

ABSOLUTE YOU CLASS SCHEDULE

AMARIN PLAZA STUDIO								
DATE		26-October	27-October	28-October	29-October	30-October	31-October	1-November
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YOGA	7:00-7:45	AWAKENING LUKE 45 min	RISE AND SHINE CANDY 45 min	AWAKENING BIG 45 min	RISE AND SHINE KNOT 45 min	OFFICE SYNDROME MON 45 min		
PILATES REFORMER	7:00-8:00 PR 2	ESSENTIAL FIT + TONE JENNY	ESSENTIAL BUTT + THIGHS FLYNN	ESSENTIAL ABS + ARM JP	ESSENTIAL FIT + TONE KATE	ESSENTIAL ABS + ARM TAI		
PILATES REFORMER	7:15-8:15	CIRCUIT ABS + ARMS MAE	ESSENTIAL FIT + TONE KATE	REFORMER BLEND JENNY	ESSENTIAL ABS + ARMS TERESA	CIRCUIT BUTT + THIGHS RJ		
PILATES REFORMER	8:00-9:00						ESSENTIAL FIT + TONE JP	ESSENTIAL BUTT + THIGHS TERESA
PILATES REFORMER	8:15-9:15 PR 2						ESSENTIAL ABS + ARM MHE ANN	ESSENTIAL FIT + TONE STAMP
YOGA	8:15-9:45	HATHA LUKE 90 min		Vinyasa BIG 90 min		HATHA MON 90 min		Vinyasa MON (7:30-8:30)
PILATES REFORMER	8:30-9:30	ESSENTIAL BUTT + THIGHS MAE	ESSENTIAL ABS + ARMS KATE	ESSENTIAL FIT + TONE JENNY	ESSENTIAL ABS + ARMS TERESA	STRETCH & DESTRESS TAI		
PILATES REFORMER	8:30-9:00 9:00-10:00		Foundation #PR 2 ESSENTIAL ABS + ARMS FLYNN		Foundation #PR 2 ESSENTIAL BUTT + THIGHS KATE		(9:15-10:15) ESSENTIAL BUTT + THIGHS JULIE	(9:15-10:15) ESSENTIAL ABS + ARMS TERESA
YOGA	8:45-9:45						FAT BURNING PAUL 60 min	HATHA MON 60 min
PILATES REFORMER	9:30-10:30 PR 2						ESSENTIAL FIT + TONE MHE ANN	ESSENTIAL BUTT + THIGHS STAMP
YOGA	10:00-11:30	HOT (A) HARRISON 90 min	HATHA CANDY 90 min	HOT (AB) BIG 90 min	HOT (A) KNOT 90 min	HOT (AB) MON 90 min	HOT (A) CANDY 90 min	HOT (A) PAUL 90 min
PILATES REFORMER	10:30-11:30						ESSENTIAL ABS + ARM JULIE	ESSENTIAL FIT + TONE TERESA
PILATES REFORMER	10:30-11:00 11:00-12:00 PR 2						Foundation ESSENTIAL ABS + ARM MHE ANN	Foundation ESSENTIAL FIT + TONE JULIE
YOGA	11:00-12:30 YG 2						Vinyasa PAUL 90 min	YOGA PILATES MON 90 min
PILATES REFORMER	11:45-12:45						ESSENTIAL FIT + TONE JP	ESSENTIAL ABS + ARM TERESA
YOGA	12:15-13:00	FAT BURNING LUKE 45 min		FAT BURNING BIG 45 min		OFFICE SYNDROME REBE 45 min		
PILATES REFORMER	12:15-13:15		ESSENTIAL FIT + TONE LUKE		ESSENTIAL BUTT + THIGHS JACKIE			
PILATES REFORMER	14:00-14:30 14:30-15:30	ESSENTIAL ABS + ARMS MAE		Foundation ESSENTIAL FIT + TONE JENNY		CIRCUIT ABS + ARMS RJ	ESSENTIAL ABS + ARMS JP	ESSENTIAL FIT + TONE JULIE
YOGA	14:30-16:00		HATHA CANDY 90 min		HOT (A) EVE 90 min		HOT (AB) CANDY 90 min	HOT (A) PAUL 90 min
PILATES REFORMER	14:30-15:00 15:00-16:00 PR 2						Foundation ESSENTIAL BUTT + THIGHS MHE ANN	Foundation ESSENTIAL ABS + ARM STAMP
YOGA	15:15-16:45 YG 2						HATHA PAUL 90 min	Vinyasa MON 90 min
PILATES REFORMER	16:00-17:00						CIRCUIT BUTT + THIGHS JP	ESSENTIAL BUTT + THIGHS JULIE
YOGA	17:00-18:00	Vinyasa EVE 60 min	HOT (A) LUKE 60 min	STRETCH & DESTRESS PAUL 60 min	HATHA KNOT 60 min	FAT BURNING CANDY 60 min	HOT (A) CANDY (16:30-17:30)	FAT BURNING PAUL (16:30-17:30)
PILATES REFORMER	16:45-17:45	CIRCUIT ABS + ARM JENNY	ESSENTIAL FIT + TONE TERESA	ESSENTIAL BUTT + THIGHS LILY	ESSENTIAL ABS + ARM RACHEL	ESSENTIAL FIT + TONE MICHAEL		
PILATES REFORMER	17:00-17:30 17:30-18:30 PR 2	Foundation ESSENTIAL BUTT + THIGHS JULIE		Foundation ESSENTIAL FIT + TONE KATE	ESSENTIAL BUTT + THIGHS JACKIE	Foundation ESSENTIAL ABS + ARM RACHEL		
PILATES REFORMER	18:00-19:00	ESSENTIAL BUTT + THIGHS MICHAEL	ESSENTIAL FIT + TONE TERESA	CIRCUIT ABS + ARMS LILY	ESSENTIAL BUTT + THIGHS RACHEL	CIRCUIT BUTT + THIGHS MICHAEL		
YOGA	18:00-19:00 YG 2	FAT BURNING EVE 60 min	YOGA PILATES LUKE 60 min	ANTI-AGING BIG 60 min	OFFICE SYNDROME KNOT 60 min	STRETCH & DESTRESS REBE 60 min		
YOGA	18:15-19:15	HOT (A) HARRISON 60 min	HOT (AB) CANDY 60 min	HOT (A) PAUL 60 min	HOT (AB) EVE 60 min	HOT (A) CANDY 60 min		
PILATES REFORMER	18:40-19:40 PR 2	ESSENTIAL ABS + ARM JULIE	ESSENTIAL FIT + TONE JOHN	ESSENTIAL BUTT + THIGHS KATE	ESSENTIAL ABS + ARM JACKIE	ESSENTIAL FIT + TONE RACHEL		
PILATES REFORMER	19:10-20:10	ESSENTIAL FIT + TONE MICHAEL	CIRCUIT BUTT + THIGHS TERESA	ESSENTIAL BUTT + THIGHS LILY	ESSENTIAL ABS + ARM RACHEL	ESSENTIAL FIT + TONE MICHAEL		
YOGA	19:15-20:45 YG 2	HATHA EVE 90 min	Vinyasa LUKE 90 min	HATHA BIG 90 min	Vinyasa KNOT 90 min	HATHA REBE 90 min		
YOGA	19:30-20:30	HOT (A) HARRISON 60 min	OFFICE SYNDROME CANDY 60 min	HOT (AB) PAUL 60 min	DEEP SLEEP EVE 60 min	HOT (A) CANDY 60 min		
PILATES REFORMER	19:45-20:45 PR 2	ESSENTIAL FIT + TONE JULIE	ESSENTIAL BUTT + THIGHS JOHN	ESSENTIAL ABS + ARM KATE	ESSENTIAL FIT + TONE JACKIE	ESSENTIAL BUTT + THIGHS RACHEL		

ABSOLUTE YOU CLASS SCHEDULE

AMARIN PLAZA STUDIO : RHYTHM CYCLING								
DATE		26-October	27-October	28-October	29-October	30-October	31-October	1-November
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
RHYTHM CYCLING	7:15-8:00	ABSOLUTE BEATS MEW	ABSOLUTE BEATS MARIA	ABSOLUTE BEATS AOM	ABSOLUTE BEATS GIFT	ABSOLUTE BEATS GIFT		
RHYTHM CYCLING	8:30-8:45 8:45-9:30	Foundation ABSOLUTE BEATS MAE D.		Foundation ABSOLUTE BEATS AOM		Foundation ABSOLUTE BEATS FLYNN	(8:00-8:45) ABSOLUTE BEATS FLYNN	(8:00-8:45) ABSOLUTE BEATS JUNE
RHYTHM CYCLING	9:00-9:15 9:15-10:00						ABSOLUTE BEATS FLYNN	Foundation ABSOLUTE BEATS GIFT
RHYTHM CYCLING	10:15-10:30 10:30-11:15						Foundation ABSOLUTE BEATS DAN	ABSOLUTE BURN GIFT
RHYTHM CYCLING	12:15-13:00	LUNCH BEATS JUSTIN	LUNCH BEATS DAN	LUNCH BEATS MAE D.	LUNCH BEATS FLOY	LUNCH BEATS DAN		
RHYTHM CYCLING	14:45-15:00 15:00-15:45						ABSOLUTE BEATS MEW	Foundation ABSOLUTE BEATS JUSTIN
RHYTHM CYCLING	16:00-16:15 16:15-17:00						Foundation ABSOLUTE ESSENTIALS MEW	ABSOLUTE BEATS JUSTIN
RHYTHM CYCLING	17:15-17:30 17:30-18:15	Foundation ABSOLUTE BEATS FLYNN	ABSOLUTE BEATS MARIA	Foundation ABSOLUTE BEATS MAE D.	ABSOLUTE BEATS FLOY	Foundation ABSOLUTE BEATS MEK		
RHYTHM CYCLING	18:30-19:15	ABSOLUTE BEATS JUSTIN	ABSOLUTE BURN DAN	ABSOLUTE BURN MEI	ABSOLUTE BEATS BOAT	ABSOLUTE BEATS MEK		
RHYTHM CYCLING	19:30-19:45 19:45-20:30	Foundation ABSOLUTE BEATS FLYNN	(19:30-20:15) ABSOLUTE BEATS GIFT	Foundation ABSOLUTE BEATS MEW	(19:30-20:15) ABSOLUTE BEATS BOAT	ABSOLUTE BEATS MEW		
RHYTHM CYCLING	20:30-21:15		ABSOLUTE BEATS GIFT		ABSOLUTE BEATS BOAT			

EXCHANGE TOWER STUDIO								
DATE		26-October	27-October	28-October	29-October	30-October	31-October	1-November
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YOGA	7:00-7:45		AWAKENING AIR 45 min		RISE AND SHINE BEBE 45 min			
RHYTHM CYCLING	7:15-8:00	ABSOLUTE BEATS MARIA	ABSOLUTE BEATS CHERIE	ABSOLUTE BEATS FLOY	ABSOLUTE BEATS DINI	ABSOLUTE BEATS AOM		
PILATES REFORMER	7:00-7:15 7:15-8:15	Foundation ESSENTIAL ABS + ARM RJ	ESSENTIAL FIT + TONE RACHEL	Foundation ESSENTIAL BUTT + THIGHS STAMP	ESSENTIAL ABS + ARM MAE	ESSENTIAL BUTT + THIGHS MHE ANN		
YOGA	8:30-9:30	STRETCH & DESTRESS KNOT 60 min	ANTI-AGING AIR 60 min	HATHA JUSTIN 60 min	HOT (A) BEBE 60 min	FAT BURNING PAUL 60 min	HOT (AB) MON 60 min	ANTI-AGING EVE 60 min
PILATES REFORMER	8:30-9:00 9:00-10:00						Foundation ESSENTIAL BUTT + THIGHS RACHEL	Foundation ESSENTIAL ABS + ARM DINI
RHYTHM CYCLING	9:00-9:15 9:15-10:00		Foundation ABSOLUTE BEATS CHERIE		Foundation ABSOLUTE BEATS DINI		Foundation ABSOLUTE BEATS MARIA	Foundation ABSOLUTE BEATS AOM
PILATES REFORMER	9:30-10:00 10:00-11:00		Foundation CIRCUIT BUTT + THIGHS RJ	ESSENTIAL ABS + ARM RACHEL	Foundation CIRCUIT BUTT + THIGHS STAMP	Foundation ESSENTIAL FIT + TONE MAE	ESSENTIAL ABS + ARM MHE ANN	(10:15-11:15) ESSENTIAL FIT + TONE RACHEL
YOGA	10:00-11:30	Vinyasa KNOT 90 min	HATHA AIR 90 min	YOGA PILATES JUSTIN 90 min	Vinyasa BEBE 90 min	HOT (A) PAUL 90 min	Vinyasa MON 90 min	HOT (A) EVE 90 min
PILATES REFORMER	11:30-12:00 12:00-13:00	Foundation ESSENTIAL FIT + TONE RJ		Foundation ESSENTIAL ABS + ARM STAMP			(11:30-12:30) CIRCUIT ABS + ARM MARIA	(11:30-12:30) ESSENTIAL FIT + TONE DINI
RHYTHM CYCLING	12:15-13:00	LUNCH BEATS DAN		LUNCH BEATS FLOY		LUNCH BEATS AOM		
YOGA	14:00-15:30						HOT (A) MON 90 min	HATHA EVE 90 min
RHYTHM CYCLING	14:00-14:15 14:15-15:00						Foundation ABSOLUTE BEATS JUSTIN	Foundation ABSOLUTE BEATS AOM
RHYTHM CYCLING	15:30-16:15						ABSOLUTE BEATS JUSTIN	
PILATES REFORMER	15:00-15:30 15:30-16:30						Foundation ESSENTIAL BUTT + THIGHS MARIA	CIRCUIT ABS + ARM DINI
PILATES REFORMER	17:00-18:00							
RHYTHM CYCLING	17:15-17:30 17:30-18:15	Foundation ABSOLUTE ESSENTIALS DINI		Foundation ABSOLUTE BEATS KATIE		Foundation ABSOLUTE BEATS MAE D.		
YOGA	17:30-18:30	FAT BURNING KNOT 60 min	HATHA EVE 60 min	HOT (AB) LUKE 60 min	HOT (A) HARRISON 60 min	OFFICE SYNDROME PAUL 60 min	FAT BURNING MON (16:30-17:30)	HOT (A) EVE (16:30-17:30)
PILATES REFORMER	17:30-18:00 18:00-19:00	Foundation ESSENTIAL BUTT + THIGHS JOHN	ESSENTIAL FIT + TONE VANESSA	Foundation ESSENTIAL ABS + ARM JP	ESSENTIAL BUTT + THIGHS PANG	Foundation ESSENTIAL ABS + ARM MHE ANN		
RHYTHM CYCLING	18:15-18:30 18:30-19:15		Foundation ABSOLUTE BEATS MEW	ABSOLUTE BEATS DREAM	Foundation ABSOLUTE BEATS JUSTIN	Foundation ABSOLUTE BEATS MAE D.		
YOGA	18:45-19:45	HATHA KNOT 60 min	HOT (A) EVE 60 min	HATHA LUKE 60 min	HOT (AB) HARRISON 60 min	HOT (A) PAUL 60 min		
PILATES REFORMER	19:15-20:15	ESSENTIAL ABS + ARM JOHN	ESSENTIAL BUTT + THIGHS VANESSA	ESSENTIAL FIT + TONE JP	ESSENTIAL ABS + ARM PANG	ESSENTIAL FIT + TONE MHE ANN		
RHYTHM CYCLING	19:30-20:15	ABSOLUTE BEATS DINI	ABSOLUTE BEATS MEW	ABSOLUTE BEATS DREAM	ABSOLUTE BEATS JUSTIN			
YOGA	20:00-21:00	HOT (AB) KNOT 60 min	Vinyasa EVE 60 min	HOT (A) LUKE 60 min	DEEP SLEEP HARRISON 60 min			
PILATES REFORMER	20:20-21:20	ESSENTIAL FIT + TONE JOHN		ESSENTIAL BUTT + THIGHS JP				

ABSOLUTE YOU CLASS SCHEDULE

THE CIRCLE STUDIO								
DATE		26-October	27-October	28-October	29-October	30-October	31-October	1-November
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YOGA	7:45-8:45						Vinyasa ARTIE 60 min	
PILATES REFORMER	7:45-8:45	ESSENTIAL BUTT + THIGHS ANT P	ESSENTIAL FIT + TONE STAMP	ESSENTIAL ABS + ARM ART	ESSENTIAL BUTT + THIGHS KUNGKING	ESSENTIAL FIT + TONE AIR	ESSENTIAL ABS + ARM KAN P	ESSENTIAL BUTT + THIGHS PAT
RHYTHM CYCLING	8:00-8:15	Foundation		Foundation		Foundation		(8:00-8:45)
	8:15-9:00	ABSOLUTE BEATS JINA	ABSOLUTE BEATS PAT	ABSOLUTE BEATS CHERIE	ABSOLUTE BEATS KENG (T)	ABSOLUTE BEATS PLOU	ABSOLUTE BEATS D.GIFT	ABSOLUTE BEATS KENG (T)
PILATES REFORMER	9:00-10:00	ESSENTIAL ABS + ARM ANT P	ESSENTIAL BUTT + THIGHS STAMP	ESSENTIAL FIT + TONE ART	ESSENTIAL ABS + ARM KUNGKING	ESSENTIAL BUTT + THIGHS AIR	ESSENTIAL FIT + TONE KAN P	ESSENTIAL ABS + ARM PAT
RHYTHM CYCLING	9:00-9:45						ABSOLUTE BEATS D.GIFT	ABSOLUTE BEATS KENG (T)
RHYTHM CYCLING	10:00-10:15	Foundation		Foundation		Foundation		Foundation
	10:15-11:00	ABSOLUTE BEATS JINA	ABSOLUTE BEATS PAT	ABSOLUTE BEATS CHERIE	ABSOLUTE ESSENTIALS KENG (T)	ABSOLUTE BEATS PLOU	ABSOLUTE BEATS D.GIFT	ABSOLUTE BEATS KENG (T)
YOGA	9:00-10:30	HOT (A) PLE 90 min	Vinyasa KNOT 90 min	STRETCH & DESTRESS ARTIE (9:00-10:00)	HATHA BIG 90 min	HOT (A) KWANG 90 min	HOT (AB) ARTIE 90 min	HATHA FAR 90 min
PILATES REFORMER	10:15-11:15	ESSENTIAL FIT + TONE ANT P	ESSENTIAL ABS + ARM STAMP	ESSENTIAL BUTT + THIGHS GUBGIB	ESSENTIAL FIT + TONE KUNGKING	ESSENTIAL ABS + ARM AIR	ESSENTIAL BUTT + THIGHS KAN P	ESSENTIAL FIT + TONE PAT
YOGA	11:00-12:30	HOT (AB) PLE 90 min	HOT (A) KNOT 90 min	HOT (A) ARTIE 90 min	HOT (AB) BIG 90 min	HOT (AB) KWANG 90 min	HOT (A) ARTIE 90 min	HOT (A) FAR 90 min
PILATES REFORMER	11:30-12:30	ESSENTIAL ABS + ARM ANT P	ESSENTIAL BUTT + THIGHS STAMP	ESSENTIAL FIT + TONE GUBGIB	ESSENTIAL FIT + TONE KUNGKING	ESSENTIAL BUTT + THIGHS AIR	ESSENTIAL FIT + TONE ART	ESSENTIAL ABS + ARM KAN P
RHYTHM CYCLING	12:15-13:00						ABSOLUTE BEATS PLA (T)	
YOGA	14:00-15:30	FAT BURNING PLE (14:00-15:00)	HATHA KNOT 90 min	HOT (AB) ARTIE 90 min	ANTI-AGING BIG (14:00-15:00)	HOT (A) KWANG 90 min	HATHA ARTIE 90 min	YIN YANG FAR 90 min
	14:00-14:15						Foundation	Foundation
RHYTHM CYCLING	14:15-15:00						ABSOLUTE ESSENTIALS PLA (T)	ABSOLUTE BEATS PAT
PILATES REFORMER	14:00-14:30	Foundation		Foundation		Foundation		Foundation
	14:30-15:30	ESSENTIAL BUTT + THIGHS ARM	ESSENTIAL ABS + ARM STAMP	ESSENTIAL FIT + TONE GUBGIB	ESSENTIAL BUTT + THIGHS KUNGKING	ESSENTIAL FIT + TONE JENNY	ESSENTIAL ABS + ARM ART	ESSENTIAL BUTT + THIGHS KAN P
PILATES REFORMER	15:45-16:45						ESSENTIAL BUTT + THIGHS ART	ESSENTIAL ABS + ARM KAN P
YOGA	16:30-17:30						YOGA PILATES ARTIE 60 min	HOT (AB) FAR 60 min
PILATES REFORMER	16:30-17:00	Foundation		Foundation		Foundation		
	17:00-18:00	ESSENTIAL ABS + ARM ARM	ESSENTIAL FIT + TONE TAI	ESSENTIAL BUTT + THIGHS ART	ESSENTIAL ABS + ARM LILY	ESSENTIAL FIT + TONE JENNY	ESSENTIAL FIT + TONE JENNY	
RHYTHM CYCLING	17:30-18:15	ABSOLUTE BEATS AE (T)	ABSOLUTE BEATS TAE	ABSOLUTE BEATS CHERIE	ABSOLUTE BEATS KENG (T)	ABSOLUTE BEATS PLOU		
YOGA	17:45-19:00	YOGA PILATES PLE 75 min	HATHA KNOT 75 min	Vinyasa ARTIE 75 min	HATHA BIG 75 min	OFFICE SYNDROME KWANG 75 min		
PILATES REFORMER	18:15-19:15	ESSENTIAL BUTT + THIGHS ARM	ESSENTIAL FIT + TONE TAI	ESSENTIAL ABS + ARM ART	ESSENTIAL FIT + TONE LILY	ESSENTIAL BUTT + THIGHS JENNY		
RHYTHM CYCLING	18:30-18:45	Foundation		Foundation		Foundation		
	18:45-19:30	ABSOLUTE BEATS AE (T)	ABSOLUTE BEATS TAE	ABSOLUTE BEATS D.GIFT	ABSOLUTE BEATS FERN	ABSOLUTE BEATS PLOU		
YOGA	19:15-20:30	HOT (AB) PLE 75 min	DEEP SLEEP KNOT 75 min	HOT (A) ARTIE 75 min	Vinyasa BIG 75 min	HOT (AB) KWANG 75 min		
PILATES REFORMER	19:30-20:30	ESSENTIAL ABS + ARM ARM	ESSENTIAL BUTT + THIGHS TAI	ESSENTIAL FIT + TONE ART	ESSENTIAL ABS + ARM LILY	ESSENTIAL FIT + TONE JENNY		
RHYTHM CYCLING	19:45-20:30	ABSOLUTE BEATS AE (T)	ABSOLUTE BEATS TAE	ABSOLUTE BEATS D.GIFT	ABSOLUTE BEATS FERN			

LADPRAO STUDIO								
DATE		26-October	27-October	28-October	29-October	30-October	31-October	1-November
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 LILY	CIRCUIT BUTT + THIGHS KWANG	ESSENTIAL FIT + TONE JACKIE	CIRCUIT ABS + ARM MHE ANN	ESSENTIAL BUTT + THIGHS KUNGKING	ESSENTIAL BUTT + THIGHS KUNGKING	ESSENTIAL ABS + ARM CHER
YOGA	8:45-9:45						Vinyasa LEK 60 min	FAT BURNING ARTIE 60 min
PILATES REFORMER	9:00-9:30	Temporary Class		Temporary Class		Temporary Class		Foundation
	9:30-10:30 ROOM 2	ESSENTIAL ABS + ARM TAE	ESSENTIAL BUTT + THIGHS TAI	ESSENTIAL BUTT + THIGHS TAI	ESSENTIAL FIT + TONE FERN	ESSENTIAL FIT + TONE FERN	ESSENTIAL ABS + ARM AON	ESSENTIAL FIT + TONE TAI
YOGA	10:00-11:30	HOT (A) OAT 90 min	HOT (AB) OAT 90 min	HATHA EVE 90 min	HOT (A) MON 90 min	HATHA BIG 90 min	HOT (AB) LEK 90 min	HOT (A) ARTIE 90 min
PILATES REFORMER	10:15-11:15	ESSENTIAL BUTT + THIGHS LILY	ESSENTIAL ABS + ARM KWANG	ESSENTIAL FIT + TONE JACKIE	ESSENTIAL BUTT + THIGHS MHE ANN	ESSENTIAL ABS + ARM KUNGKING	ESSENTIAL FIT + TONE KUNGKING	ESSENTIAL BUTT + THIGHS CHER
PILATES REFORMER	10:45-11:45 ROOM 2 (Temporary Class)						ESSENTIAL BUTT + THIGHS AON	ESSENTIAL ABS + ARM TAI
YOGA	11:45-13:15	Vinyasa AIR 90 min	HATHA OAT 90 min	Vinyasa EVE 90 min	HATHA MON 90 min	Vinyasa BIG 90 min		
PILATES REFORMER	11:30-12:30						ESSENTIAL ABS + ARM KUNGKING	ESSENTIAL FIT + TONE CHER
YOGA	14:30-16:00						HATHA LEK 90 min	YOGA PILATES ARTIE 90 min
PILATES REFORMER	17:15-18:15	CIRCUIT BUTT + THIGHS LILY	ESSENTIAL ABS + ARM KWANG	CIRCUIT BUTT + THIGHS JACKIE	ESSENTIAL FIT + TONE MHE ANN	CIRCUIT ABS + ARM KUNGKING		
YOGA	17:15-18:15	OFFICE SYNDROME AIR 60 min	HOT (AB) OAT 60 min	ANTI-AGING PLE 60 min	HOT (A) MON 60 min	Vinyasa BIG 60 min	YIN YANG LEK (16:30-17:30)	HOT (AB) ARTIE (16:30-17:30)
PILATES REFORMER	17:30-18:00	Foundation		Foundation		Foundation		
	18:00-19:00 ROOM 2	ESSENTIAL ABS + ARM TAE	ESSENTIAL FIT + TONE AON	ESSENTIAL BUTT + THIGHS TAI	ESSENTIAL ABS + ARM DREAM	ESSENTIAL BUTT + THIGHS TAI	ESSENTIAL BUTT + THIGHS TAI	
PILATES REFORMER	18:30-19:30	ESSENTIAL BUTT + THIGHS LILY	STRETCH & DESTRESS KWANG	ESSENTIAL FIT+TONE JACKIE	CIRCUIT BUTT + THIGHS MHE ANN	ESSENTIAL ABS + ARM KUNGKING		
YOGA	18:30-19:30	HOT (A) AIR 60 min	HATHA OAT 60 min	HOT (AB) PLE 60 min	Vinyasa MON 60 min	HOT (A) BIG 60 min		
PILATES REFORMER	19:15-20:15 ROOM 2	ESSENTIAL FIT + TONE TAE	CIRCUIT BUTT + THIGHS AON	ESSENTIAL ABS + ARM TAI	ESSENTIAL FIT + TONE DREAM	ESSENTIAL FIT + TONE DREAM		
YOGA	19:45-20:45	STRETCH & DESTRESS AIR 60 min	HOT (A) OAT 60 min	DEEP SLEEP PLE 60 min	HOT (AB) MON 60 min			
PILATES REFORMER	19:45-20:45	ESSENTIAL ABS + ARM LILY	ESSENTIAL FIT + TONE KWANG	ESSENTIAL BUTT + THIGHS JACKIE	ESSENTIAL ABS + ARM MHE ANN			

ABSOLUTE YOU CLASS SCHEDULE

CRYSTAL PARK STUDIO								
DATE		26-October	27-October	28-October	29-October	30-October	31-October	1-November
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YOGA	7:30-8:30	HATHA BIG 60 min	HOT (AB) PLE 60 min	YOGA PILATES KNOT 60 min	STRETCH & DEPRESS CANDY 60 min	HOT (A) LEK 60 min	FAT BURNING KWANG 60 min	HOT (A) AIR 60 min
PILATES REFORMER	8:00-9:00						ESSENTIAL FIT + TONE ANT P	CIRCUIT ABS + ARM AU
PILATES REFORMER	8:30-9:30	CIRCUIT ABS + ARM CHER	ESSENTIAL ABS + ARM KUNGKING	CIRCUIT BUTT + THIGHS VANESSA	CIRCUIT ABS + ARM GUBGIB	ESSENTIAL BUTT + THIGHS JACKIE		
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) BIG 60 min	HATHA PLE (8:45-10:15)	HOT (AB) KNOT 60 min	HOT (A) CANDY (8:45-10:15)	Vinyasa LEK 60 min	HOT (A) KWANG 60 min	OFFICE SYNDROME AIR 60 min
PILATES REFORMER	9:15-10:15						ESSENTIAL ABS + ARM ANT P	ESSENTIAL BUTT + THIGHS AU
RHYTHM CYCLING	9:30-9:45		Foundation		Foundation		Foundation	Foundation
	9:45-10:30	ABSOLUTE BEATS KENG (T)	ABSOLUTE BEATS PLOY	ABSOLUTE BEATS TAE	ABSOLUTE BEATS JINA	ABSOLUTE BEATS BOAT	ABSOLUTE BEATS PAT	ABSOLUTE BEATS FERN
PILATES REFORMER	9:45-10:15	Foundation	(9:45-10:45)	Foundation	(9:45-10:45)	Foundation		
	10:15-11:15	ESSENTIAL BUTT + THIGHS CHER	ESSENTIAL FIT + TONE KUNGKING	ESSENTIAL ABS + ARM VANESSA	ESSENTIAL BUTT + THIGHS GUBGIB	ESSENTIAL ABS + ARM JACKIE		
PILATES REFORMER	10:30-11:30						ESSENTIAL BUTT + THIGHS ANT P	ESSENTIAL FIT + TONE AU
YOGA	10:30-12:00	Vinyasa BIG 90 min	HOT (A) PLE 90 min	HATHA KNOT 90 min	Vinyasa CANDY 90 min	HOT (A) LEK 90 min	HOT (AB) KWANG 90 min	HATHA AIR 90 min
RHYTHM CYCLING	10:45-11:30						ABSOLUTE BEATS PAT	ABSOLUTE BEATS FERN
PILATES REFORMER	11:00-11:30		(11:00-12:00)		(11:00-12:00)			
	11:30-12:30	ESSENTIAL FIT + TONE CHER	ESSENTIAL ABS + ARM KUNGKING	ESSENTIAL BUTT + THIGHS VANESSA	ESSENTIAL ABS + ARM GUBGIB	ESSENTIAL FIT + TONE JACKIE		
PILATES REFORMER	12:15-13:15						ESSENTIAL BUTT + THIGHS AU	ESSENTIAL ABS + ARM ANT P
YOGA	14:00-15:30	HATHA BIG 90 min		Vinyasa KNOT 90 min		HATHA EVE 90 min	Vinyasa KWANG 90 min	YIN YANG AIR 90 min
PILATES REFORMER	14:15-15:15						ESSENTIAL FIT + TONE AU	ESSENTIAL BUTT + THIGHS ANT P
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	Foundation
	16:00-17:00						ESSENTIAL ABS + ARM AU	ESSENTIAL BUTT + THIGHS ANT P
YOGA	17:30-18:30	HOT (A) BIG 60 min	Vinyasa LEK 60 min	HOT (AB) KNOT 60 min	HATHA ARTIE 60 min	ANTI-AGING EVE 60 min		
PILATES REFORMER	17:00-17:30		Foundation		Foundation			
	17:30-18:30	ESSENTIAL FIT + TONE ART	ESSENTIAL BUTT + THIGHS KAN P	ESSENTIAL FIT + TONE KUNGKING	ESSENTIAL ABS + ARM JENNY	ESSENTIAL BUTT + THIGHS GUBGIB		
RHYTHM CYCLING	18:45-19:00	Foundation		Foundation		Foundation		
	19:00-19:45	ABSOLUTE BEATS KENG (T)	ABSOLUTE ESSENTIALS PLOY	ABSOLUTE BEATS TAE	ABSOLUTE BEATS JINA	ABSOLUTE BEATS FERN		
PILATES REFORMER	19:00-20:00	ESSENTIAL BUTT + THIGHS ART	CIRCUIT ABS + ARM KAN P	ESSENTIAL ABS + ARM KUNGKING	ESSENTIAL BUTT + THIGHS JENNY	ESSENTIAL FIT + TONE GUBGIB		
YOGA	19:00-20:00	HATHA BIG 60 min	HOT (AB) LEK 60 min	Vinyasa KNOT 60 min	HOT (A) ARTIE 60 min	HOT (A) EVE 60 min		

COMMONS STUDIO								
DATE		26-October	27-October	28-October	29-October	30-October	31-October	1-November
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 MICHAEL	ESSENTIAL ABS + ARM JP	ESSENTIAL BUTT + THIGHS TERESA	ESSENTIAL FIT + TONE JOHN	ESSENTIAL ABS + ARM MHE ANN
RHYTHM CYCLING	9:00-9:15	Foundation			Foundation		Foundation	
	9:15-10:00	ABSOLUTE BEATS ARIS	ABSOLUTE BEATS MEK	ABSOLUTE BEATS DAN	ABSOLUTE BEATS AOM	ABSOLUTE BEATS DAN	ABSOLUTE BEATS GIFT	ABSOLUTE BEATS MEK
PILATES REFORMER	10:15-11:15	ESSENTIAL BUTT + THIGHS RACHEL	ESSENTIAL FIT + TONE RJ	ESSENTIAL ABS + ARM MICHAEL	ESSENTIAL FIT + TONE JP	ESSENTIAL ABS + ARM TERESA	CIRCUIT BUTT + THIGHS JOHN	ESSENTIAL FIT + TONE MHE ANN
RHYTHM CYCLING	10:15-10:30		Foundation		Foundation			Foundation
	10:30-11:15	ABSOLUTE BEATS ARIS	ABSOLUTE BEATS MEK	ABSOLUTE BEATS FLYNN	ABSOLUTE BEATS DAN	ABSOLUTE BEATS D.GIFT	ABSOLUTE BURN GIFT	ABSOLUTE BEATS MEK
RHYTHM CYCLING	11:30-12:15						ABSOLUTE BEATS GIFT	ABSOLUTE BEATS MEK
PILATES REFORMER	11:30-12:30	ESSENTIAL ABS + ARM RACHEL	ESSENTIAL BUTT + THIGHS RJ	ESSENTIAL FIT + TONE MICHAEL	ESSENTIAL BUTT + THIGHS JP			
RHYTHM CYCLING	15:00-15:15						Foundation	Foundation
	15:15-16:00						ABSOLUTE BEATS AOM	ABSOLUTE BEATS MAE D.
PILATES REFORMER	15:00-16:00						ESSENTIAL ABS + ARM JOHN	ESSENTIAL BUTT + THIGHS MHE ANN
RHYTHM CYCLING	16:30-16:45						Foundation	(16:30-17:30)
	16:45-17:30						ABSOLUTE BEATS AOM	ABSOLUTE 60 MAE D.
RHYTHM CYCLING	17:30-18:15	ABSOLUTE BEATS PINKY		ABSOLUTE BEATS JUNE				
PILATES REFORMER	18:00-18:30	Foundation		Foundation		Foundation		
	18:30-19:30	ESSENTIAL ABS + ARM PANG	ESSENTIAL BUTT + THIGHS RJ	ESSENTIAL FIT + TONE MICHAEL	ESSENTIAL ABS + ARM JP	ESSENTIAL FIT + TONE TERESA		
RHYTHM CYCLING	18:15-18:30		Foundation		Foundation			
	18:30-19:15	ABSOLUTE BURN DAN	ABSOLUTE BEATS FLYNN	ABSOLUTE BEATS MEK	ABSOLUTE BEATS MEI	ABSOLUTE BEATS D.GIFT		
RHYTHM CYCLING	19:30-20:15	ABSOLUTE BEATS MAE D.	ABSOLUTE BEATS PINKY	ABSOLUTE BEATS MEK	ABSOLUTE BEATS MEW			
PILATES REFORMER	19:45-20:45	ESSENTIAL BUTT + THIGHS PANG	ESSENTIAL FIT + TONE RJ	ESSENTIAL ABS + ARM MICHAEL	ESSENTIAL BUTT + THIGHS JP			

ABSOLUTE YOU CLASS SCHEDULE

G TOWER STUDIO								
DATE		26-October	27-October	28-October	29-October	30-October	31-October	1-November
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PILATES REFORMER	7:00-7:15	<i>Foundation</i>		<i>Foundation</i>				
	7:15-8:15	ESSENTIAL BUTT + THIGHS AON		ESSENTIAL ABS + ARM KAN P		ESSENTIAL FIT + TONE JINA		
RHYTHM CYCLING	7:00-7:15	<i>Foundation</i>		<i>Foundation</i>		<i>Foundation</i>		
	7:15-8:00	ABSOLUTE BEATS TAE	ABSOLUTE BEATS PLA (T)	ABSOLUTE BEATS FERN	ABSOLUTE BEATS BOAT	ABSOLUTE BEATS PLA (T)		
PILATES REFORMER	8:30-9:00						<i>Foundation</i>	<i>Foundation</i>
	9:00-10:00						ESSENTIAL BUTT + THIGHS JACKIE	ESSENTIAL FIT + TONE JENNY
RHYTHM CYCLING	9:00-9:15						<i>Foundation</i>	<i>Foundation</i>
	9:15-10:00						ABSOLUTE BEATS JUNE	ABSOLUTE BEATS BOAT
PILATES REFORMER	10:15-11:15						ESSENTIAL FIT + TONE JACKIE	ESSENTIAL ABS + ARM JENNY
PILATES REFORMER	11:30-12:00		<i>Foundation</i>		<i>Foundation</i>			
	12:00-13:00		ESSENTIAL BUTT + THIGHS LILY		ESSENTIAL FIT + TONE TAI			
RHYTHM CYCLING	12:00-12:15		<i>Foundation</i>		<i>Foundation</i>			
	12:15-13:00		LUNCH BEATS PLA (T)		LUNCH BEATS AE (T)			
RHYTHM CYCLING	14:00-14:15						<i>Foundation</i>	<i>Foundation</i>
	14:15-15:00						ABSOLUTE ESSENTIALS JUNE	ABSOLUTE BEATS BOAT
PILATES REFORMER	14:30-15:00						<i>Foundation</i>	<i>Foundation</i>
	15:00-16:00						ESSENTIAL ABS + ARM JACKIE	ESSENTIAL FIT + TONE JENNY
PILATES REFORMER	17:00-17:30	<i>Foundation</i>		<i>Foundation</i>		<i>Foundation</i>		
	17:30-18:30	ESSENTIAL FIT + TONE AU	ESSENTIAL ABS + ARM LILY	ESSENTIAL BUTT + THIGHS KAN P	ESSENTIAL FIT + TONE TAI	ESSENTIAL ABS + ARM JINA		
RHYTHM CYCLING	17:30-18:15 <i>(Temporary Class)</i>	ABSOLUTE BEATS PLA (T)		ABSOLUTE BEATS FERN				
RHYTHM CYCLING	18:15-18:30		<i>Foundation</i>		<i>Foundation</i>			
	18:30-19:15	ABSOLUTE BEATS PLA (T)	ABSOLUTE BEATS JUSTIN	ABSOLUTE BEATS FERN	ABSOLUTE BEATS KATIE	ABSOLUTE BEATS BOAT		
PILATES REFORMER	18:40-19:40	ESSENTIAL BUTT + THIGHS AU	ESSENTIAL FIT + TONE LILY	ESSENTIAL ABS + ARM KAN P	ESSENTIAL BUTT + THIGHS TAI	ESSENTIAL FIT + TONE JINA		
RHYTHM CYCLING	19:30-20:15	ABSOLUTE BEATS PLA (T)	ABSOLUTE BEATS JUNE	ABSOLUTE BEATS FERN	ABSOLUTE BEATS KATIE	ABSOLUTE BEATS BOAT		
PILATES REFORMER	19:50-20:50	ESSENTIAL ABS + ARM AU	ESSENTIAL BUTT + THIGHS LILY	ESSENTIAL FIT + TONE KAN P	ESSENTIAL ABS + ARM TAI			

ON-NUT STUDIO								
DATE		26-October	27-October	28-October	29-October	30-October	31-October	1-November
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PILATES REFORMER	7:15-8:15		ESSENTIAL BUTT + THIGHS ANT P		ESSENTIAL ABS + ARM KAN P			
YOGA	8:30-9:30	HATHA OAT 60 min		FAT-BURNING MON 60 min		HOT (A) PLE 60 min	ANTI-AGING BEBE 60 min	STRETCH & DESTRESS CANDY 60 min
PILATES REFORMER	8:30-9:00	<i>Foundation</i>		<i>Foundation</i>		<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>
	9:00-10:00	ESSENTIAL FIT + TONE MHE ANN	ESSENTIAL ABS + ARM ANT P	ESSENTIAL BUTT + THIGHS ARM	ESSENTIAL FIT + TONE KAN P	ESSENTIAL ABS + ARM ARM	ESSENTIAL BUTT + THIGHS PANG	ESSENTIAL FIT + TONE KWANG
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 PLA (T)	ABSOLUTE BEATS JINA	ABSOLUTE BEATS KENG (T)	ABSOLUTE BEATS AE (T)	ABSOLUTE BEATS TAE	ABSOLUTE BEATS DREAM	ABSOLUTE BEATS MARIA
YOGA	10:00-11:15	HOT (A) OAT 75 min	HATHA HARRISON 75 min	HOT (AB) MON 75 min	HATHA PAUL 75 min	Vinyasa PLE 75 min	HOT (A) BEBE 75 min	HATHA CANDY 75 min
RHYTHM CYCLING	10:15-11:00						ABSOLUTE BEATS DREAM	ABSOLUTE BEATS MARIA
PILATES REFORMER	10:15-11:15						ESSENTIAL ABS + ARM PANG	ESSENTIAL BUTT + THIGHS KWANG
PILATES REFORMER	11:30-12:30						ESSENTIAL BUTT + THIGHS PANG	ESSENTIAL FIT + TONE KWANG
	13:30-14:00	<i>Foundation</i>		<i>Foundation</i>		<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>
PILATES REFORMER	14:00-15:00	ESSENTIAL ABS + ARM MHE ANN		ESSENTIAL FIT + TONE ARM		ESSENTIAL BUTT + THIGHS ARM	ESSENTIAL FIT + TONE PANG	ESSENTIAL ABS + ARM KWANG
	14:00-15:30						HOT (AB) BEBE 90 min	HOT (A) CANDY 90 min
RHYTHM CYCLING	14:45-15:00						<i>Foundation</i>	<i>Foundation</i>
	15:00-15:45						ABSOLUTE BEATS DREAM	ABSOLUTE ESSENTIALS AE (T)
YOGA	18:00-19:00	HOT (A) OAT 60 min	HATHA HARRISON 60 min	HOT (A) MON 60 min	Vinyasa PAUL 60 min	HOT (AB) PLE 60 min		
PILATES REFORMER	17:45-18:15	<i>Foundation</i>		<i>Foundation</i>		<i>Foundation</i>		
	18:15-19:15	ESSENTIAL FIT + TONE MHE ANN	ESSENTIAL BUTT + THIGHS ANT P	ESSENTIAL ABS + ARM ARM	ESSENTIAL BUTT + THIGHS KAN P	ESSENTIAL FIT + TONE ARM		
RHYTHM CYCLING	18:15-18:30	<i>Foundation</i>		<i>Foundation</i>		<i>Foundation</i>		
	18:30-19:15	ABSOLUTE BEATS JUNE	ABSOLUTE BEATS JINA	ABSOLUTE BEATS KENG (T)	ABSOLUTE BEATS D.GIFT	ABSOLUTE BEATS TAE		
YOGA	19:15-20:15	DEEP SLEEP OAT 60 min	HOT (A) HARRISON 60 min	OFFICE SYNDROME MON 60 min	HOT (AB) PAUL 60 min			
PILATES REFORMER	19:30-20:30	ESSENTIAL ABS + ARM MHE ANN	ESSENTIAL FIT + TONE ANT P	ESSENTIAL BUTT + THIGHS ARM	ESSENTIAL ABS + ARM KAN P			
RHYTHM CYCLING	19:45-20:30	ABSOLUTE BEATS JUNE	ABSOLUTE BEATS JINA	ABSOLUTE ESSENTIALS KENG (T)	ABSOLUTE BEATS D.GIFT			

ABSOLUTE YOU CLASS SCHEDULE

NANG-LIN-CHEE STUDIO								
DATE		26-October	27-October	28-October	29-October	30-October	31-October	1-November
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YOGA	7:00-7:45	AWAKENING LEK 45 min	RISE AND SHINE BEBE 45 min	AWAKENING HARRISON 45 min	RISE AND SHINE PLE 45 min	OFFICE SYNDROME ARTIE 45 min		
PILATES REFORMER	7:15-8:15	ESSENTIAL BUTT + THIGHS STAMP	ESSENTIAL ABS + ARM JP	ESSENTIAL FIT + TONE RJ	ESSENTIAL BUTT + THIGHS AU	ESSENTIAL FIT + TONE JP		
PILATES REFORMER	8:00-9:00						ESSENTIAL ABS + ARM AIR	ESSENTIAL BUTT + THIGHS PANG
YOGA	8:30-9:30						FAT BURNING FAR 60 min	OFFICE SYNDROME BEBE 60 min
PILATES REFORMER	8:30-9:00	Foundation		Foundation		Foundation		
	9:00-10:00	ESSENTIAL FIT + TONE STAMP	ESSENTIAL ABS + ARM JP	ESSENTIAL BUTT + THIGHS RJ	ESSENTIAL FIT + TONE AU	ESSENTIAL ABS + ARM JP	ESSENTIAL BUTT + THIGHS AIR	ESSENTIAL FIT + TONE PANG
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 ARIS	ABSOLUTE BEATS PLA (T)	ABSOLUTE BEATS DREAM	ABSOLUTE BEATS MAE D	ABSOLUTE BEATS D.GIFT
YOGA	10:00-11:15	HOT (A) LEK 75 min	ANTI-AGING BEBE 75 min	HOT (AB) HARRISON 75 min	HATHA PLE 75 min	Vinyasa ARTIE 75 min	HOT (A) FAR 75 min	HATHA BEBE 75 min
RHYTHM CYCLING	10:30-11:15						ABSOLUTE BEATS MAE D	ABSOLUTE BEATS D.GIFT
PILATES REFORMER	10:30-11:30		ESSENTIAL FIT + TONE JP		ESSENTIAL BUTT + THIGHS AU		ESSENTIAL ABS + ARM AIR	ESSENTIAL BUTT + THIGHS PANG
YOGA	12:15-13:00		FAT BURNING BEBE 45 min		OFFICE SYNDROME PLE 45 min			
PILATES REFORMER	13:30-14:00						Foundation	Foundation
	14:00-15:00	ESSENTIAL BUTT + THIGHS VANESSA		ESSENTIAL ABS + ARM RJ			ESSENTIAL FIT + TONE AIR	ESSENTIAL ABS + ARM PANG
YOGA	14:00-15:30						HOT (AB) FAR 90 min	HOT (A) BEBE 90 min
RHYTHM CYCLING	14:45-15:00						Foundation	Foundation
	15:00-15:45						ABSOLUTE ESSENTIALS MAE D	ABSOLUTE BEATS D.GIFT
PILATES REFORMER	17:00-18:00	ESSENTIAL BUTT + THIGHS VANESSA		ESSENTIAL FIT + TONE ARIS		ESSENTIAL ABS + ARM PANG		
RHYTHM CYCLING	17:30-18:15	ABSOLUTE BEATS FERN	ABSOLUTE BEATS DINI	ABSOLUTE BEATS FLYNN	ABSOLUTE BEATS			
YOGA	18:00-19:00	HOT (AB) LEK 60 min	HATHA BEBE 60 min	HOT (A) HARRISON 60 min	Vinyasa KWANG 60 min	HOT (AB) ARTIE 60 min		
PILATES REFORMER	17:45-18:15		Foundation		Foundation			
	18:15-19:15	ESSENTIAL FIT + TONE VANESSA	ESSENTIAL BUTT + THIGHS ARM	ESSENTIAL ABS + ARM ARIS	ESSENTIAL BUTT + THIGHS RJ	ESSENTIAL FIT + TONE PANG		
RHYTHM CYCLING	18:30-18:45	Foundation	Foundation	Foundation	Foundation	Foundation		
	18:45-19:30	ABSOLUTE BEATS LOY	ABSOLUTE BEATS MEI	ABSOLUTE BEATS JUSTIN	ABSOLUTE BEATS TAE	ABSOLUTE BEATS DREAM		
YOGA	19:15-20:15	STRETCH & DESTRESS LEK 60 min	Vinyasa BEBE 60 min	HATHA HARRISON 60 min	DEEP SLEEP KWANG 60 min			
PILATES REFORMER	19:30-20:30	ESSENTIAL ABS + ARM VANESSA	ESSENTIAL FIT + TONE ARM	ESSENTIAL BUTT + THIGHS ARIS	ESSENTIAL ABS + ARM RJ			
RHYTHM CYCLING	19:45-20:30	ABSOLUTE BEATS FERN	ABSOLUTE BEATS DINI	ABSOLUTE BEATS FLYNN	ABSOLUTE BEATS TAE			

ARI STUDIO								
DATE		26-October	27-October	28-October	29-October	30-October	31-October	1-November
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
RHYTHM CYCLING	7:00-7:15		Foundation		Foundation			
	7:15-8:00		ABSOLUTE BEATS AE (T)		ABSOLUTE BEATS FERN			
PILATES REFORMER	7:30-8:30	ESSENTIAL BUTT + THIGHS JACKIE		ESSENTIAL FIT + TONE PAT		ESSENTIAL ABS + ARM JOHN		
PILATES REFORMER	8:30-9:00		Foundation		Foundation		Foundation	Foundation
	9:00-10:00	ESSENTIAL FIT + TONE JACKIE	ESSENTIAL ABS + ARM JENNY	ESSENTIAL BUTT + THIGHS PAT	ESSENTIAL FIT + TONE AON	CIRCUIT BUTT + THIGHS JOHN	ESSENTIAL BUTT + THIGHS GUBGIB	ESSENTIAL FIT + TONE JOHN
RHYTHM CYCLING	9:00-9:15	Foundation		Foundation		Foundation	Foundation	Foundation
	9:15-10:00	ABSOLUTE BEATS PAT		ABSOLUTE BEATS MARIA		ABSOLUTE BEATS PAT	ABSOLUTE BEATS JINA	ABSOLUTE BEATS DREAM
PILATES REFORMER	10:30-11:30		ESSENTIAL FIT + TONE JENNY		ESSENTIAL ABS + ARM AON		CIRCUIT ABS + ARM GUBGIB	ESSENTIAL BUTT + THIGHS JOHN
PILATES REFORMER	13:30-14:00	(13:30-14:30)		(13:30-14:30)		(13:30-14:30)	Foundation	Foundation
	14:00-15:00	ESSENTIAL BUTT + THIGHS JACKIE		ESSENTIAL FIT + TONE PAT		ESSENTIAL ABS + ARM JOHN	ESSENTIAL FIT + TONE GUBGIB	ESSENTIAL ABS + ARM JOHN
RHYTHM CYCLING	14:00-14:15						Foundation	Foundation
	14:15-15:00						ABSOLUTE BEATS JINA	ABSOLUTE BEATS DREAM
PILATES REFORMER	15:15-16:15						ESSENTIAL BUTT + THIGHS GUBGIB	ESSENTIAL FIT + TONE JOHN
PILATES REFORMER	17:00-17:30	Foundation	Foundation	Foundation	Foundation	Foundation		
	17:30-18:30	ESSENTIAL FIT + TONE TAI	ESSENTIAL BUTT + THIGHS JENNY	ESSENTIAL ABS + ARM PANG	ESSENTIAL BUTT + THIGHS ARM	ESSENTIAL FIT + TONE JOHN		
RHYTHM CYCLING	18:15-18:30	Foundation	Foundation	Foundation	Foundation	Foundation		
	18:30-19:15	ABSOLUTE BEATS PAT	ABSOLUTE BEATS KENG (T)	ABSOLUTE BEATS DINI	ABSOLUTE BEATS PLA (T)	ABSOLUTE BEATS PAT		
PILATES REFORMER	18:45-19:45	ESSENTIAL BUTT + THIGHS TAI	ESSENTIAL ABS + ARM JENNY	ESSENTIAL FIT + TONE PANG	ESSENTIAL FIT + TONE ARM	ESSENTIAL ABS + ARM JOHN		
RHYTHM CYCLING	19:30-19:45	Foundation	Foundation	Foundation	Foundation			
	19:45-20:30	ABSOLUTE BEATS PAT	ABSOLUTE BEATS KENG (T)	ABSOLUTE BEATS DINI	ABSOLUTE BEATS PLA (T)			
PILATES REFORMER	20:00-21:00	ESSENTIAL ABS + ARM TAI	ESSENTIAL FIT + TONE JENNY	ESSENTIAL BUTT + THIGHS PANG	ESSENTIAL ABS + ARM ARM			