSENTIAL FIT + TONE GUBGIB	Foundation 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 ARM		ESSENTIAL ABS + ARM JACKIE	CIRCUIT BUTT + THIGHS GUBGIB	ESSENTIAL FIT + TONE AU
YOGA	11:00-12:30	HATHA TING 90 min		Vinyasa EVE 90 min		BACKBEND* CAKE 90 min	HATHA LEK 90 min	YIN YANG MON 90 min
PILATES REFORMER	11:15-12:15		ESSENTIAL ABS + ARM GUBGIB		ESSENTIAL FIT + TONE AU			
PILATES REFORMER	14:00-14:30 14:30-15:30						Foundation ESSENTIAL ABS + ARM GUBGIB	Foundation ESSENTIAL BUTT + THIGHS AU
YOGA	14:30-16:00	HOT (A) OAT 90 min	HOT (A) PLE 90 min	HATHA EVE 90 min	HOT (AB) FU 90 min	HOT (A) CAKE 90 min	HIP OPENER* LEK 90 min	HATHA MON 90 min
YOGA	16:30-17:45	Vinyasa OAT 75 min		CORE STRENGTH* KWANG 75 min		HOT (AB) CAKE 75 min	GENTLE FLOW LEK (16:30-17:30)	HOT (A) MON (16:30-17:30)
PILATES REFORMER	17:30-18:00 18:00-19:00		Foundation ESSENTIAL BUTT + THIGHS GUBGIB		Foundation ESSENTIAL ABS + ARM AU			
YOGA	18:00-19:30	HOT (AB) OAT 90 min	HATHA PLE 90 min	HOT (A) KWANG 90 min	HATHA FU 90 min	YOGA PILATES CAKE 90 min		
PILATES REFORMER	19:15-20:15	ESSENTIAL BUTT + THIGHS PEWEE	ESSENTIAL FIT + TONE GUBGIB	ESSENTIAL ABS + ARM ARM	ESSENTIAL BUTT + THIGHS AU	ESSENTIAL FIT + TONE JACKIE		
YOGA	19:45-21:00	HATHA OAT 75 min	ARM BALANCE* PLE 75 min	ABSOLUTE FIT KWANG (19:45-20:45)	Vinyasa FU 75 min			

THE CIRCLE STUDIO								
DATE		7-January	8-January	9-January	10-January	11-January	12-January	13-January
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
RHYTHM CYCLING	8:00-8:15 8:15-9:00	Foundation ABSOLUTE BEATS FAI		Foundation ABSOLUTE BEATS D.GIFT		Foundation ABSOLUTE BEATS PLOY		
PILATES REFORMER	8:30-9:00 9:00-10:00	Foundation ESSENTIAL ABS + ARM KUNGKING	Foundation ESSENTIAL BUTT + THIGHS ARM	Foundation ESSENTIAL FIT + TONE ART	Foundation ESSENTIAL ABS + ARM GUBGIB	Foundation ESSENTIAL BUTT + THIGHS STAMP	Foundation ESSENTIAL FIT + TONE OHM	Foundation ESSENTIAL ABS + ARM ANT P
RHYTHM CYCLING	10:00-10:15 10:15-11:00		Foundation ABSOLUTE BEATS AE (T)		Foundation ABSOLUTE ESSENTIALS KENG (T)		Foundation ABSOLUTE BEATS FERN	Foundation ABSOLUTE BEATS KENG (T)
YOGA	9:00-10:30	HOT (A) LEK 90 min	Vinyasa KWANG 90 min	AB FIT GROUND TING (9:00-10:00)	HATHA BIG 90 min	HOT (A) CANDY 90 min	HOT (AB) ARTIE 90 min	HATHA EVE 90 min
PILATES REFORMER	10:00-10:30 10:30-11:30	Foundation ESSENTIAL FIT + TONE KUNGKING	ESSENTIAL ABS + ARM ARM	ESSENTIAL BUTT + THIGHS ART	ESSENTIAL FIT + TONE GUBGIB	Foundation ESSENTIAL ABS + ARM STAMP	Foundation ESSENTIAL BUTT + THIGHS OHM	Foundation ESSENTIAL FIT + TONE ANT P
YOGA	11:00-12:30		HOT (A) KWANG 90 min		HOT (AB) BIG 90 min		AB FIT GROUND ARTIE (11:00-12:00)	HOT (A) EVE 90 min
YOGA	14:00-15:30	ABSOLUTE FIT FAI (14:00-15:00)	HATHA KWANG 90 min	HOT (AB) TING 90 min	ABSOLUTE FIT BIG (14:00-15:00)	HOT (A) CANDY 90 min	HATHA ARTIE 90 min	YIN YANG EVE 90 min
RHYTHM CYCLING	14:00-14:15 14:15-15:00						Foundation ABSOLUTE ESSENTIALS FERN	Foundation ABSOLUTE BEATS KENG (T)
PILATES REFORMER	14:00-14:30 14:30-15:30		Foundation ESSENTIAL ABS + ARM ARM		Foundation ESSENTIAL BUTT + THIGHS GUBGIB		Foundation ESSENTIAL ABS + ARM OHM	Foundation ESSENTIAL BUTT + THIGHS ANT P
PILATES REFORMER	16:00-17:00						ESSENTIAL BUTT + THIGHS OHM	ESSENTIAL ABS + ARMS ANT P
YOGA	16:30-18:00						YOGA PILATES ARTIE 90 min	HOT (AB) EVE 90 min
PILATES REFORMER	17:00-18:00	ESSENTIAL ABS + ARM KUNGKING		ESSENTIAL BUTT + THIGHS ART		ESSENTIAL FIT + TONE STAMP		
YOGA	17:45-19:00	YOGA PILATES LEK 75 min	FORWAR BEND* KWANG 75 min	Vinyasa TING 75 min	BACKBEND* BIG 75 min	HATHA CANDY 75 min		
PILATES REFORMER	17:45-18:15 18:15-19:15		Foundation ESSENTIAL FIT + TONE ARM		Foundation ESSENTIAL ABS + ARM ART		Foundation ESSENTIAL BUTT + THIGHS STAMP	
RHYTHM CYCLING	18:15-18:30 18:30-19:15	Foundation ABSOLUTE BEATS FAI	Foundation ABSOLUTE BEATS AOM	Foundation ABSOLUTE BEATS D.GIFT	Foundation ABSOLUTE BEATS KENG (T)	Foundation ABSOLUTE BEATS PLOY		
YOGA	19:15-20:30	HOT (AB) LEK 75 min	HATHA KWANG 75 min	HOT (A) TING 75 min	Vinyasa BIG 75 min	HOT (AB) CANDY 75 min		
PILATES REFORMER	19:15-19:45 19:45-20:45	Foundation ESSENTIAL ABS + ARM KUNGKING	ESSENTIAL BUTT + THIGHS ARM	Foundation ESSENTIAL BUTT + THIGHS ART		ESSENTIAL ABS + ARM GUBGIB	ESSENTIAL FIT + TONE STAMP	

ABSOLUTE YOU CLASS SCHEDULE

LADPRAO STUDIO								
DATE		7-January	8-January	9-January	10-January	11-January	12-January	13-January
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PILATES REFORMER	8:30-9:00	Foundation		Foundation			Foundation	Foundation
	9:00-10:00	ESSENTIAL FIT + TONE LILY	CIRCUIT ABS + ARM STAMP	ESSENTIAL BUTT + THIGHS GUBGIB	CIRCUIT ABS + ARM JACKIE	ESSENTIAL FIT + TONE INK	ESSENTIAL BUTT + THIGHS JACKIE	ESSENTIAL ABS + ARM LILY
YOGA	8:45-9:45						ABSOLUTE FIT KWANG 60 min	ABSOLUTE FIT HARRISON 60 min
CORE BLAST	10:00-11:00		CORE SUSPEND BUTT + THIGHS STAMP		CORE SUSPEND WHOLE BODY JACKIE			
YOGA	10:00-11:30	HOT (A) CAKE 90 min	HOT (AB) KNOT 90 min	HATHA LEK 90 min	HOT (A) ARTIE 90 min	TWISTING* BIG 90 min	HOT (AB) KWANG 90 min	HOT (A) HARRISON 90 min
PILATES REFORMER	10:00-11:00						ESSENTIAL FIT + TONE JACKIE	ESSENTIAL BUTT + THIGHS LILY
CORE BLAST	11:00-12:00						CORE SUSPEND BUTT + THIGHS JACKIE	CORE SUSPEND ABS + ARM LILY
YOGA	14:30-16:00	HOT (A) CAKE 90 min		HOT (A) LEK 90 min		HOT (AB) BIG 90 min	HATHA KWANG 90 min	YOGA PILATES HARRISON 90 min
PILATES REFORMER	17:15-18:15	CIRCUIT BUTT + THIGHS LILY	ESSENTIAL ABS + ARM RISSA	CIRCUIT BUTT + THIGHS LILY	ESSENTIAL FIT + TONE JULIE	CIRCUIT ABS + ARM INK		
YOGA	17:15-18:15	HATHA CAKE 60 min	HOT (AB) KNOT 60 min	YOGA PILATES LEK 60 min	HOT (A) ARTIE 60 min	Vinyasa BIG 60 min	YIN YANG KWANG (16:30-18:00)	HOT (AB) HARRISON (16:30-18:00)
PILATES REFORMER	18:15-18:30	Foundation		Foundation		Foundation		
	18:30-19:30	ESSENTIAL ABS + ARM LILY	YOGA STRETCHING ON REFORMER RISSA	ESSENTIAL FIT + TONE GUBGIB	CIRCUIT ABS + ARM JULIE	ESSENTIAL BUTT + THIGHS INK		
YOGA	18:30-20:00	HOT (A) CAKE 90 min	HIP OPENER* KNOT 90 min	HOT (AB) LEK 90 min	Vinyasa ARTIE 90 min	HOT (A) BIG 90 min		
CORE BLAST	18:45-19:00	Foundation		Foundation		Foundation		
	19:00-20:00	CORE SUSPEND BUTT + THIGHS JUDO	CORE BLAST CARDIO STAMP	CORE SUSPEND WHOLE BODY LILY	CORE SUSPEND BUTT + THIGHS JACKIE	CORE SUSPEND ABS + ARM FAI		
PILATES REFORMER	19:30-20:30	ESSENTIAL FIT + TONE LILY	CIRCUIT BUTT + THIGHS RISSA	ESSENTIAL ABS + ARM GUBGIB	ESSENTIAL BUTT + THIGHS JULIE	ESSENTIAL FIT + TONE INK		
YOGA	20:15-21:15	GENTLE FLOW CAKE 60 min	HOT (A) KNOT 60 min	GENTLE FLOW LEK 60 min	HOT (AB) ARTIE 60 min			

CRYSTAL PARK STUDIO								
DATE		7-January	8-January	9-January	10-January	11-January	12-January	13-January
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YOGA	7:30-8:30	HATHA BIG 60 min	HOT (AB) FAI 60 min	YOGA PILATES KNOT 60 min	ABSOLUTE FIT MON 60 min	HOT (A) AIR 60 min	ABSOLUTE FIT FU 60 min	HOT (A) LEK 60 min
PILATES REFORMER	8:00-8:30	Foundation		Foundation				
	8:30-9:30	ESSENTIAL ABS + ARM ART	ESSENTIAL ABS + ARM JEAB	CIRCUIT BUTT + THIGHS STAMP	CIRCUIT ABS + ARM INK	ESSENTIAL BUTT + THIGHS VANESSA	ESSENTIAL FIT + TONE JEAB	CIRCUIT BUTT + THIGHS OHM
RHYTHM CYCLING	8:30-8:45	Foundation		Foundation		Foundation		
	8:45-9:30	ABSOLUTE BEATS KENG (T)		ABSOLUTE BEATS SADIA		ABSOLUTE BEATS BOAT		
YOGA	8:45-9:45	HOT (A) BIG 60 min	GENTLE FLOW FAI 60 min	HOT (AB) KNOT 60 min	HOT (A) MON 60 min	Vinyasa AIR 60 min	HOT (A) FU 60 min	ABSOLUTE FIT LEK 60 min
RHYTHM CYCLING	9:30-9:45		Foundation		Foundation		Foundation	Foundation
	9:45-10:30		ABSOLUTE BEATS PLOU		ABSOLUTE BEATS MAE D.		ABSOLUTE BEATS PAT	ABSOLUTE BEATS FERN
PILATES REFORMER	9:45-10:15		Foundation		Foundation		(9:45-10:45)	(9:45-10:45)
	10:15-11:15	CIRCUIT BUTT + THIGHS ART	ESSENTIAL FIT + TONE JEAB	ESSENTIAL ABS + ARM STAMP	ESSENTIAL BUTT + THIGHS INK	ESSENTIAL ABS + ARM VANESSA	CARDIO JUMPMAT	ESSENTIAL FIT + TONE OHM
YOGA	10:30-12:00	Vinyasa BIG 90 min	YOGA PILATES FAI 90 min	HATHA KNOT 90 min	FORWARD BEND* MON 90 min	HOT (A) AIR 90 min	HOT (AB) FU 90 min	HATHA LEK 90 min
PILATES REFORMER	11:00-11:30						Foundation	
	11:30-12:30	ESSENTIAL FIT + TONE ART		ESSENTIAL BUTT + THIGHS STAMP		ESSENTIAL FIT + TONE VANESSA	ESSENTIAL BUTT + THIGHS JEAB	CIRCUIT ABS + ARM OHM
YOGA	14:00-15:30		HOT (AB) EVE 90 min		Vinyasa BENZ 90 min		Vinyasa FU 90 min	YIN YANG LEK 90 min
RHYTHM CYCLING	15:30-15:45						Foundation	Foundation
	15:45-16:30						ABSOLUTE ESSENTIALS PAT	ABSOLUTE BEATS FERN
PILATES REFORMER	15:30-16:00							Foundation
	16:00-17:00						CIRCUIT ABS + ARM JEAB	ESSENTIAL BUTT + THIGHS OHM
YOGA	17:30-18:30	HOT (A) BIG 60 min	Vinyasa EVE 60 min	HOT (AB) KNOT 60 min	HATHA BENZ 60 min	GENTLE FLOW AIR 60 min		
PILATES REFORMER	17:00-17:30		Foundation		Foundation			
	17:30-18:30	ESSENTIAL FIT + TONE ART	ESSENTIAL BUTT + THIGHS JEAB	ESSENTIAL FIT + TONE STAMP	ESSENTIAL ABS + ARM INK	CIRCUIT BUTT + THIGHS VANESSA		
RHYTHM CYCLING	18:30-18:45	Foundation	Foundation	Foundation	Foundation	Foundation		
	18:45-19:30	ABSOLUTE BEATS KENG (T)	ABSOLUTE ESSENTIALS PLOU	ABSOLUTE BEATS SADIA	ABSOLUTE BEATS MAE D.	ABSOLUTE BEATS AE (T)		
PILATES REFORMER	18:30-19:00	Foundation		Foundation				
	19:00-20:00	ESSENTIAL BUTT + THIGHS ART	CIRCUIT ABS + ARM JEAB	ESSENTIAL ABS + ARM STAMP	ESSENTIAL BUTT + THIGHS INK	ESSENTIAL FIT + TONE VANESSA		
YOGA	19:00-20:15	HATHA BIG 75 min	HOT (AB) EVE (19:00-20:00)	Vinyasa KNOT 75 min	HOT (A) BENZ (19:00-20:00)	HOT (A) AIR 75 min		
YOGA	20:10-21:10		HOT (A) EVE 60 min		HATHA BENZ 60 min			

ABSOLUTE YOU CLASS SCHEDULE

COMMONS STUDIO								
DATE		7-January	8-January	9-January	10-January	11-January	12-January	13-January
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PILATES REFORMER	8:30-9:00	<i>Foundation</i>				<i>Foundation</i>		
	9:00-10:00	ESSENTIAL FIT + TONE RACHEL	ESSENTIAL ABS + ARM RJ	ESSENTIAL FIT + TONE TERESA	ESSENTIAL ABS + ARM KAT	ESSENTIAL BUTT + THIGHS RISSA		
RHYTHM CYCLING	9:00-9:15	<i>Foundation</i>			<i>Foundation</i>	<i>(9:15-10:15)</i>	<i>Foundation</i>	
	9:15-10:00	ABSOLUTE BEATS TAE	ABSOLUTE BEATS FLYNN	ABSOLUTE BEATS DAN	ABSOLUTE BEATS MEK	ABSOLUTE 60 DAN	ABSOLUTE BEATS GIFT	ABSOLUTE BEATS MEK
PILATES REFORMER	9:45-10:15					<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>
	10:15-11:15	ESSENTIAL BUTT + THIGHS RACHEL	ESSENTIAL FIT + TONE RJ	ESSENTIAL ABS + ARM TERESA	ESSENTIAL FIT + TONE KAT	ESSENTIAL ABS + ARM RISSA	ESSENTIAL FIT + TONE TERESA	CIRCUIT ABS + ARM JEAB
RHYTHM CYCLING	10:15-10:30		<i>Foundation</i>		<i>Foundation</i>			<i>Foundation</i>
	10:30-11:15	ABSOLUTE BEATS ARIS	ABSOLUTE BEATS TAE	ABSOLUTE BEATS ARIS	ABSOLUTE BEATS MEK	ABSOLUTE BEATS FLYNN	ABSOLUTE BURN GIFT	ABSOLUTE BEATS MEK
RHYTHM CYCLING	15:00-15:15						<i>Foundation</i>	
	15:15-16:00						ABSOLUTE BEATS PEARL	
PILATES REFORMER	15:00-16:00						CIRCUIT BUTT + THIGHS TERESA	ESSENTIAL FIT + TONE JEAB
RHYTHM CYCLING	16:30-16:45						<i>Foundation</i>	<i>(16:30-17:30)</i>
	16:45-17:30						ABSOLUTE BEATS PEARL	ABSOLUTE 60 PEARL
RHYTHM CYCLING	17:15-17:30			<i>Foundation</i>				
	17:30-18:15	ABSOLUTE BEATS ARIS		ABSOLUTE BEATS ARIS				
RHYTHM CYCLING	18:15-18:30		<i>Foundation</i>	<i>(18:30-19:30)</i>	<i>Foundation</i>	<i>Foundation</i>		
	18:30-19:15	ABSOLUTE BURN DAN	ABSOLUTE BEATS FLYNN	ABSOLUTE 60 MEK	ABSOLUTE BEATS MEI	ABSOLUTE BEATS PEARL		
PILATES REFORMER	18:00-18:30	<i>Foundation</i>		<i>Foundation</i>		<i>Foundation</i>		
	18:30-19:30	ESSENTIAL ABS + ARM RACHEL	ESSENTIAL BUTT + THIGHS RJ	ESSENTIAL FIT + TONE TERESA	ESSENTIAL ABS + ARM KAT	ESSENTIAL FIT + TONE RISSA		
RHYTHM CYCLING	19:30-19:45	<i>Foundation</i>						
	19:45-20:30	ABSOLUTE BEATS GIFT	ABSOLUTE BEATS TAE	ABSOLUTE BEATS MEK	ABSOLUTE BEATS DINI			

JAS URBAN STUDIO								
DATE		7-January	8-January	9-January	10-January	11-January	12-January	13-January
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PILATES REFORMER	8:00-8:30	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>
	8:30-9:30	ESSENTIAL ABS + ARM KAN P	ESSENTIAL BUTT + THIGHS KUNGKING	ESSENTIAL FIT + TONE PLE	ESSENTIAL ABS + ARM ARM	ESSENTIAL BUTT + THIGHS PLE	ESSENTIAL FIT + TONE ANT P	ESSENTIAL ABS + ARM ART
YOGA	8:30-9:30	GENTLE FLOW CANDY 60 min		HATHA CAKE 60 min		HOT (A) PAUL 60 min		
RHYTHM CYCLING	8:45-9:00	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>
	9:00-9:45	ABSOLUTE ESSENTIALS KATIE	ABSOLUTE BEATS DAN	ABSOLUTE BEATS AE (T)	ABSOLUTE BEATS PLA (T)	ABSOLUTE BEATS KENG (T)	ABSOLUTE BEATS BOAT	ABSOLUTE BEATS DREAM
PILATES REFORMER	9:30-10:00			<i>Foundation</i>				
	10:00-11:00	ESSENTIAL FIT + TONE KAN P	ESSENTIAL ABS + ARM KUNGKING	ESSENTIAL BUTT + THIGHS PLE	ESSENTIAL FIT + TONE ARM	ESSENTIAL ABS + ARM PLE	ESSENTIAL ABS + ARM ANT P	ESSENTIAL BUTT + THIGHS ART
YOGA	10:00-11:30	HOT (A) CANDY (10:00-11:00)	HATHA ARTIE 90 min	HOT (A) CAKE 90 min	Vinyasa BEBE 90 min	HATHA PAUL (10:00-11:00)	HOT (A) FAR 90 min	HATHA AIR 90 min
RHYTHM CYCLING	10:00-10:15						<i>Foundation</i>	<i>Foundation</i>
	10:15-11:00						ABSOLUTE BEATS BOAT	ABSOLUTE ESSENTIALS DREAM
YOGA	14:30-16:00	HOT (AB) CANDY 90 min			GENTLE FLOW BEBE 14:30-15:30		HATHA FAR 90 min	HOT (A) AIR 90 min
PILATES REFORMER	14:30-15:00						<i>Foundation</i>	<i>Foundation</i>
	15:00-16:00						ESSENTIAL BUTT + THIGHS ANT P	ESSENTIAL FIT + TONE ART
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 BUTT + THIGHS KAN P	ESSENTIAL FIT + TONE KUNGKING	ESSENTIAL ABS + ARM PLE	ESSENTIAL BUTT + THIGHS ARM	ESSENTIAL ABS + ARM PLE		
YOGA	18:00-19:30	Vinyasa CANDY 90 min	HOT (A) ARTIE 90 min	HOT (AB) CAKE 90 min	HATHA BEBE 90 min	HOT (AB) PAUL 90 min		
RHYTHM CYCLING	18:30-18:45	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>		
	18:45-19:30	ABSOLUTE BEATS PAT	ABSOLUTE BEATS KENG (T)	ABSOLUTE BEATS MEI	ABSOLUTE BEATS FAI	ABSOLUTE BEATS FERN		
PILATES REFORMER	19:15-19:45	<i>Foundation</i>		<i>Foundation</i>				
	19:45-20:45	ESSENTIAL FIT + TONE KAN P	ESSENTIAL BUTT + THIGHS KUNGKING	ESSENTIAL BUTT + THIGHS PLE	ESSENTIAL ABS + ARM ARM			
RHYTHM CYCLING	19:45-20:30		ABSOLUTE BEATS KENG (T)		ABSOLUTE BEATS FAI			
YOGA	19:45-20:45		GENTLE FLOW ARTIE 60 min		HOT (A) BEBE 60 min			

ABSOLUTE YOU CLASS SCHEDULE

NANG-LIN-CHEE STUDIO								
DATE		7-January	8-January	9-January	10-January	11-January	12-January	13-January
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YOGA	7:30-8:15		HF on the Go CANDY 45 min		HF on the Go KWANG 45 min			
PILATES REFORMER	7:30-8:30	ESSENTIAL BUTT + THIGHS BENZ		ESSENTIAL FIT + TONE RISSA				
YOGA	8:30-9:30						ABSOLUTE FIT OAT 60 min	GENTLE FLOW BEBE 60 min
PILATES REFORMER	8:30-9:00	Foundation	Foundation	Foundation	Foundation	Foundation	Foundation	Foundation
	9:00-10:00	ESSENTIAL FIT + TONE BENZ	ESSENTIAL ABS + ARM TERESA	ESSENTIAL BUTT + THIGHS RISSA	ESSENTIAL FIT + TONE STAMP	ESSENTIAL ABS + ARM CHER	ESSENTIAL BUTT + THIGHS AU	ESSENTIAL FIT + TONE VANESSA
RHYTHM CYCLING	9:00-9:15	Foundation	Foundation	Foundation	Foundation	Foundation	Foundation	Foundation
	9:15-10:00	ABSOLUTE BEATS PLOU	ABSOLUTE BEATS JUSTIN	ABSOLUTE ESSENTIALS TAE	ABSOLUTE BEATS PAT	ABSOLUTE BEATS AE (T)	ABSOLUTE BEATS AOM	ABSOLUTE BEATS JUNE
YOGA	10:00-11:15	HOT (A) EVE 75 min	HATHA CANDY 75 min	HOT (AB) FU 75 min	HATHA KWANG 75 min	Vinyasa TING 75 min	HOT (A) OAT 75 min	HATHA BEBE 75 min
PILATES REFORMER	10:00-10:30						Foundation	Foundation
	10:30-11:30						ESSENTIAL ABS + ARM AU	ESSENTIAL BUTT + THIGHS VANESSA
YOGA	12:15-13:00		HF on the Go CANDY 45 min		HF on the Go KWANG 45 min			
PILATES REFORMER	13:30-14:00						Foundation	Foundation
	14:00-15:00						ESSENTIAL FIT + TONE AU	ESSENTIAL ABS + ARM VANESSA
YOGA	14:00-15:30						HOT (AB) OAT 90 min	HOT (A) BEBE 90 min
RHYTHM CYCLING	14:45-15:00						Foundation	Foundation
	15:00-15:45						ABSOLUTE ESSENTIALS AOM	ABSOLUTE BEATS JUNE
PILATES REFORMER	17:45-18:15	Foundation	Foundation	Foundation	Foundation	Foundation		
	18:15-19:15	ESSENTIAL FIT + TONE BENZ	ESSENTIAL BUTT + THIGHS TERESA	ESSENTIAL ABS + ARM RISSA	ESSENTIAL BUTT + THIGHS STAMP	ESSENTIAL FIT + TONE CHER		
YOGA	18:00-19:30	HOT (AB) EVE 90 min	HATHA CANDY 90 min	HOT (A) FU 90 min	Vinyasa KWANG 90 min	HOT (AB) TING 90 min		
RHYTHM CYCLING	18:15-18:30	Foundation	Foundation	Foundation	Foundation	Foundation		
	18:30-19:15	ABSOLUTE BEATS PLOU	ABSOLUTE BEATS MEI	ABSOLUTE BEATS TAE	ABSOLUTE BEATS PAT	ABSOLUTE BEATS DREAM		
PILATES REFORMER	19:15-19:30	Foundation	Foundation	Foundation	Foundation	Foundation		
	19:30-20:30	ESSENTIAL ABS + ARM BENZ	ESSENTIAL FIT + TONE TERESA	ESSENTIAL BUTT + THIGHS RISSA	ESSENTIAL ABS + ARM STAMP			
RHYTHM CYCLING	19:30-20:15	ABSOLUTE BEATS PLOU		ABSOLUTE BEATS MEW				
YOGA	19:45-20:45	GENTLE FLOW EVE 60 min		HATHA FU 60 min				

ARI STUDIO								
DATE		7-January	8-January	9-January	10-January	11-January	12-January	13-January
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YOGA	7:00-7:45	HF on the Go AIR 45 min		HF on the Go OAT 45 min		HF on the Go ARTIE 45 min		
PILATES REFORMER	7:30-8:30	ESSENTIAL BUTT + THIGHS AU		ESSENTIAL FIT + TONE JULIE				
YOGA	8:30-9:30						ABSOLUTE FIT HARRISON 60 min	GENTLE FLOW TING 60 min
PILATES REFORMER	8:30-9:00	Foundation	Foundation	Foundation	Foundation	Foundation	Foundation	Foundation
	9:00-10:00	ESSENTIAL FIT + TONE AU	ESSENTIAL ABS + ARM KAN P	ESSENTIAL BUTT + THIGHS JULIE	ESSENTIAL FIT + TONE ART	ESSENTIAL ABS + ARM ARM	ESSENTIAL BUTT + THIGHS CHER	ESSENTIAL FIT + TONE TERESA
YOGA	10:00-11:15	HOT (A) AIR 75 min	HATHA LEK 75 min	HOT (AB) OAT 75 min	HOT (A) EVE 75 min	Vinyasa ARTIE 75 min	HOT (A) HARRISON 75 min	HATHA TING 75 min
PILATES REFORMER	10:00-10:30						Foundation	Foundation
	10:30-11:30						ESSENTIAL ABS + ARM CHER	ESSENTIAL BUTT + THIGHS TERESA
YOGA	12:15-13:00		HF on the Go LEK 45 min		HF on the Go EVE 45 min			
PILATES REFORMER	13:30-14:00						Foundation	Foundation
	14:00-15:00						ESSENTIAL FIT + TONE CHER	ESSENTIAL ABS + ARM TERESA
YOGA	14:00-15:30						HOT (AB) HARRISON 90 min	HOT (A) TING 90 min
PILATES REFORMER	17:30-18:00	Foundation	Foundation	Foundation	Foundation	Foundation		
	18:00-19:00	ESSENTIAL FIT + TONE AU	ESSENTIAL BUTT + THIGHS KAN P	ESSENTIAL ABS + ARM JULIE	ESSENTIAL BUTT + THIGHS ART	ESSENTIAL FIT + TONE ARM		
YOGA	18:00-19:30	HOT (AB) AIR 90 min	HOT (A) LEK 90 min	HOT (A) OAT 90 min	Vinyasa EVE 90 min	HOT (AB) ARTIE 90 min		
PILATES REFORMER	19:15-19:30	Foundation	Foundation	Foundation	Foundation	Foundation		
	19:30-20:30	ESSENTIAL ABS + ARM AU	ESSENTIAL FIT + TONE KAN P	ESSENTIAL BUTT + THIGHS JULIE	ESSENTIAL ABS + ARM ART			
YOGA	19:45-20:45	Vinyasa AIR 60 min		GENTLE FLOW OAT 60 min				