

## ABSOLUTE YOU CLASS SCHEDULE

AMARIN PLAZA STUDIO								
DATE		11-March	12-March	13-March	14-March	15-March	16-March	17-March
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 OAT 45 min	HF on the Go TING 45 min	HF on the Go HARRISON 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 AU	CIRCUIT BUTT + THIGHS RJ		
PILATES REFORMER	7:30-8:30 ROOM 2	ESSENTIAL FIT + TONE ANT P	ESSENTIAL BUTT + THIGHS JACKIE	ESSENTIAL ABS + ARM KUNGKING	ESSENTIAL FIT + TONE JACKIE	ESSENTIAL ABS + ARM PEWEE		
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 TING 90 min		BACK THERAPY* BEBE 90 min		HIP OPENER* CAKE (7:30-8:30)
CORE BLAST	8:30-9:30	CORE SUSPEND BUTT + THIGHS ANT P		CORE BALST SCULPT JUDO		CORE SUSPEND ABS + ARM RJ		
PILATES REFORMER	8:30-9:30	ESSENTIAL BUTT + THIGHS MAE		ESSENTIAL FIT + TONE KUNGKING		YOGA STRETCHING ON REFORMER PEWEE		
PILATES REFORMER	8:30-9:00		Foundation		Foundation		(9:15-10:15)	(9:15-10:15)
	9:00-10:00		ESSENTIAL ABS + ARMS KAT		ESSENTIAL BUTT + THIGHS AU		ESSENTIAL BUTT + THIGHS JULIE	CIRCUIT ABS + ARMS KAT
YOGA	8:45-9:45						ABSOLUTE FIT PAUL 60 min	HATHA CAKE 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
	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 KUNGKING		ESSENTIAL FIT + TONE RJ		
YOGA	10:00-11:30	HOT (A) PAUL 90 min	HATHA OAT 90 min	HOT (AB) TING 90 min	HOT (A) HARRISON 90 min	HOT (AB) BEBE 90 min	HOT (A) FAI 90 min	HOT (A) CANDY 90 min
PILATES REFORMER	10:30-11:30						ESSENTIAL ABS + ARM JULIE	ESSENTIAL FIT + TONE KAT
YOGA	11:00-12:30 CB studio						BALANCING* PAUL 90 min	YOGA PILATES CAKE 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 OAT 45 min	HF on the Go BENZ 45 min	HF on the Go HARRISON 45 min	HF on the Go HARRISON 45 min		
PILATES REFORMER	12:15-13:15		ESSENTIAL FIT + TONE KAT		ESSENTIAL BUTT + THIGHS AU			
CORE BLAST	13:45-14:00						Foundation	Foundation
	14:00-15:00						CORE SUSPEND BUTT + THIGHS JERALD	CORE SUSPEND ABS + ARMS PEWEE
PILATES REFORMER	14:00-14:30			Foundation				
	14:30-15:30	ESSENTIAL ABS + ARMS MAE		ESSENTIAL FIT + TONE KUNGKING		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 OAT 90 min	HOT (AB) BENZ 90 min	ABSOLUTE FIT MON (14:30-15:30)	HOT (A) HARRISON 90 min	HOT (AB) FAI 90 min	HOT (A) CANDY 90 min
YOGA	15:15-16:45 CB studio						YIN YANG PAUL 90 min	Vinyasa CAKE 90 min
PILATES REFORMER	14:30-15:00						Foundation	Foundation
	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 PAUL 60 min	HIP OPENER* MON 60 min	ABSOLUTE FIT BEBE 60 min	HOT (A) FAI 60 min	ABSOLUTE FIT CANDY 60 min
PILATES REFORMER	16:45-17:45	CIRCUIT ABS + ARMS PEWEE	ESSENTIAL FIT + TONE JERALD	ESSENTIAL BUTT + THIGHS MAE	ESSENTIAL ABS + ARM JEAB	ESSENTIAL FIT + TONE MICHAEL		
CORE BLAST	17:45-18:00		Foundation	Foundation	Foundation			
	18:00-19:00	CORE SUSPEND BUTT + THIGHS ANT P	CORE SUSPEND ABS + ARM JACKIE	CORE SUSPEND WHOLE BODY JUDO	CORE SUSPEND BUTT + THIGHS JACKIE	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) BENZ 90 min	ABSOLUTE FIT MON (18:00-19:00)	HOT (AB) HARRISON 90 min		
PILATES REFORMER	17:45-18:15	Foundation		Foundation				
	18:15-19:15 ROOM 2 (Class Added)	ESSENTIAL ABS + ARM PEWEE	ESSENTIAL FIT + TONE LILY	ESSENTIAL BUTT + THIGHS JULIE	ESSENTIAL ABS + ARM CHER	ESSENTIAL FIT + TONE PEWEE		
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	FORWARD BEND* PAUL 90 min	Vinyasa MON 90 min	HATHA BEBE 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 (Class Added)	ESSENTIAL FIT + TONE PEWEE	ESSENTIAL BUTT + THIGHS LILY	ESSENTIAL ABS + ARM JULIE	ESSENTIAL FIT + TONE CHER	ESSENTIAL BUTT + THIGHS PEWEE		
YOGA	19:45-20:45	HOT (A) PAUL 60 min		HOT (AB) BENZ 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		11-March	12-March	13-March	14-March	15-March	16-March	17-March
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
RHYTHM CYCLING	7:15-8:00	ABSOLUTE BEATS DINI	ABSOLUTE BEATS MEW	ABSOLUTE BEATS GIFT	ABSOLUTE BEATS ARIS	ABSOLUTE BEATS JAMIE		
RHYTHM CYCLING	8:30-8:45	Foundation		Foundation		Foundation		
	8:45-9:30	ABSOLUTE BEATS MAE D.		ABSOLUTE BEATS ARIS		ABSOLUTE BEATS FLYNN		
RHYTHM CYCLING	9:00-9:15							Foundation
	9:15-10:00						ABSOLUTE BEATS MARIA	ABSOLUTE BEATS JAMIE
RHYTHM CYCLING	10:15-10:30						Foundation	
	10:30-11:15						ABSOLUTE BEATS DAN	ABSOLUTE BURN JAMIE
RHYTHM CYCLING	12:15-13:00	LUNCH BEATS JUSTIN	LUNCH BEATS D.GIFT	LUNCH BEATS GIFT	LUNCH BEATS DAN	LUNCH BEATS JAMIE		
RHYTHM CYCLING	14:45-15:00							Foundation
	15:00-15:45						ABSOLUTE BEATS MARIA	ABSOLUTE BEATS JUSTIN
RHYTHM CYCLING	16:00-16:15						Foundation	
	16:15-17:00						ABSOLUTE ESSENTIALS FLYNN	ABSOLUTE BEATS JUSTIN
RHYTHM CYCLING	17:15-17:30	Foundation		Foundation		Foundation		
	17:30-18:15	ABSOLUTE BEATS FLYNN	ABSOLUTE BEATS D.GIFT	ABSOLUTE BEATS ARIS	ABSOLUTE BEATS DINI	ABSOLUTE BEATS MEK		
RHYTHM CYCLING	18:30-19:15	ABSOLUTE BEATS JUSTIN	ABSOLUTE BURN DAN	ABSOLUTE BURN JAMIE	ABSOLUTE BEATS BOAT	(18:30-19:30)		
						ABSOLUTE 60 MEK		
RHYTHM CYCLING	19:30-19:45	Foundation		(19:45-20:30)		Foundation		
	19:45-20:30	ABSOLUTE BEATS FLYNN	ABSOLUTE BEATS PEARL	ABSOLUTE BEATS JAMIE	ABSOLUTE BEATS BOAT	ABSOLUTE BEATS MEW		

SILOM STUDIO								
DATE		11-March	12-March	13-March	14-March	15-March	16-March	17-March
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YOGA	7:00-7:45	HF on the Go CANDY 45 min	HF on the Go TING 45 min	HF on the Go PLE 45 min	HF on the Go AIR 45 min	HF on the Go OAT 45 min		
CORE BLAST	7:00-8:00	CORE SUSPEND BUTT + THIGHS JUDO		CORE SUSPEND ABS + ARM FAI		CORE BLAST CARDIO JUDO		
PILATES REFORMER	7:00-8:00	ESSENTIAL FIT + TONE KAT		CIRCUIT ABS + ARM PEVEE		ESSENTIAL BUTT + THIGHS MAE		
CORE BLAST	8:00-8:15	Foundation		Foundation		Foundation		
	8:15-9:15	CORE SUSPEND ABS + ARM JUDO		CORE BLAST CARDIO FAI		CORE SUSPEND BUTT + THIGHS JUDO	CORE SUSPEND ABS + ARM VANESSA	CORE SUSPEND BUTT + THIGHS LILY
YOGA	8:15-9:15		GENTLE FLOW TING 60 min		HOT (AB) AIR 60 min			
YOGA	8:30-9:30						HATHA BEBE 60 min	HOT (A) HARRISON 60 min
PILATES REFORMER	8:30-9:00			Foundation				
	9:00-10:00	ESSENTIAL ABS + ARM KAT	ESSENTIAL FIT + TONE MAE	ESSENTIAL BUTT + THIGHS PEVEE	ESSENTIAL FIT + TONE LILY	CIRCUIT BUTT + THIGHS MAE		
PILATES REFORMER	9:15-10:15						ESSENTIAL FIT + TONE VANESSA	ESSENTIAL ABS + ARMS LILY
YOGA	9:30-11:00	HOT (A) CANDY 90 min	HOT (AB) TING 90 min	Vinyasa PLE 90 min	HOT (A) AIR 90 min	HATHA OAT 90 min	HOT (A) BEBE (9:45-11:15)	YOGA PILATES HARRISON (9:45-11:15)
PILATES REFORMER	10:15-10:45						Foundation	
	10:45-11:45						ESSENTIAL ABS + ARM VANESSA	ESSENTIAL BUTT + THIGHS LILY
YOGA	12:15-13:00	HF on the Go CANDY 45 min	HF on the Go TING 45 min	HF on the Go PLE 45 min	HF on the Go AIR 45 min	HF on the Go OAT 45 min		
PILATES REFORMER	14:00-14:30				Foundation			Foundation
	14:30-15:30		CIRCUIT BUTT + THIGHS MAE		ESSENTIAL FIT + TONE LILY		CIRCUIT BUTT + THIGHS VANESSA	ESSENTIAL FIT + TONE LILY
YOGA	14:30-16:00	HOT (AB) CAKE 90 min		HOT (A) KWANG 90 min		HOT (AB) ARTIE 90 min	YIN YANG BEBE (15:30-17:00)	HOT (AB) HARRISON (15:30-17:00)
PILATES REFORMER	17:00-18:00	ESSENTIAL ABS + ARM KAT	ESSENTIAL ABS + ARM MICHAEL	CARDIO JUMPROBOARD LILY	ESSENTIAL BUTT + THIGHS RU	ESSENTIAL ABS + ARM RACHEL		
YOGA	17:30-18:30	ABSOLUTE FIT CAKE 60 min	HOT (AB) MARVIN 60 min	HATHA KWANG 60 min	Vinyasa LUKE 60 min	HOT (A) ARTIE 60 min		
CORE BLAST	17:45-18:00	Foundation		Foundation		Foundation		
	18:00-19:00	CORE SUSPEND WHOLE BODY VANESSA	CORE SUSPEND ABS + ARM JUDO	CORE SUSPEND BUTT + THIGHS FAI	CORE SUSPEND ABS + ARM JUDO	CORE SUSPEND BUTT + THIGHS JUDO		
PILATES REFORMER	18:00-18:15	Foundation		Foundation		Foundation		
	18:15-19:15	CIRCUIT ABS + ARM KAT	ESSENTIAL BUTT + THIGHS MICHAEL	CIRCUIT BUTT + THIGHS LILY	ESSENTIAL ABS + ARM RU	ESSENTIAL FIT + TONE RACHEL		
YOGA	18:45-20:15	Vinyasa CAKE 90 min	PRANA VASHYA* MARVIN 90 min	HOT (AB) KWANG 90 min	HOT (A) LUKE 90 min	HATHA ARTIE 90 min		
CORE BLAST	19:00-19:15	Foundation		Foundation		Foundation		
	19:15-20:15	CORE SUSPEND ABS + ARM VANESSA	CORE SUSPEND BUTT + THIGHS JUDO	CORE BLAST CARDIO FAI	CORE SUSPEND BUTT + THIGHS JUDO	CORE SUSPEND ABS + ARM JUDO		
PILATES REFORMER	19:30-20:30	ESSENTIAL BUTT + THIGHS KAT	CIRCUIT BUTT + THIGHS MICHAEL	ESSENTIAL ABS + ARM LILY	ESSENTIAL BUTT + THIGHS RU	ESSENTIAL ABS + ARM RACHEL		
YOGA	20:30-21:30	HOT (A) CAKE 60 min	HOT (AB) MARVIN 60 min	HOT (A) KWANG 60 min	HATHA LUKE 60 min			

## ABSOLUTE YOU CLASS SCHEDULE

EXCHANGE TOWER STUDIO								
DATE		11-March	12-March	13-March	14-March	15-March	16-March	17-March
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YOGA	7:00-7:45		HF on the Go PAUL 45 min		HF on the Go KNOT 45 min			
RHYTHM CYCLING	7:15-8:00	ABSOLUTE BEATS DREAM	ABSOLUTE BEATS CHERIE	ABSOLUTE BEATS DINI	ABSOLUTE BEATS JAMIE	ABSOLUTE BEATS TAE		
PILATES REFORMER	7:00-7:15	Foundation	Foundation	Foundation	Foundation	Foundation		
	7:15-8:15	ESSENTIAL ABS + ARM VANESSA	ESSENTIAL FIT + TONE LILY	ESSENTIAL BUTT + THIGHS KAT	ESSENTIAL ABS + ARM MAE	ESSENTIAL BUTT + THIGHS JERALD		
YOGA	8:30-9:30	GENTLE FLOW MARVIN 60 min	ABSOLUTE FIT PAUL 60 min	HATHA JUSTIN 60 min	HOT (A) KNOT 60 min	ABSOLUTE FIT PAUL 60 min	HOT (AB) BENZ 60 min	GENTLE FLOW MON 60 min
PILATES REFORMER	8:30-9:00	Foundation				Foundation	Foundation	Foundation
	9:00-10:00	ESSENTIAL FIT + TONE VANESSA		ESSENTIAL ABS + ARM KAT		ESSENTIAL BUTT + THIGHS JERALD	ESSENTIAL BUTT + THIGHS RACHEL	ESSENTIAL ABS + ARM KATE
RHYTHM CYCLING	9:00-9:15		Foundation	Foundation	Foundation		Foundation	Foundation
	9:15-10:00		ABSOLUTE BEATS CHERIE	ABSOLUTE ESSENTIALS PLOD	ABSOLUTE BEATS JAMIE		ABSOLUTE BEATS JUSTIN	ABSOLUTE BEATS MARIA
PILATES REFORMER	9:30-10:00		Foundation		Foundation		(10:15-11:15)	(10:15-11:15)
	10:00-11:00	CIRCUIT BUTT + THIGHS RI	ESSENTIAL ABS + ARM LILY	CIRCUIT BUTT + THIGHS KAT	ESSENTIAL FIT + TONE MAE	ESSENTIAL ABS + ARM JERALD	ESSENTIAL FIT + TONE RACHEL	ESSENTIAL BUTT + THIGHS KATE
YOGA	10:00-11:30	Vinysa MARVIN 90 min	HATHA PAUL 90 min	YOGA PILATES JUSTIN 90 min	Vinysa KNOT 90 min	HOT (A) PAUL 90 min	INVERSION* BENZ 90 min	HOT (A) MON 90 min
PILATES REFORMER	11:30-12:00	Foundation		Foundation		Foundation		
	12:00-13:00	ESSENTIAL FIT + TONE RI		ESSENTIAL ABS + ARM KAT		ESSENTIAL BUTT + THIGHS JERALD	ESSENTIAL ABS + ARM RACHEL	ESSENTIAL FIT + TONE KATE
RHYTHM CYCLING	12:15-13:00	LUNCH BEATS DREAM		LUNCH BEATS PLOD		LUNCH BEATS D.GIFT		
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 MON 90 min
RHYTHM CYCLING	14:00-14:15						Foundation	Foundation
	14:15-15:00						ABSOLUTE BEATS JUSTIN	ABSOLUTE BEATS MARIA
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 KATE
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 AIR 60 min	HATHA PAUL 60 min	HOT (AB) LUKE 60 min	HOT (A) BEBE 60 min	Vinysa PAUL 60 min	ABSOLUTE FIT BENZ (16:30-17:30)	HOT (A) MON (16:30-17:30)
PILATES REFORMER	17:30-18:00	Foundation		Foundation		Foundation		
	18:00-19:00	ESSENTIAL BUTT + THIGHS RI	ESSENTIAL FIT + TONE RACHEL	ESSENTIAL ABS + ARM MICHAEL	ESSENTIAL BUTT + THIGHS RISSA	ESSENTIAL ABS + ARM JACKIE		
RHYTHM CYCLING	18:30-18:45	Foundation	Foundation	Foundation	Foundation	Foundation		
	18:45-19:30	ABSOLUTE BEATS MEI	ABSOLUTE BEATS BOAT	ABSOLUTE BEATS DREAM	ABSOLUTE BEATS JUSTIN	ABSOLUTE BEATS PEARL		
YOGA	18:45-20:00	HATHA AIR 75 min	HOT (A) PAUL 75 min	HATHA LUKE 75 min	HOT (AB) BEBE 75 min	HOT (A) PAUL 75 min		
PILATES REFORMER	19:00-19:15	Foundation	Foundation	Foundation	Foundation	Foundation		
	19:15-20:15	ESSENTIAL ABS + ARM RI	ESSENTIAL BUTT + THIGHS RACHEL	ESSENTIAL FIT + TONE MICHAEL	ESSENTIAL ABS + ARM RISSA	ESSENTIAL FIT + TONE JACKIE		
RHYTHM CYCLING	19:45-20:30	ABSOLUTE BEATS TAE	ABSOLUTE BEATS BOAT	ABSOLUTE BEATS DREAM	ABSOLUTE BEATS JUSTIN			
YOGA	20:15-21:15	HOT (AB) AIR 60 min	Vinysa PAUL 60 min	HOT (A) LUKE 60 min	HATHA / VINYASA BEBE 60 min			
PILATES REFORMER	20:15-21:15	ESSENTIAL BUTT + THIGHS RI	ESSENTIAL ABS + ARM RACHEL	ESSENTIAL BUTT + THIGHS MICHAEL	ESSENTIAL FIT + TONE RISSA	ESSENTIAL ABS + ARM JACKIE		

THE CIRCLE STUDIO								
DATE		11-March	12-March	13-March	14-March	15-March	16-March	17-March
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
RHYTHM CYCLING	8:00-8:15	Foundation				Foundation		
	8:15-9:00	ABSOLUTE BEATS PAT		ABSOLUTE BEATS D.GIFT		ABSOLUTE BEATS PLOD		
PILATES REFORMER	8:30-9:00		Foundation		Foundation		Foundation	
	9:00-10:00	ESSENTIAL ABS + ARM ARM	ESSENTIAL BUTT + THIGHS KUNGKING	ESSENTIAL FIT + TONE GUBGIB	ESSENTIAL ABS + ARM KAN P	ESSENTIAL BUTT + THIGHS KATE	ESSENTIAL FIT + TONE OHM	ESSENTIAL ABS + ARM CHER
RHYTHM CYCLING	10:00-10:15		Foundation		Foundation		Foundation	Foundation
	10:15-11:00		ABSOLUTE BEATS ADM		ABSOLUTE ESSENTIALS KENG (T)		ABSOLUTE BEATS D.GIFT	ABSOLUTE BEATS JUNE
YOGA	9:00-10:30	HOT (A) FAI 90 min	Vinysa CANDY 90 min	AB FIT GROUND LEK (9:00-10:00)	HATHA EVE 90 min	HOT (A) KWANG 90 min	HOT (AB) ARTIE 90 min	HATHA AIR 90 min
PILATES REFORMER	10:00-10:30	Foundation	Foundation	Foundation	Foundation	Foundation		Foundation
	10:30-11:30	ESSENTIAL FIT + TONE ARM	ESSENTIAL ABS + ARM KUNGKING	ESSENTIAL BUTT + THIGHS GUBGIB	ESSENTIAL FIT + TONE KAN P	ESSENTIAL ABS + ARM KATE	ESSENTIAL BUTT + THIGHS OHM	ESSENTIAL FIT + TONE CHER
YOGA	11:00-12:30		HOT (A) CANDY 90 min		HOT (AB) EVE 90 min		AB FIT GROUND ARTIE (11:00-12:00)	HOT (A) AIR 90 min
YOGA	14:00-15:30	ABSOLUTE FIT FAI (14:00-15:00)	HATHA CANDY 90 min	HOT (AB) LEK 90 min	ABSOLUTE FIT EVE (14:00-15:00)	HOT (A) KWANG 90 min	HATHA ARTIE 90 min	YIN YANG AIR 90 min
RHYTHM CYCLING	14:00-14:15						Foundation	Foundation
	14:15-15:00						ABSOLUTE ESSENTIALS D.GIFT	ABSOLUTE BEATS JUNE
PILATES REFORMER	14:00-14:30		Foundation		Foundation		Foundation	Foundation
	14:30-15:30	ESSENTIAL BUTT + THIGHS ARM	ESSENTIAL ABS + ARM KUNGKING	ESSENTIAL FIT + TONE GUBGIB	ESSENTIAL BUTT + THIGHS KAN P	ESSENTIAL ABS + ARM KATE	ESSENTIAL ABS + ARM OHM	ESSENTIAL BUTT + THIGHS CHER
PILATES REFORMER	16:00-17:00						ESSENTIAL BUTT + THIGHS OHM	ESSENTIAL ABS + ARMS CHER
YOGA	16:30-18:00						YOGA PILATES ARTIE 90 min	HOT (AB) AIR 90 min
PILATES REFORMER	17:00-18:00	ESSENTIAL ABS + ARM ARM		ESSENTIAL BUTT + THIGHS GUBGIB		ESSENTIAL FIT + TONE KATE		
YOGA	17:45-19:00	YOGA PILATES FAI 75 min	FORWARD BEND* CANDY 75 min	Vinysa LEK 75 min	HIP OPENER* EVE 75 min	HATHA KWANG 75 min		
PILATES REFORMER	17:45-18:15		Foundation		Foundation		Foundation	Foundation
	18:15-19:15	ESSENTIAL BUTT + THIGHS ARM	ESSENTIAL FIT + TONE KUNGKING	ESSENTIAL ABS + ARM GUBGIB	ESSENTIAL FIT + TONE KAN P	ESSENTIAL BUTT + THIGHS KATE		
RHYTHM CYCLING	18:15-18:30	Foundation	Foundation	Foundation	Foundation	Foundation		
	18:30-19:15	ABSOLUTE BEATS PAT	ABSOLUTE BEATS ADM	ABSOLUTE BEATS D.GIFT	ABSOLUTE BEATS KENG (T)	ABSOLUTE BEATS PLOD		
YOGA	19:15-20:30	HOT (AB) FAI 75 min	HATHA CANDY 75 min	HOT (A) LEK 75 min	Vinysa EVE 75 min	HOT (AB) KWANG 75 min		
RHYTHM CYCLING	19:30-20:15		ABSOLUTE BEATS ADM		ABSOLUTE BEATS KENG (T)			
PILATES REFORMER	19:15-19:45	Foundation		Foundation				
	19:45-20:45	ESSENTIAL ABS + ARM ARM	ESSENTIAL BUTT + THIGHS KUNGKING	ESSENTIAL BUTT + THIGHS GUBGIB	ESSENTIAL ABS + ARM KAN P	ESSENTIAL FIT + TONE KATE		

## ABSOLUTE YOU CLASS SCHEDULE

LADPRAO STUDIO								
DATE		11-March	12-March	13-March	14-March	15-March	16-March	17-March
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 TERESA	ESSENTIAL BUTT + THIGHS CHER	CIRCUIT ABS + ARM INK	ESSENTIAL FIT + TONE ARM	ESSENTIAL BUTT + THIGHS JACKIE	ESSENTIAL ABS + ARM OHM
YOGA	8:45-9:45 <i>(Class Changed)</i>						Vinyasa CAKE 60 min	ABSOLUTE FIT FAI 60 min
YOGA	10:00-11:30	HOT (A) OAT 90 min	HOT (AB) LEK 90 min	HATHA MON 90 min	HOT (A) KWANG 90 min	BALANCING* FU 90 min	HOT (AB) CAKE 90 min	HOT (A) FAI 90 min
PILATES REFORMER	10:30-11:30 <i>(Class Added)</i> <i>(Time Changed)</i>	ESSENTIAL BUTT + THIGHS LILY		ESSENTIAL FIT + TONE CHER		ESSENTIAL ABS + ARM ARM	ESSENTIAL FIT + TONE JACKIE	ESSENTIAL BUTT + THIGHS OHM
YOGA	11:45-13:15 <i>(Class Added)</i>		HATHA LEK 90 min		HATHA KWANG 90 min	HATHA FU 90 min		
PILATES REFORMER	12:00-13:00 <i>(Class Added)</i> <i>(Time Changed)</i>						ESSENTIAL ABS + ARM JACKIE	ESSENTIAL FIT + TONE OHM
YOGA	14:30-16:00 <i>(Class Changed)</i>	BALANCING* OAT 90 min		Vinyasa MON 90 min		HOT (AB) FU 90 min	HATHA CAKE 90 min	YOGA PILATES FAI 90 min
PILATES REFORMER	17:15-18:15	CIRCUIT BUTT + THIGHS LILY	ESSENTIAL ABS + ARM TERESA	CIRCUIT BUTT + THIGHS CHER	ESSENTIAL FIT + TONE INK	CIRCUIT ABS + ARM ARM		
YOGA	17:15-18:15	HATHA OAT 60 min	HOT (AB) LEK 60 min	YOGA PILATES MON 60 min	HOT (A) KWANG 60 min	Vinyasa FU 60 min	YIN YANG CAKE (16:30-18:00)	HOT (AB) FAI (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 TERESA	ESSENTIAL FIT + TONE CHER	CIRCUIT ABS + ARM INK	ESSENTIAL BUTT + THIGHS ARM		
YOGA	18:30-20:00	HOT (A) OAT 90 min	HIP OPENER* LEK 90 min	HOT (AB) MON 90 min	HOT (A) KWANG 90 min	Vinyasa FU 90 min	HOT (A) FU 90 min	
PILATES REFORMER	19:30-20:30	ESSENTIAL FIT + TONE LILY	CIRCUIT BUTT + THIGHS TERESA	ESSENTIAL ABS + ARM CHER	ESSENTIAL BUTT + THIGHS INK	ESSENTIAL FIT + TONE ARM		
YOGA	20:15-21:15	GENTLE FLOW OAT 60 min	HOT (A) LEK 60 min	GENTLE FLOW MON 60 min	HOT (AB) KWANG 60 min			

CRYSTAL PARK STUDIO								
DATE		11-March	12-March	13-March	14-March	15-March	16-March	17-March
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YOGA	7:30-8:30	HATHA PLE 60 min	HOT (AB) FAI 60 min	YOGA PILATES KNOT 60 min	ABSOLUTE FIT TING 60 min	HOT (A) AIR 60 min	ABSOLUTE FIT OAT 60 min	HOT (A) LEK 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 INK	ESSENTIAL FIT + TONE JEAB	CIRCUIT BUTT + THIGHS ANT P
RHYTHM CYCLING	8:30-8:45	Foundation		Foundation		Foundation		
	8:45-9:30	ABSOLUTE BEATS TAE		ABSOLUTE BEATS TAE		ABSOLUTE BEATS BOAT		
YOGA	8:45-9:45	HOT (A) PLE 60 min	BALANCING* FAI (8:45-10:15)	HOT (AB) KNOT 60 min	HOT (A) TING (8:45-10:15)	Vinyasa AIR 60 min	HOT (A) OAT 60 min	ABSOLUTE FIT LEK 60 min
RHYTHM CYCLING	9:30-9:45	Foundation		Foundation		Foundation		
	9:45-10:30		ABSOLUTE BEATS PLOU		ABSOLUTE BEATS D.GIFT		ABSOLUTE BEATS SADIA	ABSOLUTE BEATS AE (T)
PILATES REFORMER	9:45-10:15						(9:45-10:45)	(9:45-10:45)
	10:15-11:15	CIRCUIT BUTT + THIGHS ART	ESSENTIAL FIT + TONE JEAB	ESSENTIAL ABS + ARM VANESSA	ESSENTIAL BUTT + THIGHS OHM	ESSENTIAL ABS + ARM INK	CARDIO JUMPBOARD JEAB	ESSENTIAL FIT + TONE ANT P
YOGA	10:30-12:00	Vinyasa PLE 90 min	YOGA PILATES FAI 90 min	HATHA KNOT 90 min	HIP OPENER* TING 90 min	HOT (A) AIR 90 min	HOT (AB) OAT 90 min	HATHA LEK 90 min
PILATES REFORMER	11:00-11:30						Foundation	
	11:30-12:30	ESSENTIAL FIT + TONE ART		ESSENTIAL BUTT + THIGHS VANESSA		ESSENTIAL FIT + TONE INK	ESSENTIAL BUTT + THIGHS JEAB	CIRCUIT ABS + ARM ANT P
YOGA	14:00-15:30 <i>(Class Added)</i>	TWISTING* PLE 90 min		Vinyasa KNOT 90 min		Vinyasa AIR 90 min	Vinyasa OAT 90 min	YIN YANG LEK 90 min
RHYTHM CYCLING	15:30-15:45	Foundation		Foundation		Foundation		
	15:45-16:30		ABSOLUTE ESSENTIALS PLOU	ABSOLUTE BEATS TAE	ABSOLUTE BEATS D.GIFT	ABSOLUTE BEATS FERN		ABSOLUTE BEATS AE (T)
PILATES REFORMER	15:30-16:00							Foundation
	16:00-17:00						CIRCUIT ABS + ARM JEAB	ESSENTIAL BUTT + THIGHS ANT P
YOGA	17:30-18:30	HOT (A) PLE 60 min	Vinyasa CAKE 60 min	HOT (AB) KNOT 60 min	HATHA ARTIE 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 VANESSA	ESSENTIAL ABS + ARM OHM	CIRCUIT BUTT + THIGHS INK		
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 FERN		
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 INK		
YOGA	19:00-20:15	HATHA PLE 75 min	HOT (AB) CAKE (19:00-20:00)	Vinyasa KNOT 75 min	HOT (A) ARTIE (19:00-20:00)	HOT (A) AIR 75 min		
YOGA	20:10-21:10		HOT (A) CAKE 60 min		HATHA ARTIE 60 min			

## ABSOLUTE YOU CLASS SCHEDULE

COMMONS STUDIO								
DATE		11-March	12-March	13-March	14-March	15-March	16-March	17-March
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 TERESA	ESSENTIAL ABS + ARM KAT	ESSENTIAL BUTT + THIGHS RISSA		
RHYTHM CYCLING	9:00-9:15	Foundation		Foundation			Foundation	
	9:15-10:00	ABSOLUTE BEATS ARIS	ABSOLUTE BEATS ARIS	ABSOLUTE BEATS DAN	ABSOLUTE BEATS MEK	ABSOLUTE 60 DAN	ABSOLUTE BEATS GIFT	ABSOLUTE BEATS MEK
PILATES REFORMER	9:45-10:15	Foundation		Foundation			Foundation	
	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 PEWEE	CIRCUIT ABS + ARM VANESSA
RHYTHM CYCLING	10:15-10:30	Foundation		Foundation			Foundation	
	10:30-11:15	ABSOLUTE BEATS ARIS	ABSOLUTE BEATS ARIS	ABSOLUTE BEATS FLYNN	ABSOLUTE BEATS MEK	ABSOLUTE BEATS GIFT	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	Foundation		Foundation			Foundation	
							CIRCUIT BUTT + THIGHS PEWEE	ESSENTIAL FIT + TONE VANESSA
RHYTHM CYCLING	16:30-16:45	Foundation		Foundation			Foundation	
	16:45-17:30						ABSOLUTE BEATS JAMIE	(16:30-17:30) ABSOLUTE 60 PEARL
RHYTHM CYCLING	17:15-17:30	Foundation		Foundation			Foundation	
	17:30-18:15	ABSOLUTE BEATS DINI		ABSOLUTE BEATS FLYNN				
RHYTHM CYCLING	18:15-18:30	Foundation		Foundation			Foundation	
	18:30-19:15	ABSOLUTE BURN DAN	ABSOLUTE BEATS FLYNN	ABSOLUTE 60 MEK	ABSOLUTE BEATS MEI	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 TERESA	ESSENTIAL ABS + ARM KAT	ESSENTIAL FIT + TONE RISSA		
RHYTHM CYCLING	19:30-19:45	Foundation		Foundation			Foundation	
	19:45-20:30	ABSOLUTE BEATS GIFT	ABSOLUTE BEATS FLYNN	ABSOLUTE BEATS MEK	ABSOLUTE BEATS PEARL			

JAS URBAN STUDIO								
DATE		11-March	12-March	13-March	14-March	15-March	16-March	17-March
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PILATES REFORMER	8:00-8:30	Foundation		Foundation			Foundation	
	8:30-9:30	ESSENTIAL ABS + ARM KAN P	ESSENTIAL BUTT + THIGHS GUBGIB	ESSENTIAL FIT + TONE ART	ESSENTIAL ABS + ARM KATE	ESSENTIAL BUTT + THIGHS CHER	ESSENTIAL FIT + TONE AU	ESSENTIAL ABS + ARM INK
YOGA	8:30-9:30	GENTLE FLOW HARRISON 60 min		HATHA CANDY 60 min		HOT (A) EVE 60 min		
RHYTHM CYCLING	8:45-9:00	Foundation		Foundation			Foundation	
	9:00-9:45	ABSOLUTE ESSENTIALS KATIE	ABSOLUTE BEATS DAN	ABSOLUTE BEATS PAT	ABSOLUTE BEATS PLA (T)	ABSOLUTE BEATS AE (T)	ABSOLUTE BEATS BOAT	ABSOLUTE BEATS MAE D.
PILATES REFORMER	9:30-10:00	Foundation		Foundation			Foundation	
	10:00-11:00	ESSENTIAL FIT + TONE KAN P	ESSENTIAL ABS + ARM GUBGIB	ESSENTIAL BUTT + THIGHS ART	ESSENTIAL FIT + TONE KATE	ESSENTIAL ABS + ARM CHER	ESSENTIAL ABS + ARM AU	ESSENTIAL BUTT + THIGHS INK
YOGA	10:00-11:30	HOT (A) HARRISON (10:00-11:00)	HATHA MON 90 min	HOT (A) CANDY 90 min	Vinyasa PLE 90 min	HATHA EVE 90 min	HOT (A) AIR 90 min	HATHA EVE 90 min
	10:00-10:15	Foundation		Foundation			Foundation	
RHYTHM CYCLING	10:15-11:00						ABSOLUTE BEATS BOAT	ABSOLUTE ESSENTIALS MAE D.
	14:30-16:00	HOT (AB) HARRISON 90 min			GENTLE FLOW PLE 14:30-15:30		HATHA AIR 90 min	HOT (A) EVE 90 min
PILATES REFORMER	14:30-15:00	Foundation		Foundation			Foundation	
	15:00-16:00						ABSOLUTE BEATS AU	ESSENTIAL FIT + TONE INK
PILATES REFORMER	17:45-18:15	Foundation		Foundation			Foundation	
	18:15-19:15	ESSENTIAL BUTT + THIGHS KAN P	ESSENTIAL FIT + TONE GUBGIB	ESSENTIAL ABS + ARM ART	ESSENTIAL BUTT + THIGHS KATE	ESSENTIAL ABS + ARM CHER		
YOGA	18:00-19:30	Vinyasa HARRISON 90 min	HOT (A) MON 90 min	HOT (AB) CANDY 90 min	HATHA PLE 90 min	HOT (AB) EVE 90 min		
	18:30-18:45	Foundation		Foundation			Foundation	
RHYTHM CYCLING	18:45-19:30	ABSOLUTE BEATS SADA	ABSOLUTE BEATS KENG (T)	ABSOLUTE BEATS MEI	ABSOLUTE BEATS DREAM	ABSOLUTE BEATS AE (T)		
	19:15-19:45	Foundation		Foundation			Foundation	
PILATES REFORMER	19:45-20:45	ESSENTIAL FIT + TONE KAN P	ESSENTIAL BUTT + THIGHS GUBGIB	ESSENTIAL BUTT + THIGHS ART	ESSENTIAL ABS + ARM KATE			
	19:45-20:30	Foundation		Foundation			Foundation	
RHYTHM CYCLING	19:45-20:30		ABSOLUTE BEATS KENG (T)		ABSOLUTE BEATS DREAM			
	19:45-20:45		GENTLE FLOW MON 60 min		HOT (A) PLE 60 min			

## ABSOLUTE YOU CLASS SCHEDULE

G TOWER STUDIO								
DATE		11-March	12-March	13-March	14-March	15-March	16-March	17-March
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		
	7:15-8:15	ABSOLUTE BEATS SADIA	ABSOLUTE BEATS PLA (T)	ABSOLUTE BEATS SAFIYA	ABSOLUTE BEATS BOAT	ABSOLUTE BEATS PLA (T)		
PILATES REFORMER	8:30-9:00	Foundation		Foundation		Foundation		
	9:00-10:00		ESSENTIAL ABS + ARM ART		ESSENTIAL BUTT + THIGHS GUBGIB			
RHYTHM CYCLING	9:00-9:15							Foundation
	9:15-10:00							ABSOLUTE BEATS MEW
PILATES REFORMER	9:30-10:00							Foundation
	10:00-11:00							ESSENTIAL FIT + TONE RISSA
PILATES REFORMER	11:45-12:00	Foundation		Foundation		Foundation		
	12:00-13:00	ESSENTIAL ABS + ARM JEAB	ESSENTIAL BUTT + THIGHS ART	ESSENTIAL BUTT + THIGHS INK	ESSENTIAL FIT + TONE GUBGIB	ESSENTIAL FIT + TONE KUNGKING		
RHYTHM CYCLING	12:00-12:15	Foundation		Foundation		Foundation		
	12:15-13:00	LUNCH BEATS DREAM		LUNCH BEATS PLA (T)				
RHYTHM CYCLING	14:00-14:15							Foundation
	14:15-15:00							ABSOLUTE ESSENTIALS MEW
PILATES REFORMER	14:30-15:00							Foundation
	15:00-16:00							ESSENTIAL ABS + ARM RISSA
PILATES REFORMER	17:45-18:15	Foundation		Foundation		Foundation		
	18:15-19:15	ESSENTIAL BUTT + THIGHS JEAB	ESSENTIAL ABS + ARM ART	ESSENTIAL FIT + TONE INK	ESSENTIAL ABS + ARM GUBGIB	ESSENTIAL BUTT + THIGHS KUNGKING		
RHYTHM CYCLING	18:15-18:30	Foundation		Foundation		Foundation		
	18:30-19:15	ABSOLUTE BEATS PLA (T)	ABSOLUTE BEATS JUSTIN	ABSOLUTE BEATS FERN	ABSOLUTE BEATS KATIE	ABSOLUTE BEATS BOAT		
PILATES REFORMER	19:15-19:45	Foundation		Foundation		Foundation		
	19:45-20:45	ESSENTIAL ABS + ARM JEAB	ESSENTIAL BUTT + THIGHS ART	ESSENTIAL FIT + TONE INK	ESSENTIAL ABS + ARM GUBGIB			
RHYTHM CYCLING	19:30-19:45	Foundation		Foundation		Foundation		
	19:45-20:30	ABSOLUTE BEATS PLA (T)	ABSOLUTE BEATS DREAM	ABSOLUTE BEATS FERN	ABSOLUTE BEATS SAFIYA			

ON-NUT STUDIO								
DATE		11-March	12-March	13-March	14-March	15-March	16-March	17-March
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PILATES REFORMER	7:30-8:30		ESSENTIAL BUTT + THIGHS KAN P		ESSENTIAL ABS + ARM RACHEL			
YOGA	8:30-9:30	HATHA MON 60 min		GENTLE FLOW MARVIN 60 min		HOT (A) BENZ 60 min	ABSOLUTE FIT KWANG 60 min	GENTLE FLOW OAT 60 min
PILATES REFORMER	8:30-9:00	Foundation		Foundation		Foundation		Foundation
	9:00-10:00	ESSENTIAL FIT + TONE TERESA	ESSENTIAL ABS + ARM KAN P	ESSENTIAL BUTT + THIGHS RISSA	ESSENTIAL FIT + TONE RACHEL	ESSENTIAL ABS + ARM AU	ESSENTIAL BUTT + THIGHS CHER	ESSENTIAL FIT + TONE ART
RHYTHM CYCLING	9:00-9:15	Foundation		Foundation		Foundation		Foundation
	9:15-10:00	ABSOLUTE BEATS PLA (T)	ABSOLUTE BEATS KATIE	ABSOLUTE BEATS KENG (T)	ABSOLUTE BEATS FERN	ABSOLUTE BEATS SADIA	ABSOLUTE BEATS MAE D.	ABSOLUTE BEATS AOM
YOGA	10:00-11:15	HOT (A) MON 75 min	HATHA PLE 75 min	HOT (AB) MARVIN 75 min	HATHA CANDY 75 min	Vinyasa BENZ 75 min	HOT (A) KWANG 75 min	HATHA OAT 75 min
PILATES REFORMER	10:00-10:30							Foundation
	10:30-11:30							ESSENTIAL ABS + ARM CHER
PILATES REFORMER	13:30-14:00	Foundation		Foundation		Foundation		Foundation
	14:00-15:00	ESSENTIAL ABS + ARM TERESA		ESSENTIAL FIT + TONE RISSA		ESSENTIAL BUTT + THIGHS AU	ESSENTIAL FIT + TONE CHER	ESSENTIAL ABS + ARM ART
YOGA	14:00-15:00		HOT (A) PLE 60 min		GENTLE FLOW CANDY 60 min		HOT (AB) KWANG (14:00-15:30)	HOT (A) OAT (14:00-15:30)
RHYTHM CYCLING	14:45-15:00							Foundation
	15:00-15:45							ABSOLUTE BEATS MAE D.
PILATES REFORMER	17:45-18:15	Foundation		Foundation		Foundation		Foundation
	18:15-19:15	ESSENTIAL FIT + TONE TERESA	ESSENTIAL BUTT + THIGHS KAN P	ESSENTIAL ABS + ARM RISSA	ESSENTIAL BUTT + THIGHS RACHEL	ESSENTIAL FIT + TONE AU		
YOGA	18:00-19:30	HOT (A) MON 90 min	HATHA PLE 90 min	HOT (A) MARVIN 90 min	Vinyasa CANDY 90 min	HOT (AB) BENZ 90 min		
RHYTHM CYCLING	18:15-18:30	Foundation		Foundation		Foundation		Foundation
	18:30-19:15	ABSOLUTE BEATS BOAT	ABSOLUTE BEATS KATIE	ABSOLUTE BEATS KENG (T)	ABSOLUTE BEATS PLOY	ABSOLUTE BEATS SADIA		
PILATES REFORMER	19:15-19:30	Foundation		Foundation		Foundation		
	19:30-20:30	ESSENTIAL ABS + ARM TERESA	ESSENTIAL FIT + TONE KAN P	ESSENTIAL BUTT + THIGHS RISSA	ESSENTIAL ABS + ARM RACHEL			
RHYTHM CYCLING	19:30-19:45	Foundation		Foundation		Foundation		Foundation
	19:45-20:30	ABSOLUTE BEATS BOAT	ABSOLUTE BEATS KATIE	ABSOLUTE ESSENTIALS KENG (T)	ABSOLUTE BEATS PLOY			
YOGA	19:45-20:45	GENTLE FLOW MON 60 min	HOT (A) PLE 60 min	HATHA MARVIN 60 min	HOT (AB) CANDY 60 min			

## ABSOLUTE YOU CLASS SCHEDULE

NANG-LIN-CHEE STUDIO								
DATE		11-March	12-March	13-March	14-March	15-March	16-March	17-March
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YOGA	7:30-8:15		HF on the Go KWANG 45 min		HF on the Go MARVIN 45 min			
PILATES REFORMER	7:30-8:30	ESSENTIAL BUTT + THIGHS AU	ESSENTIAL ABS + ARM VANESSA	ESSENTIAL FIT + TONE RJ	ESSENTIAL BUTT + THIGHS TERESA	ESSENTIAL FIT + TONE OHM		
YOGA	8:30-9:30						ABSOLUTE FIT EVE 60 min	GENTLE FLOW MARVIN 60 min
PILATES REFORMER	8:30-9:00	Foundation		Foundation		Foundation	Foundation	Foundation
	9:00-10:00	ESSENTIAL FIT + TONE AU	ESSENTIAL ABS + ARM VANESSA	ESSENTIAL BUTT + THIGHS RJ	ESSENTIAL FIT + TONE TERESA	ESSENTIAL ABS + ARM OHM	ESSENTIAL BUTT + THIGHS ART	ESSENTIAL FIT + TONE AU
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 MAE D	ABSOLUTE BEATS TAE	ABSOLUTE BEATS AOM	ABSOLUTE BEATS ARIS	ABSOLUTE BEATS PAT
YOGA	10:00-11:15	HOT (A) LEK 75 min	HATHA KWANG 75 min	HOT (AB) BEBE 75 min	HATHA MARVIN 75 min	Vinyasa PLE 75 min	HOT (A) EVE 75 min	HATHA MARVIN 75 min
PILATES REFORMER	10:00-10:30						Foundation	Foundation
	10:30-11:30						ESSENTIAL ABS + ARM ART	ESSENTIAL BUTT + THIGHS AU
YOGA	12:15-13:00		HF on the Go KWANG 45 min		HF on the Go MARVIN 45 min			
PILATES REFORMER	13:30-14:00						Foundation	Foundation
	14:00-15:00	ESSENTIAL BUTT + THIGHS AU		ESSENTIAL ABS + ARM RJ			ESSENTIAL FIT + TONE ART	ESSENTIAL ABS + ARM AU
YOGA	14:00-15:30						HOT (AB) EVE 90 min	HOT (A) MARVIN 90 min
RHYTHM CYCLING	14:45-15:00						Foundation	Foundation
	15:00-15:45						ABSOLUTE ESSENTIALS ARIS	ABSOLUTE BEATS PAT
PILATES REFORMER	17:45-18:15	Foundation		Foundation		Foundation		
	18:15-19:15	ESSENTIAL FIT + TONE AU	ESSENTIAL BUTT + THIGHS VANESSA	ESSENTIAL ABS + ARM KATE	ESSENTIAL BUTT + THIGHS TERESA	ESSENTIAL FIT + TONE OHM		
YOGA	18:00-19:30	HOT (AB) LEK 90 min	HATHA KWANG 90 min	HOT (A) BEBE 90 min	Vinyasa MARVIN 90 min	HOT (AB) PLE 90 min		
RHYTHM CYCLING	18:15-18:30	Foundation	Foundation	Foundation	Foundation	Foundation		
	18:30-19:15	ABSOLUTE BEATS PLOY	ABSOLUTE BEATS MEI	ABSOLUTE BEATS JUSTIN	ABSOLUTE BEATS TAE	ABSOLUTE BEATS AOM		
PILATES REFORMER	19:15-19:30		Foundation		Foundation			
	19:30-20:30	ESSENTIAL ABS + ARM AU	ESSENTIAL FIT + TONE VANESSA	ESSENTIAL BUTT + THIGHS KATE	ESSENTIAL ABS + ARM TERESA			
RHYTHM CYCLING	19:30-20:15	ABSOLUTE BEATS PLOY	ABSOLUTE BEATS SAFIYA	ABSOLUTE BEATS MAE D	ABSOLUTE BEATS TAE			
YOGA	19:45-20:45	GENTLE FLOW LEK 60 min		HATHA BEBE 60 min				

ARI STUDIO								
DATE		11-March	12-March	13-March	14-March	15-March	16-March	17-March
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YOGA	7:00-7:45	HF on the Go EVE 45 min		HF on the Go ARTIE 45 min		HF on the Go CAKE 45 min		
PILATES REFORMER	7:30-8:30	ESSENTIAL BUTT + THIGHS JULIE		ESSENTIAL FIT + TONE JACKIE		ESSENTIAL ABS + ARM GUBGIB		
YOGA	8:30-9:30						ABSOLUTE FIT LEK 60 min	GENTLE FLOW ARTIE 60 min
PILATES REFORMER	8:30-9:00	Foundation		Foundation		Foundation	Foundation	
	9:00-10:00	ESSENTIAL FIT + TONE JULIE	ESSENTIAL ABS + ARM RISSA	ESSENTIAL BUTT + THIGHS JACKIE	ESSENTIAL FIT + TONE KUNGKING	ESSENTIAL ABS + ARM GUBGIB	ESSENTIAL BUTT + THIGHS KATE	ESSENTIAL FIT + TONE BENZ
YOGA	10:00-11:15	HOT (A) EVE 75 min	HATHA BEBE 75 min	HOT (AB) ARTIE 75 min	HOT (A) BENZ 75 min	Vinyasa CAKE 75 min	HOT (A) LEK 75 min	HATHA ARTIE 75 min
PILATES REFORMER	10:00-10:30						Foundation	Foundation
	10:30-11:30		ESSENTIAL FIT + TONE RISSA		ESSENTIAL ABS + ARM KUNGKING		ESSENTIAL ABS + ARM KATE	ESSENTIAL BUTT + THIGHS BENZ
YOGA	11:30-13:00	Vinyasa EVE 90 min <i>(Class Added)</i>		HATHA ARTIE 90 min				
YOGA	12:15-13:00		HF on the Go BEBE 45 min		HF on the Go BENZ 45 min			
PILATES REFORMER	13:30-14:00	(13:30-14:30)		(13:30-14:30)			Foundation	Foundation
	14:00-15:00	ESSENTIAL BUTT + THIGHS JULIE <i>(Class Added)</i>		ESSENTIAL FIT + TONE JACKIE			ESSENTIAL FIT + TONE KATE	ESSENTIAL ABS + ARM BENZ
YOGA	14:00-15:30		HATHA BEBE 90 min <i>(Class Added)</i>		BALANCING* BENZ 90 min		HOT (AB) LEK 90 min	HOT (A) ARTIE 90 min
YOGA	16:15-17:45	HATHA EVE 90 min <i>(Class Added)</i>		Vinyasa ARTIE 90 min			HOT (A) CAKE 90 min	
PILATES REFORMER	17:15-17:30	Foundation		Foundation		Foundation		
	17:30-18:30	ESSENTIAL FIT + TONE JULIE	ESSENTIAL BUTT + THIGHS RISSA	ESSENTIAL ABS + ARM JACKIE	ESSENTIAL BUTT + THIGHS KUNGKING	ESSENTIAL FIT + TONE GUBGIB		
YOGA	18:00-19:30	HOT (AB) EVE 90 min	HOT (A) BEBE 90 min	HOT (A) ARTIE 90 min	Vinyasa BENZ 90 min	HOT (AB) CAKE 90 min		
PILATES REFORMER	18:45-19:00	Foundation		Foundation		Foundation		
	19:00-20:00	ESSENTIAL BUTT + THIGHS JULIE	ESSENTIAL ABS + ARM RISSA	ESSENTIAL FIT + TONE JACKIE	ESSENTIAL FIT + TONE KUNGKING			
PILATES REFORMER	20:15-21:15	ESSENTIAL ABS + ARM JULIE	ESSENTIAL FIT + TONE RISSA	ESSENTIAL BUTT + THIGHS JACKIE	ESSENTIAL ABS + ARM KUNGKING			
YOGA	19:45-20:45	Vinyasa EVE 60 min <i>(Class Added)</i>	YIN YANG BEBE 60 min	GENTLE FLOW ARTIE 60 min	HOT (AB) BENZ 60 min			