

## ABSOLUTE YOU CLASS SCHEDULE

AMARIN PLAZA STUDIO								
DATE		11-February	12-February	13-February	14-February	15-February	16-February	17-February
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 TING 45 min	HF on the Go KNOT 45 min	HF on the Go HARRESON 45 min	HF on the Go BEBE 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 VANESSA	ESSENTIAL BUTT + THIGHS JACKIE	ESSENTIAL ABS + ARM RJ	ESSENTIAL FIT + TONE CHER	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 KNOT 90 min		BALANCING* BEBE 90 min		TWISTING* BIG (7:30-8:30)
CORE BLAST	8:30-9:30	CORE SUSPEND BUTT + THIGHS VANESSA		CORE BALST SCULPT JUDO		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		(9:15-10:15) ESSENTIAL BUTT + THIGHS JULIE	(9:15-10:15) CIRCUIT ABS + ARMS CHRIS
YOGA	8:45-9:45						ABSOLUTE FIT MARVIN 60 min	HATHA BIG 60 min
CORE BLAST	9:15-10:15						CORE SUSPEND ABS + ARM JERALD	CORE SUSPEND BUTT + THIGHS PEWEE
PILATES REFORMER	9:30-10:00 10:00-11:00 ROOM 2						Foundation ESSENTIAL FIT + TONE MICHAEL	Foundation ESSENTIAL BUTT + THIGHS JULIE
PILATES REFORMER	9:45-10:45	CARDIO JUMBOARD MAE		CIRCUIT BUTT + THIGHS RJ		ESSENTIAL FIT + TONE RJ		
YOGA	10:00-11:30	HOT (A) HARRESON 90 min	HATHA TING 90 min	HOT (AB) KNOT 90 min	HOT (A) HARRESON 90 min	HOT (AB) CANDY 90 min	HOT (A) CANDY 90 min	HOT (A) MON 90 min
PILATES REFORMER	10:30-11:30						ESSENTIAL ABS + ARM JULIE	ESSENTIAL FIT + TONE CHRIS
YOGA	11:00-12:30 CB studio						ARM BALANCE* MARVIN 90 min	YOGA PILATES BIG 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 TING 45 min	HF on the Go KNOT 45 min	HF on the Go HARRESON 45 min	HF on the Go BEBE 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 ABS + ARMS PEWEE
PILATES REFORMER	14:00-14:30 14:30-15:30	ESSENTIAL ABS + ARMS MAE		Foundation ESSENTIAL FIT + TONE RJ		CIRCUIT ABS + ARMS RJ	ESSENTIAL ABS + ARMS JULIE	ESSENTIAL FIT + TONE CHRIS
YOGA	14:30-16:00	ABSOLUTE FIT MARVIN (14:30-15:30)	HATHA LUKE 90 min	HOT (AB) HARRESON 90 min	ABSOLUTE FIT KNOT (14:30-15:30)	HOT (A) CANDY 90 min	HOT (AB) CANDY 90 min	HOT (A) MON 90 min
YOGA	15:15-16:45 CB studio						YIN YANG MARVIN 90 min	Vinyasa BIG 90 min
PILATES REFORMER	14:30-15:00 15:00-16:00 ROOM 2						Foundation ESSENTIAL BUTT + THIGHS MICHAEL	Foundation ESSENTIAL ABS + ARM JULIE
PILATES REFORMER	16:00-17:00						CIRCUIT BUTT + THIGHS JULIE	ESSENTIAL BUTT + THIGHS CHRIS
YOGA	16:30-17:30	Vinyasa MARVIN 60 min	HOT (A) LUKE 60 min	GENTLE FLOW AIR 60 min	BACKBEND* KNOT 60 min	ABSOLUTE FIT CANDY 60 min	HOT (A) CANDY 60 min	ABSOLUTE FIT MON 60 min
PILATES REFORMER	16:45-17:45	CIRCUIT ABS + ARMS VANESSA	ESSENTIAL FIT + TONE JERALD	ESSENTIAL BUTT + THIGHS JULIE	ESSENTIAL ABS + ARM JEAB	ESSENTIAL FIT + TONE MICHAEL		
CORE BLAST	17:45-18:00 18:00-19:00	CORE SUSPEND BUTT + THIGHS VANESSA	CORE SUSPEND ABS + ARM JACKIE	CORE SUSPEND WHOLE BODY JUDO	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) HARRESON 90 min	YOGA PILATES LUKE (18:00-19:00)	HOT (A) HARRESON 90 min	ABSOLUTE FIT KNOT (18:00-19:00)	HOT (AB) CANDY 90 min		
PILATES REFORMER	17:45-18:15 18:15-19:15 ROOM 2	Foundation ESSENTIAL ABS + ARM CHRIS		Foundation ESSENTIAL BUTT + THIGHS JULIE		ESSENTIAL FIT + TONE JEAB		
PILATES REFORMER	19:10-20:10	ESSENTIAL FIT + TONE MICHAEL	CIRCUIT BUTT + THIGHS CHRIS	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	INVERSION* AIR 90 min	Vinyasa KNOT 90 min	HATHA BEBE 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 CHRIS		ESSENTIAL ABS + ARM JULIE		ESSENTIAL BUTT + THIGHS JEAB		
YOGA	19:45-20:45	HOT (A) HARRESON 60 min		HOT (AB) HARRESON 60 min		HOT (A) CANDY 60 min		
PILATES REFORMER	20:15-21:15	ESSENTIAL BUTT + THIGHS MICHAEL	ESSENTIAL ABS + ARM CHRIS	ESSENTIAL FIT + TONE MAE	ESSENTIAL BUTT + THIGHS JEAB			

## ABSOLUTE YOU CLASS SCHEDULE

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

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

## ABSOLUTE YOU CLASS SCHEDULE

EXCHANGE TOWER STUDIO								
DATE		11-February	12-February	13-February	14-February	15-February	16-February	17-February
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YOGA	7:00-7:45		HF on the Go BIG 45 min		HF on the Go TING 45 min			
RHYTHM CYCLING	7:15-8:00	ABSOLUTE BEATS PEARL	ABSOLUTE BEATS MAE D.	ABSOLUTE BEATS PLOU	ABSOLUTE BEATS TAE	ABSOLUTE BEATS SADIA		
PILATES REFORMER	7:00-7:15	Foundation		Foundation				
	7:15-8:15	ESSENTIAL ABS + ARM CHRIS	ESSENTIAL FIT + TONE VANESSA	ESSENTIAL BUTT + THIGHS KAT	ESSENTIAL ABS + ARM LILY	ESSENTIAL BUTT + THIGHS JERALD		
YOGA	8:30-9:30	GENTLE FLOW MARVIN 60 min	ABSOLUTE FIT BIG 60 min	HATHA JUSTIN 60 min	HOT (A) TING 60 min	ABSOLUTE FIT MARVIN 60 min	HOT (AB) BENZ 60 min	GENTLE FLOW OAT 60 min
PILATES REFORMER	8:30-9:00	Foundation				Foundation	Foundation	Foundation
	9:00-10:00	ESSENTIAL FIT + TONE CHRIS		ESSENTIAL ABS + ARM KAT		ESSENTIAL FIT + TONE JERALD	ESSENTIAL BUTT + THIGHS RACHEL	ESSENTIAL ABS + ARM ART
RHYTHM CYCLING	9:00-9:15		Foundation	Foundation	Foundation		Foundation	Foundation
	9:15-10:00		ABSOLUTE BEATS MAE D.	ABSOLUTE ESSENTIALS PLOU	ABSOLUTE BEATS TAE		ABSOLUTE BEATS JUSTIN	ABSOLUTE BEATS DINI
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 VANESSA	CIRCUIT BUTT + THIGHS KAT	ESSENTIAL FIT + TONE LILY	ESSENTIAL ABS + ARM JERALD	ESSENTIAL FIT + TONE RACHEL	ESSENTIAL BUTT + THIGHS ART
YOGA	10:00-11:30	Vinyasa MARVIN 90 min	HATHA BIG 90 min	YOGA PILATES JUSTIN 90 min	Vinyasa TING 90 min	HOT (A) MARVIN 90 min	BACKBEND* BENZ 90 min	HOT (A) OAT 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 PEWEE	ESSENTIAL ABS + ARM RACHEL	ESSENTIAL FIT + TONE ART
RHYTHM CYCLING	12:15-13:00	LUNCH BEATS ARIS		LUNCH BEATS AOM		LUNCH BEATS SADIA		
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) BENZ 90 min	HATHA OAT 90 min
RHYTHM CYCLING	14:00-14:15						Foundation	Foundation
	14:15-15:00						ABSOLUTE BEATS JUSTIN	ABSOLUTE BEATS DINI
PILATES REFORMER	15:00-15:30						Foundation	
	15:30-16:30		CIRCUIT BUTT + THIGHS RACHEL		ESSENTIAL ABS + ARM CHER		ESSENTIAL BUTT + THIGHS RACHEL	CIRCUIT ABS + ARM ART
RHYTHM CYCLING	17:15-17:30	Foundation		Foundation		Foundation		
	17:30-18:15	ABSOLUTE ESSENTIALS TAE		ABSOLUTE BEATS KATIE		ABSOLUTE BEATS D.GIFT		
YOGA	17:30-18:30	ABSOLUTE FIT OAT 60 min	HATHA BIG 60 min	HOT (AB) LUKE 60 min	HOT (A) CANDY 60 min	Vinyasa MARVIN 60 min	ABSOLUTE FIT BENZ (16:30-17:30)	HOT (A) OAT (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 CHER	ESSENTIAL ABS + ARM PEWEE		
RHYTHM CYCLING	18:30-18:45	Foundation	Foundation	Foundation	Foundation	Foundation		
	18:45-19:30	ABSOLUTE BEATS TAE	ABSOLUTE BEATS BOAT	ABSOLUTE BEATS DREAM	ABSOLUTE BEATS JUSTIN	ABSOLUTE BEATS D.GIFT		
YOGA	18:45-20:00	HATHA OAT 75 min	HOT (A) BIG 75 min	HATHA LUKE 75 min	HOT (AB) CANDY 75 min	HOT (A) MARVIN 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 CHER	ESSENTIAL FIT + TONE PEWEE		
RHYTHM CYCLING	19:45-20:30	ABSOLUTE BEATS MAE D.	ABSOLUTE BEATS BOAT	ABSOLUTE BEATS DREAM	ABSOLUTE BEATS JUSTIN			
YOGA	20:15-21:15	HOT (AB) OAT 60 min	Vinyasa BIG 60 min	HOT (A) LUKE 60 min	HATHA / VINYASA CANDY 60 min			
PILATES REFORMER	20:15-21:15	ESSENTIAL BUTT + THIGHS RJ	ESSENTIAL ABS + ARM RACHEL	ESSENTIAL BUTT + THIGHS MICHAEL	ESSENTIAL FIT + TONE CHER	ESSENTIAL ABS + ARM PEWEE		

BEE HIVE STUDIO								
DATE		11-February	12-February	13-February	14-February	15-February	16-February	17-February
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 LILY	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 CANDY (9:00-10:00)	HATHA CAKE 90 min	HOT (A) BEBE 90 min	HATHA KWANG 90 min	YIN YANG AIR 90 min	HOT (AB) FU 90 min	HOT (A) FAI 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 LILY	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 LILY	CIRCUIT BUTT + THIGHS GUBGIB	ESSENTIAL FIT + TONE AU
YOGA	11:00-12:30	HATHA CANDY 90 min		Vinyasa BEBE 90 min		INVERSION* AIR 90 min	HATHA FU 90 min	YIN YANG FAI 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) CANDY 90 min	HOT (A) CAKE 90 min	HATHA BEBE 90 min	HOT (AB) KWANG 90 min	HOT (A) AIR 90 min	*TWISTING* FU 90 min	HATHA FAI 90 min
YOGA	16:30-17:45	Vinyasa LEK 75 min		BACKBEND* EVE 75 min		HOT (AB) AIR 75 min	GENTLE FLOW FU (16:30-17:30)	HOT (A) FAI (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 LILY		
YOGA	18:00-19:30	HOT (AB) LEK 90 min	HATHA CAKE 90 min	HOT (A) EVE 90 min	HATHA KWANG 90 min	YOGA PILATES AIR 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 LILY		
YOGA	19:45-21:00	HATHA LEK 75 min	FORWARD BEND* CAKE 75 min	ABSOLUTE FIT EVE (19:45-20:45)		Vinyasa KWANG 75 min		

## ABSOLUTE YOU CLASS SCHEDULE

THE CIRCLE STUDIO								
DATE		11-February	12-February	13-February	14-February	15-February	16-February	17-February
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 FAI		ABSOLUTE BEATS D.GIFT		ABSOLUTE BEATS PLOY		
PILATES REFORMER	8:30-9:00	Foundation		Foundation		Foundation		Foundation
	9:00-10:00	ESSENTIAL ABS + ARM KUNGKING	ESSENTIAL BUTT + THIGHS KAN P	ESSENTIAL FIT + TONE ARM	ESSENTIAL ABS + ARM ART	ESSENTIAL BUTT + THIGHS BENZ	ESSENTIAL FIT + TONE CHER	ESSENTIAL ABS + ARM ANT P
RHYTHM CYCLING	10:00-10:15	Foundation		Foundation		Foundation		Foundation
	10:15-11:00		ABSOLUTE BEATS AOM		ABSOLUTE ESSENTIALS KENG (T)		ABSOLUTE BEATS D.GIFT	ABSOLUTE BEATS PAT
YOGA	9:00-10:30	HOT (A) CAKE 90 min	Vinysa MON 90 min	AB FIT GROUND FU (9:00-10:00)	HATHA BIG 90 min	HOT (A) TING 90 min	HOT (AB) KWANG 90 min	HATHA LEK 90 min
PILATES REFORMER	10:00-10:30	Foundation		Foundation		Foundation		Foundation
	10:30-11:30	ESSENTIAL FIT + TONE KUNGKING	ESSENTIAL ABS + ARM KAN P	ESSENTIAL BUTT + THIGHS ARM	ESSENTIAL FIT + TONE ART	ESSENTIAL ABS + ARM BENZ	ESSENTIAL BUTT + THIGHS CHER	ESSENTIAL FIT + TONE ANT P
YOGA	11:00-12:30		HOT (A) MON 90 min		HOT (AB) BIG 90 min		AB FIT GROUND KWANG (11:00-12:00)	HOT (A) LEK 90 min
YOGA	14:00-15:30	ABSOLUTE FIT FAI (14:00-15:00)	HATHA MON 90 min	HOT (AB) FU 90 min	ABSOLUTE FIT BIG (14:00-15:00)	HOT (A) TING 90 min	HATHA KWANG 90 min	YIN YANG LEK 90 min
RHYTHM CYCLING	14:00-14:15	Foundation		Foundation		Foundation		Foundation
	14:15-15:00						ABSOLUTE ESSENTIALS D.GIFT	ABSOLUTE BEATS PAT
PILATES REFORMER	14:00-14:30	Foundation		Foundation		Foundation		Foundation
	14:30-15:30	ESSENTIAL BUTT + THIGHS KUNGKING	ESSENTIAL ABS + ARM KAN P	ESSENTIAL FIT + TONE ARM	ESSENTIAL BUTT + THIGHS ART		ESSENTIAL ABS + ARM CHER	ESSENTIAL BUTT + THIGHS ANT P
PILATES REFORMER	16:00-17:00						ESSENTIAL BUTT + THIGHS CHER	ESSENTIAL ABS + ARMS ANT P
YOGA	16:30-18:00						YOGA PILATES KWANG 90 min	HOT (AB) LEK 90 min
PILATES REFORMER	17:00-18:00	ESSENTIAL ABS + ARM KUNGKING		ESSENTIAL BUTT + THIGHS ARM		ESSENTIAL FIT + TONE BENZ		
YOGA	17:45-19:00	YOGA PILATES CAKE 75 min	CORE STRENGTH* MON 75 min	Vinysa FU 75 min	HIP OPENER* BIG 75 min	HATHA TING 75 min		
PILATES REFORMER	17:45-18:15	Foundation		Foundation		Foundation		
	18:15-19:15	ESSENTIAL BUTT + THIGHS KUNGKING	ESSENTIAL FIT + TONE KAN P	ESSENTIAL ABS + ARM ARM	ESSENTIAL FIT + TONE ART	ESSENTIAL BUTT + THIGHS BENZ		
RHYTHM CYCLING	18:15-18:30	Foundation		Foundation		Foundation		
YOGA	18:30-19:15	ABSOLUTE BEATS FAI	ABSOLUTE BEATS AOM	ABSOLUTE BEATS D.GIFT	ABSOLUTE BEATS KENG (T)	ABSOLUTE BEATS PLOY		
	19:15-20:30	HOT (AB) CAKE 75 min	HATHA MON 75 min	HOT (A) FU 75 min	Vinysa BIG 75 min	HOT (AB) TING 75 min		
RHYTHM CYCLING	19:30-20:15 <i>(New Class)</i>	ABSOLUTE BEATS AOM		ABSOLUTE BEATS KENG (T)				
PILATES REFORMER	19:15-19:45	Foundation		Foundation		Foundation		
	19:45-20:45	ESSENTIAL ABS + ARM KUNGKING	ESSENTIAL BUTT + THIGHS KAN P	ESSENTIAL BUTT + THIGHS ARM	ESSENTIAL ABS + ARM ART	ESSENTIAL FIT + TONE BENZ		

LADPRAO STUDIO								
DATE		11-February	12-February	13-February	14-February	15-February	16-February	17-February
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PILATES REFORMER	8:30-9:00	Foundation		Foundation		Foundation		Foundation
	9:00-10:00	ESSENTIAL FIT + TONE ARM	CIRCUIT ABS + ARM LILY	ESSENTIAL BUTT + THIGHS JACKIE	CIRCUIT ABS + ARM KAN P	ESSENTIAL FIT + TONE AU	ESSENTIAL BUTT + THIGHS JACKIE	ESSENTIAL ABS + ARM LILY
YOGA	8:45-9:45						ABSOLUTE FIT BEBE 60 min	ABSOLUTE FIT AIR 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) ARTIE 90 min	HOT (AB) KNOT 90 min	HATHA PLE 90 min	HOT (A) MON 90 min	CORE STRENGTH* FU 90 min	HOT (AB) BEBE 90 min	HOT (A) AIR 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) ARTIE 90 min		HOT (A) PLE 90 min		HOT (AB) FU 90 min	HATHA BEBE 90 min	YOGA PILATES AIR 90 min
PILATES REFORMER	17:15-18:15	CIRCUIT BUTT + THIGHS LILY	ESSENTIAL ABS + ARM CHER	CIRCUIT BUTT + THIGHS JACKIE	ESSENTIAL FIT + TONE KAN P	CIRCUIT ABS + ARM VANESSA		
YOGA	17:15-18:15	HATHA ARTIE 60 min	HOT (AB) KNOT 60 min	YOGA PILATES PLE 60 min	HOT (A) MON 60 min	Vinysa FU 60 min	YIN YANG BEBE (16:30-18:00)	HOT (AB) AIR (16:30-18:00)
PILATES REFORMER	18:15-18:30	Foundation		Foundation		Foundation		
	18:30-19:30	ESSENTIAL ABS + ARM ARM	YOGA STRETCHING ON REFORMER CHER	ESSENTIAL FIT + TONE PEWEE	CIRCUIT ABS + ARM KAN P	ESSENTIAL BUTT + THIGHS AU		
YOGA	18:30-20:00	HOT (A) ARTIE 90 min	BALANCING* KNOT 90 min	HOT (AB) PLE 90 min	Vinysa MON 90 min	HOT (A) FU 90 min		
CORE BLAST	18:45-19:00	Foundation		Foundation		Foundation		
PILATES REFORMER	19:00-20:00	CORE SUSPEND CARDIO LILY	CORE BLAST LILY	CORE SUSPEND WHOLE BODY JACKIE	CORE SUSPEND BUTT + THIGHS JUDO	CORE SUSPEND ABS + ARM VANESSA		
	19:30-20:30	ESSENTIAL FIT + TONE ARM	CIRCUIT BUTT + THIGHS CHER	ESSENTIAL ABS + ARM PEWEE	ESSENTIAL BUTT + THIGHS KAN P	ESSENTIAL FIT + TONE AU		
YOGA	20:15-21:15	GENTLE FLOW ARTIE 60 min	HOT (A) KNOT 60 min	GENTLE FLOW PLE 60 min	HOT (AB) MON 60 min			

## ABSOLUTE YOU CLASS SCHEDULE

CRYSTAL PARK STUDIO								
DATE		11-February	12-February	13-February	14-February	15-February	16-February	17-February
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YOGA	7:30-8:30	HATHA KNOT 60 min	HOT (AB) ARTIE 60 min	YOGA PILATES BIG 60 min	ABSOLUTE FIT AIR 60 min	HOT (A) OAT 60 min	ABSOLUTE FIT LEK 60 min	HOT (A) CAKE 60 min
PILATES REFORMER	8:00-8:30	Foundation		Foundation		Foundation		
	8:30-9:30	ESSENTIAL ABS + ARM ART	ESSENTIAL ABS + ARM JEAB	CIRCUIT BUTT + THIGHS VANESSA	CIRCUIT ABS + ARM OHM	ESSENTIAL BUTT + THIGHS JACKIE	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 TAE		ABSOLUTE BEATS BOAT		
YOGA	8:45-9:45	HOT (A) KNOT 60 min	GENTLE FLOW ARTIE 60 min	HOT (AB) BIG 60 min	HOT (A) AIR 60 min	Vinyasa OAT 60 min	HOT (A) LEK 60 min	ABSOLUTE FIT CAKE 60 min
RHYTHM CYCLING	9:30-9:45	Foundation		Foundation		Foundation		
	9:45-10:30		ABSOLUTE BEATS PLOU		ABSOLUTE BEATS D.GIFT		ABSOLUTE BEATS CHERIE	ABSOLUTE BEATS DREAM
PILATES REFORMER	9:45-10:15	Foundation		Foundation		Foundation		
	10:15-11:15	CIRCUIT BUTT + THIGHS ART	ESSENTIAL FIT + TONE JEAB	ESSENTIAL ABS + ARM VANESSA	ESSENTIAL BUTT + THIGHS OHM	ESSENTIAL ABS + ARM JACKIE	CARDIO JUMPBOARD JEAB	ESSENTIAL FIT + TONE OHM
YOGA	10:30-12:00	Vinyasa KNOT 90 min	YOGA PILATES ARTIE 90 min	HATHA BIG 90 min	TWISTING* AIR 90 min	HOT (A) OAT 90 min	HOT (AB) LEK 90 min	HATHA CAKE 90 min
PILATES REFORMER	11:00-11:30	Foundation		Foundation		Foundation		
	11:30-12:30	ESSENTIAL FIT + TONE ART		ESSENTIAL BUTT + THIGHS VANESSA		ESSENTIAL FIT + TONE JACKIE	ESSENTIAL BUTT + THIGHS JEAB	CIRCUIT ABS + ARM OHM
YOGA	14:00-15:30		HOT (AB) LEK 90 min		Vinyasa FU 90 min		Vinyasa LEK 90 min	YIN YANG CAKE 90 min
RHYTHM CYCLING	15:30-15:45	Foundation		Foundation		Foundation		
	15:45-16:30						ABSOLUTE ESSENTIALS CHERIE	ABSOLUTE BEATS DREAM
PILATES REFORMER	15:30-16:00	Foundation		Foundation		Foundation		
	16:00-17:00						CIRCUIT ABS + ARM JEAB	ESSENTIAL BUTT + THIGHS OHM
YOGA	17:30-18:30	HOT (A) KNOT 60 min	Vinyasa LEK 60 min	HOT (AB) BIG 60 min	HATHA FU 60 min	GENTLE FLOW OAT 60 min		
PILATES REFORMER	17:00-17:30	Foundation		Foundation		Foundation		
	17:30-18:30	ESSENTIAL FIT + TONE ART	ESSENTIAL BUTT + THIGHS JEAB	ESSENTIAL FIT + TONE VANESSA	ESSENTIAL ABS + ARM OHM	CIRCUIT BUTT + THIGHS JACKIE		
RHYTHM CYCLING	18:30-18:45	Foundation		Foundation		Foundation		
	18:45-19:30	ABSOLUTE BEATS KENG (T)	ABSOLUTE ESSENTIALS PLOU	ABSOLUTE BEATS TAE	ABSOLUTE BEATS D.GIFT	ABSOLUTE BEATS SAFIYA		
PILATES REFORMER	18:30-19:00	Foundation		Foundation		Foundation		
	19:00-20:00	ESSENTIAL BUTT + THIGHS ART	CIRCUIT ABS + ARM JEAB	ESSENTIAL ABS + ARM VANESSA	ESSENTIAL BUTT + THIGHS OHM	ESSENTIAL FIT + TONE JACKIE		
YOGA	19:00-20:15	HATHA KNOT 75 min	HOT (AB) LEK (19:00-20:00)	Vinyasa BIG 75 min	HOT (A) FU (19:00-20:00)	HOT (A) OAT 75 min		
YOGA	20:10-21:10		HOT (A) LEK 60 min		HATHA FU 60 min			

COMMONS STUDIO								
DATE		11-February	12-February	13-February	14-February	15-February	16-February	17-February
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PILATES REFORMER	8:30-9:00	Foundation		Foundation		Foundation		
	9:00-10:00	ESSENTIAL FIT + TONE RACHEL	ESSENTIAL ABS + ARM RJ	ESSENTIAL FIT + TONE CHER	ESSENTIAL ABS + ARM TERESA	ESSENTIAL BUTT + THIGHS KUNGKING		
RHYTHM CYCLING	9:00-9:15	Foundation		Foundation		Foundation		
	9:15-10:00	ABSOLUTE BEATS CHRISNA	ABSOLUTE BEATS MEK	ABSOLUTE BEATS DAN	ABSOLUTE BEATS MEK	ABSOLUTE 60 GIFT	ABSOLUTE BEATS GIFT	ABSOLUTE BEATS CHRISNA
PILATES REFORMER	9:45-10:15	Foundation		Foundation		Foundation		
	10:15-11:15	ESSENTIAL BUTT + THIGHS RACHEL	ESSENTIAL FIT + TONE RJ	ESSENTIAL ABS + ARM CHER	ESSENTIAL FIT + TONE TERESA	ESSENTIAL ABS + ARM KUNGKING	ESSENTIAL FIT + TONE PEWEE	CIRCUIT ABS + ARM JEAB
RHYTHM CYCLING	10:15-10:30	Foundation		Foundation		Foundation		
	10:30-11:15	ABSOLUTE BEATS CHRISNA	ABSOLUTE BEATS MEK	ABSOLUTE BEATS FLYNN	ABSOLUTE BEATS MEK	ABSOLUTE BEATS FLYNN	ABSOLUTE BURN GIFT	ABSOLUTE BEATS MEK
RHYTHM CYCLING	15:00-15:15	Foundation		Foundation		Foundation		
	15:15-16:00						ABSOLUTE BEATS JAMIE	
PILATES REFORMER	15:00-16:00						CIRCUIT BUTT + THIGHS PEWEE	ESSENTIAL FIT + TONE JEAB
RHYTHM CYCLING	16:30-16:45	Foundation		Foundation		Foundation		
	16:45-17:30						ABSOLUTE BEATS JAMIE	(16:30-17:30) MEK
RHYTHM CYCLING	17:15-17:30	Foundation		Foundation		Foundation		
	17:30-18:15	ABSOLUTE BEATS ARIS		ABSOLUTE BEATS FLYNN				
RHYTHM CYCLING	18:15-18:30	Foundation		Foundation		Foundation		
	18:30-19:15	ABSOLUTE BURN DAN	ABSOLUTE BEATS CHRISNA	ABSOLUTE 60 MEK	ABSOLUTE BEATS JAMIE	ABSOLUTE BEATS GIFT		
PILATES REFORMER	18:00-18:30	Foundation		Foundation		Foundation		
	18:30-19:30	ESSENTIAL ABS + ARM RACHEL	ESSENTIAL BUTT + THIGHS RJ	ESSENTIAL FIT + TONE CHER	ESSENTIAL ABS + ARM TERESA	ESSENTIAL FIT + TONE KUNGKING		
RHYTHM CYCLING	19:30-19:45	Foundation		Foundation		Foundation		
	19:45-20:30	ABSOLUTE BEATS GIFT	ABSOLUTE BEATS CHRISNA	ABSOLUTE BEATS MEK	ABSOLUTE BEATS JAMIE			

## ABSOLUTE YOU CLASS SCHEDULE

JAS URBAN STUDIO								
DATE		11-February	12-February	13-February	14-February	15-February	16-February	17-February
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 KAN P	ESSENTIAL BUTT + THIGHS ART	ESSENTIAL FIT + TONE KUNGKING	ESSENTIAL ABS + ARM GUBGIB	ESSENTIAL BUTT + THIGHS ARM	ESSENTIAL FIT + TONE AU	ESSENTIAL ABS + ARM KAN P
YOGA	8:30-9:30	GENTLE FLOW PLE 60 min		HATHA ARTIE 60 min		HOT (A) CAKE 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 PAT	ABSOLUTE BEATS PLA (T)	ABSOLUTE BEATS AE (T)	ABSOLUTE BEATS BOAT	ABSOLUTE BEATS SADIA
PILATES REFORMER	9:30-10:00			Foundation				
	10:00-11:00	ESSENTIAL FIT + TONE KAN P	ESSENTIAL ABS + ARM ART	ESSENTIAL BUTT + THIGHS KUNGKING	ESSENTIAL FIT + TONE GUBGIB	ESSENTIAL ABS + ARM ARM	ESSENTIAL ABS + ARM AU	ESSENTIAL BUTT + THIGHS KAN P
YOGA	10:00-11:30	HOT (A) PLE (10:00-11:00)	HATHA BEBE 90 min	HOT (A) ARTIE 90 min	Vinyasa EVE 90 min	HATHA CAKE (10:00-11:00)	HOT (A) FAR 90 min	HATHA BEBE 90 min
RHYTHM CYCLING	10:00-10:15						Foundation	Foundation
	10:15-11:00						ABSOLUTE BEATS BOAT	ABSOLUTE ESSENTIALS SADIA
YOGA	14:30-16:00	HOT (AB) PLE 90 min			GENTLE FLOW EVE 14:30-15:30		HATHA FAR 90 min	HOT (A) BEBE 90 min
PILATES REFORMER	14:30-15:00						Foundation	Foundation
	15:00-16:00						ESSENTIAL BUTT + THIGHS AU	ESSENTIAL FIT + TONE KAN P
PILATES REFORMER	17:45-18:15	Foundation	Foundation	Foundation	Foundation	Foundation		
	18:15-19:15	ESSENTIAL BUTT + THIGHS KAN P	ESSENTIAL FIT + TONE ART	ESSENTIAL ABS + ARM KUNGKING	ESSENTIAL BUTT + THIGHS GUBGIB	ESSENTIAL ABS + ARM ARM		
YOGA	18:00-19:30	Vinyasa PLE 90 min	HOT (A) BEBE 90 min	HOT (AB) ARTIE 90 min	HATHA EVE 90 min	HOT (AB) CAKE 90 min		
RHYTHM CYCLING	18:30-18:45	Foundation	Foundation	Foundation	Foundation	Foundation		
	18:45-19:30	ABSOLUTE BEATS FERN	ABSOLUTE BEATS KENG (T)	ABSOLUTE BEATS PAT	ABSOLUTE BEATS FAI	ABSOLUTE BEATS AE (T)		
PILATES REFORMER	19:15-19:45	Foundation		Foundation				
	19:45-20:45	ESSENTIAL FIT + TONE KAN P	ESSENTIAL BUTT + THIGHS ART	ESSENTIAL BUTT + THIGHS KUNGKING	ESSENTIAL ABS + ARM GUBGIB			
RHYTHM CYCLING	19:45-20:30		ABSOLUTE BEATS KENG (T)		ABSOLUTE BEATS FAI			
YOGA	19:45-20:45		GENTLE FLOW BEBE 60 min		HOT (A) EVE 60 min			

G TOWER STUDIO								
DATE		11-February	12-February	13-February	14-February	15-February	16-February	17-February
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PILATES REFORMER	7:00-7:15	Foundation				Foundation		
	7:15-8:15	ESSENTIAL BUTT + THIGHS JEAB			ESSENTIAL ABS + ARM ART	ESSENTIAL FIT + TONE TERESA		
RHYTHM CYCLING	7:00-7:15	Foundation	Foundation	Foundation	Foundation	Foundation		
	7:15-8:15	ABSOLUTE BEATS DINI	ABSOLUTE BEATS PLA (T)	ABSOLUTE BEATS SADIA	ABSOLUTE BEATS BOAT	ABSOLUTE BEATS PLA (T)		
PILATES REFORMER	8:30-9:00		Foundation		Foundation			
	9:00-10:00		ESSENTIAL ABS + ARM KUNGKING		ESSENTIAL BUTT + THIGHS BENZ			
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 CHRIS	ESSENTIAL ABS + ARM KUNGKING
PILATES REFORMER	11:45-12:00	Foundation	Foundation	Foundation	Foundation	Foundation		
	12:00-13:00	ESSENTIAL ABS + ARM JEAB	ESSENTIAL BUTT + THIGHS KUNGKING	ESSENTIAL BUTT + THIGHS ART	ESSENTIAL FIT + TONE BENZ	ESSENTIAL FIT + TONE TERESA		
RHYTHM CYCLING	12:00-12:15	Foundation			Foundation			
	12:15-13:00		LUNCH BEATS SADIA		LUNCH BEATS PLA (T)			
RHYTHM CYCLING	14:00-14:15						Foundation	Foundation
	14:15-15:00						ABSOLUTE ESSENTIALS MEW	ABSOLUTE BEATS MAE D.
PILATES REFORMER	14:30-15:00						Foundation	Foundation
	15:00-16:00						ESSENTIAL ABS + ARM CHRIS	ESSENTIAL FIT + TONE KUNGKING
PILATES REFORMER	17:45-18:15	Foundation	Foundation	Foundation	Foundation	Foundation		
	18:15-19:15	ESSENTIAL BUTT + THIGHS JEAB	ESSENTIAL ABS + ARM KUNGKING	ESSENTIAL FIT + TONE ART	ESSENTIAL ABS + ARM BENZ	ESSENTIAL BUTT + THIGHS TERESA		
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 KUNGKING	ESSENTIAL FIT + TONE ART	ESSENTIAL ABS + ARM BENZ			
RHYTHM CYCLING	19:30-19:45	Foundation	Foundation	Foundation	Foundation			
	19:45-20:30	ABSOLUTE BEATS PLA (T)	ABSOLUTE BEATS SADIA	ABSOLUTE BEATS CHERIE	ABSOLUTE BEATS SAFIYA			

## ABSOLUTE YOU CLASS SCHEDULE

ON-NUT STUDIO								
DATE		11-February	12-February	13-February	14-February	15-February	16-February	17-February
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PILATES REFORMER	7:30-8:30		ESSENTIAL BUTT + THIGHS ARM		ESSENTIAL ABS + ARM RACHEL			
YOGA	8:30-9:30	HATHA MON 60 min		GENTLE FLOW MARVIN 60 min		HOT (A) EVE 60 min	ABSOLUTE FIT FAI 60 min	GENTLE FLOW CANDY 60 min
PILATES REFORMER	8:30-9:00	Foundation	Foundation	Foundation	Foundation	Foundation	Foundation	Foundation
	9:00-10:00	ESSENTIAL FIT + TONE TERESA	ESSENTIAL ABS + ARM ARM	ESSENTIAL BUTT + THIGHS CHRIS	ESSENTIAL FIT + TONE RACHEL	ESSENTIAL ABS + ARM PLE	ESSENTIAL BUTT + THIGHS KUNGKING	ESSENTIAL FIT + TONE TERESA
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 PLOU	ABSOLUTE BEATS FERN	ABSOLUTE BEATS ARIS	ABSOLUTE BEATS AE (T)
YOGA	10:00-11:15	HOT (A) MON 75 min	HATHA KWANG 75 min	HOT (AB) MARVIN 75 min	HATHA CAKE 75 min	Vinyasa EVE 75 min	HOT (A) FAI 75 min	HATHA CANDY 75 min
PILATES REFORMER	10:00-10:30						Foundation	Foundation
	10:30-11:30						ESSENTIAL ABS + ARM KUNGKING	ESSENTIAL BUTT + THIGHS TERESA
PILATES REFORMER	13:30-14:00	Foundation		Foundation		Foundation	Foundation	Foundation
	14:00-15:00	ESSENTIAL ABS + ARM TERESA		ESSENTIAL FIT + TONE CHRIS		ESSENTIAL BUTT + THIGHS PLE	ESSENTIAL FIT + TONE KUNGKING	ESSENTIAL ABS + ARM TERESA
YOGA	14:00-15:00		HOT (A) KWANG 60 min		GENTLE FLOW CAKE 60 min		HOT (AB) FAI (14:00-15:30)	HOT (A) CANDY (14:00-15:30)
RHYTHM CYCLING	14:45-15:00						Foundation	Foundation
	15:00-15:45						ABSOLUTE BEATS ARIS	ABSOLUTE ESSENTIALS AE (T)
PILATES REFORMER	17:45-18:15	Foundation	Foundation	Foundation	Foundation	Foundation		
	18:15-19:15	ESSENTIAL FIT + TONE TERESA	ESSENTIAL BUTT + THIGHS ARM	ESSENTIAL ABS + ARM CHRIS	ESSENTIAL BUTT + THIGHS RACHEL	ESSENTIAL FIT + TONE PLE		
YOGA	18:00-19:30	HOT (A) MON 90 min	HATHA KWANG 90 min	HOT (A) MARVIN 90 min	Vinyasa CAKE 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 PLOU	ABSOLUTE BEATS FERN		
PILATES REFORMER	19:15-19:30	Foundation	Foundation	Foundation	Foundation			
	19:30-20:30	ESSENTIAL ABS + ARM TERESA	ESSENTIAL FIT + TONE ARM	ESSENTIAL BUTT + THIGHS CHRIS	ESSENTIAL ABS + ARM RACHEL			
RHYTHM CYCLING	19:30-19:45	Foundation	Foundation	Foundation	Foundation			
	19:45-20:30 (Class Added)	ABSOLUTE BEATS BOAT	ABSOLUTE BEATS KATIE	ABSOLUTE ESSENTIALS KENG (T)	ABSOLUTE BEATS PLOU			
YOGA	19:45-20:45	GENTLE FLOW MON 60 min	HOT (A) KWANG 60 min	HATHA MARVIN 60 min	HOT (AB) CAKE 60 min			

NANG-LIN-CHEE STUDIO								
DATE		11-February	12-February	13-February	14-February	15-February	16-February	17-February
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YOGA	7:30-8:15		HF on the Go OAT 45 min		HF on the Go MARVIN 45 min			
PILATES REFORMER	7:30-8:30	ESSENTIAL BUTT + THIGHS AU	ESSENTIAL ABS + ARM JULIE	ESSENTIAL FIT + TONE TERESA	ESSENTIAL BUTT + THIGHS CHRIS	ESSENTIAL FIT + TONE GUBGIB		
YOGA	8:30-9:30						ABSOLUTE FIT CAKE 60 min	GENTLE FLOW EVE 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 JULIE	ESSENTIAL BUTT + THIGHS TERESA	ESSENTIAL FIT + TONE CHRIS	ESSENTIAL ABS + ARM GUBGIB	ESSENTIAL BUTT + THIGHS OHM	ESSENTIAL FIT + TONE VANESSA
RHYTHM CYCLING	9:00-9:15	Foundation	Foundation	Foundation	Foundation	Foundation	Foundation	Foundation
	9:15-10:00	ABSOLUTE BEATS FERN	ABSOLUTE BEATS JUSTIN	ABSOLUTE ESSENTIALS FERN	ABSOLUTE BEATS MAE D.	ABSOLUTE BEATS DREAM	ABSOLUTE BEATS AOM	ABSOLUTE BEATS JUNE
YOGA	10:00-11:15	HOT (A) EVE 75 min	HATHA OAT 75 min	HOT (AB) MON 75 min	HATHA MARVIN 75 min	Vinyasa LUKE 75 min	HOT (A) CAKE 75 min	HATHA EVE 75 min
PILATES REFORMER	10:00-10:30						Foundation	Foundation
	10:30-11:30						ESSENTIAL ABS + ARM OHM	ESSENTIAL BUTT + THIGHS VANESSA
YOGA	12:15-13:00		HF on the Go OAT 45 min		HF on the Go MARVIN 45 min			
PILATES REFORMER	13:30-14:00						Foundation	Foundation
	14:00-15:00 (Class Added)	ESSENTIAL BUTT + THIGHS AU		ESSENTIAL ABS + ARM TERESA			ESSENTIAL FIT + TONE OHM	ESSENTIAL ABS + ARM VANESSA
YOGA	14:00-15:30						HOT (AB) CAKE 90 min	HOT (A) EVE 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 AU	ESSENTIAL BUTT + THIGHS JULIE	ESSENTIAL ABS + ARM TERESA	ESSENTIAL BUTT + THIGHS CHRIS	ESSENTIAL FIT + TONE GUBGIB		
YOGA	18:00-19:30	HOT (AB) EVE 90 min	HATHA OAT 90 min	HOT (A) MON 90 min	Vinyasa MARVIN 90 min	HOT (AB) LUKE 90 min		
RHYTHM CYCLING	18:15-18:30	Foundation	Foundation	Foundation	Foundation	Foundation		
	18:30-19:15	ABSOLUTE BEATS PLOU	ABSOLUTE BEATS FLYNN	ABSOLUTE BEATS JUSTIN	ABSOLUTE BEATS TAE	ABSOLUTE BEATS DREAM		
PILATES REFORMER	19:15-19:30	Foundation	Foundation	Foundation	Foundation			
	19:30-20:30	ESSENTIAL ABS + ARM AU	ESSENTIAL FIT + TONE JULIE	ESSENTIAL BUTT + THIGHS TERESA	ESSENTIAL ABS + ARM CHRIS			
RHYTHM CYCLING	19:30-20:15 (Class Added)	ABSOLUTE BEATS PLOU	ABSOLUTE BEATS DINI	ABSOLUTE BEATS SAFIYA	ABSOLUTE BEATS AE (T)			
YOGA	19:45-20:45	GENTLE FLOW EVE 60 min		HATHA MON 60 min				

## ABSOLUTE YOU CLASS SCHEDULE

ARI STUDIO								
DATE		11-February	12-February	13-February	14-February	15-February	16-February	17-February
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 CANDY 45 min		HF on the Go KWANG 45 min		
PILATES REFORMER	7:30-8:30 <i>(Class Added)</i>	ESSENTIAL BUTT + THIGHS JULIE		ESSENTIAL FIT + TONE GUBGIB		ESSENTIAL ABS + ARM CHER		
YOGA	8:30-9:30						ABSOLUTE FIT AIR 60 min	GENTLE FLOW FAR 60 min
PILATES REFORMER	8:30-9:00	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>
	9:00-10:00	ESSENTIAL FIT + TONE JULIE	ESSENTIAL ABS + ARM PLE	ESSENTIAL BUTT + THIGHS GUBGIB	ESSENTIAL FIT + TONE ARM	ESSENTIAL ABS + ARM CHER	ESSENTIAL BUTT + THIGHS TERESA	ESSENTIAL FIT + TONE BENZ
YOGA	10:00-11:15	HOT (A) AIR 75 min	HATHA EVE 75 min	HOT (AB) CANDY 75 min	HOT (A) BEBE 75 min	Vinyasa KWANG 75 min	HOT (A) AIR 75 min	HATHA FAR 75 min
PILATES REFORMER	10:00-10:30 <i>(Class Added)</i>		ESSENTIAL FIT + TONE PLE		ESSENTIAL ABS + ARM ARM		<i>Foundation</i> ESSENTIAL ABS + ARM TERESA	<i>Foundation</i> ESSENTIAL BUTT + THIGHS BENZ
YOGA	12:15-13:00		HF on the Go EVE 45 min		HF on the Go BEBE 45 min			
PILATES REFORMER	13:30-14:00 14:00-15:00						<i>Foundation</i> ESSENTIAL FIT + TONE TERESA	<i>Foundation</i> ESSENTIAL ABS + ARM BENZ
YOGA	14:00-15:30						HOT (AB) AIR 90 min	HOT (A) FAR 90 min
PILATES REFORMER	17:15-17:30 17:30-18:30 <i>(Time Change)</i>	<i>Foundation</i> ESSENTIAL FIT + TONE JULIE	ESSENTIAL BUTT + THIGHS PLE	<i>Foundation</i> ESSENTIAL ABS + ARM GUBGIB	ESSENTIAL BUTT + THIGHS ARM	<i>Foundation</i> ESSENTIAL FIT + TONE CHER		
YOGA	18:00-19:30	HOT (AB) AIR 90 min	HOT (A) EVE 90 min	HOT (A) CANDY 90 min	Vinyasa BEBE 90 min	HOT (AB) KWANG 90 min		
PILATES REFORMER	18:45-19:00 19:00-20:00 <i>(Class Added)</i>	ESSENTIAL BUTT + THIGHS JULIE	<i>Foundation</i> ESSENTIAL ABS + ARM PLE	ESSENTIAL FIT + TONE GUBGIB	<i>Foundation</i> ESSENTIAL FIT + TONE ARM			
PILATES REFORMER	20:15-21:15 <i>(Time Change)</i>	ESSENTIAL ABS + ARM JULIE	ESSENTIAL FIT + TONE PLE	ESSENTIAL BUTT + THIGHS GUBGIB	ESSENTIAL ABS + ARM ARM			
YOGA	19:45-20:45	Vinyasa AIR 60 min		GENTLE FLOW CANDY 60 min				