

ABSOLUTE YOU CLASS SCHEDULE

AMARIN PLAZA STUDIO								
DATE		3-December	4-December	5-December	6-December	7-December	8-December	9-December
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 MON 45 min		HF on the Go TING 45 min	HF on the Go CANDY 45 min		
PILATES REFORMER	7:15-8:15	CIRCUIT ABS + ARMS MAE	ESSENTIAL FIT + TONE KAT		ESSENTIAL ABS + ARMS MAE	CIRCUIT BUTT + THIGHS RJ		
PILATES REFORMER	7:30-8:30 ROOM 2	ESSENTIAL FIT + TONE ANT P	ESSENTIAL BUTT + THIGHS JACKIE		ESSENTIAL FIT + TONE LILY	ESSENTIAL ABS + ARM JEAB		
PILATES REFORMER	8:00-9:00			ESSENTIAL FIT + TONE JERALD			ESSENTIAL FIT + TONE JERALD	ESSENTIAL BUTT + THIGHS PEWEE
PILATES REFORMER	8:15-9:15 ROOM 2			ESSENTIAL ABS + ARM RJ			ESSENTIAL ABS + ARM MICHAEL	ESSENTIAL FIT + TONE SARI
YOGA	8:15-9:45	HATHA LUKE 90 min				INVERSION* CANDY 90 min		TWISTING* KNOT (7:30-8:30)
CORE BLAST	8:30-9:30	CORE SUSPEND BUTT + THIGHS ANT P				CORE SUSPEND ABS + ARM RJ		
PILATES REFORMER	8:30-9:30	ESSENTIAL BUTT + THIGHS MAE				YOGA STRETCHING ON REFORMER JEAB		
PILATES REFORMER	8:30-9:00 9:00-10:00		Foundation ESSENTIAL ABS + ARMS KAT	(9:15-10:15) ESSENTIAL BUTT + THIGHS MAE	Foundation ESSENTIAL BUTT + THIGHS MAE		(9:15-10:15) ESSENTIAL BUTT + THIGHS SARI	(9:15-10:15) ESSENTIAL CIRCUIT ABS + ARMS JULIE
YOGA	8:45-9:45			ABSOLUTE FIT CANDY 60 min			ABSOLUTE FIT MARVIN 60 min	HATHA KNOT 60 min
CORE BLAST	9:15-10:15			CORE SUSPEND ABS + ARM JUDO			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 RJ			Foundation ESSENTIAL FIT + TONE MICHAEL	Foundation ESSENTIAL BUTT + THIGHS SARI
PILATES REFORMER	9:45-10:45	CARDIO JUMPBOARD				ESSENTIAL FIT + TONE RJ		
YOGA	10:00-11:30	HOT (A) HARRISON 90 min	HATHA MON 90 min	HOT (A) BENZ 90 min	HOT (A) TING 90 min	HOT (AB) CANDY 90 min	HOT (A) CANDY 90 min	HOT (A) PAULUS 90 min
PILATES REFORMER	10:30-11:30			ESSENTIAL ABS + ARM MAE			ESSENTIAL ABS + ARM SARI	ESSENTIAL FIT + TONE JULIE
YOGA	11:00-12:30 CB studio			CORE STRENGTH* CANDY 90 min			FORWARD BEND* MARVIN 90 min	YOGA PILATES KNOT 90 min
PILATES REFORMER	11:45-12:45			ESSENTIAL FIT + TONE RJ			ESSENTIAL FIT + TONE MICHAEL	ESSENTIAL ABS + ARM SARI
YOGA	12:15-13:00	HF on the Go LUKE 45 min	HF on the Go MON 45 min		HF on the Go TING 45 min	HF on the Go CANDY 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 JUDO			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		ESSENTIAL ABS + ARMS MAE		CIRCUIT ABS + ARMS RJ	ESSENTIAL ABS + ARMS SARI	ESSENTIAL FIT + TONE JULIE
YOGA	14:30-16:00	ABSOLUTE FIT MARVIN (14:30-15:30)	HATHA MON 90 min	HOT (AB) BENZ 90 min	ABSOLUTE FIT PAUL (14:30-15:30)	HOT (A) PAULUS 90 min	HOT (AB) CANDY 90 min	HOT (A) PAULUS 90 min
YOGA	15:15-16:45 CB studio			YIN YANG CANDY 90 min			YIN YANG MARVIN 90 min	Vinyasa KNOT 90 min
PILATES REFORMER	14:30-15:00 15:00-16:00 ROOM 2			Foundation ESSENTIAL BUTT + THIGHS RJ			Foundation ESSENTIAL BUTT + THIGHS MICHAEL	Foundation ESSENTIAL ABS + ARM SARI
PILATES REFORMER	16:00-17:00			CIRCUIT BUTT + THIGHS MAE			CIRCUIT BUTT + THIGHS SARI	ESSENTIAL BUTT + THIGHS JULIE
YOGA	16:30-17:30	Vinyasa MARVIN 60 min	HOT (A) LUKE 60 min	HOT (A) BENZ 60 min	BACKBEND* PAUL 60 min	ABSOLUTE FIT PAULUS 60 min	HOT (A) CANDY 60 min	ABSOLUTE FIT PAULUS 60 min
PILATES REFORMER	16:45-17:45	CIRCUIT ABS + ARMS SARI	ESSENTIAL FIT + TONE JERALD		ESSENTIAL ABS + ARM JEAB	ESSENTIAL FIT + TONE MICHAEL		
CORE BLAST	17:45-18:00 18:00-19:00	CORE SUSPEND BUTT + THIGHS ANT P	Foundation CORE SUSPEND ABS + ARM JACKIE		Foundation CORE SUSPEND BUTT + THIGHS LILY	CORE BLAST TONE RJ		
PILATES REFORMER	18:00-19:00	ESSENTIAL BUTT + THIGHS MICHAEL	ESSENTIAL FIT + TONE JERALD		ESSENTIAL BUTT + THIGHS JEAB	CIRCUIT BUTT + THIGHS MICHAEL		
YOGA	18:00-19:30	HOT (A) HARRISON 90 min	YOGA PILATES LUKE (18:00-19:00)		ABSOLUTE FIT PAUL (18:00-19:00)	HOT (AB) PAULUS 90 min		
PILATES REFORMER	17:45-18:15 18:15-19:15 ROOM 2	Foundation ESSENTIAL ABS + ARM SARI				ESSENTIAL FIT + TONE JEAB		
PILATES REFORMER	19:10-20:10	ESSENTIAL FIT + TONE MICHAEL	CIRCUIT BUTT + THIGHS TERESA		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		Vinyasa PAUL 90 min	HATHA SHANTI 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 SARI				ESSENTIAL BUTT + THIGHS JEAB		
YOGA	19:45-20:45	HOT (A) HARRISON 60 min				HOT (A) PAULUS 60 min		
PILATES REFORMER	20:15-21:15	ESSENTIAL BUTT + THIGHS MICHAEL	ESSENTIAL ABS + ARM TERESA		ESSENTIAL BUTT + THIGHS JEAB			

ABSOLUTE YOU CLASS SCHEDULE

AMARIN PLAZA STUDIO : RHYTHM CYCLING								
DATE		3-December	4-December	5-December	6-December	7-December	8-December	9-December
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
RHYTHM CYCLING	7:15-8:00	ABSOLUTE BEATS <i>MEW</i>	ABSOLUTE BEATS <i>D.GIFT</i>		ABSOLUTE BEATS <i>MARIA</i>	ABSOLUTE BEATS <i>JUNE</i>		
RHYTHM CYCLING	8:30-8:45	<i>Foundation</i>				<i>Foundation</i>		
	8:45-9:30	ABSOLUTE BEATS <i>MAE D.</i>				ABSOLUTE BEATS <i>DINI</i>		
RHYTHM CYCLING	9:00-9:15							<i>Foundation</i>
	9:15-10:00			ABSOLUTE BEATS <i>GIFT</i>			ABSOLUTE BEATS <i>DAN</i>	ABSOLUTE BEATS <i>GIFT</i>
RHYTHM CYCLING	10:15-10:30			<i>Foundation</i>			<i>Foundation</i>	
	10:30-11:15			ABSOLUTE BEATS <i>GIFT</i>			ABSOLUTE BEATS <i>MARIA</i>	ABSOLUTE BURN <i>GIFT</i>
RHYTHM CYCLING	12:15-13:00	LUNCH BEATS <i>JUSTIN</i>	LUNCH BEATS <i>D.GIFT</i>		LUNCH BEATS <i>DAN</i>	LUNCH BEATS <i>FLYNN</i>		
RHYTHM CYCLING	14:45-15:00							<i>Foundation</i>
	15:00-15:45			ABSOLUTE BEATS <i>JUSTIN</i>			ABSOLUTE BEATS <i>MARIA</i>	ABSOLUTE BEATS <i>MARIA</i>
RHYTHM CYCLING	16:00-16:15			<i>Foundation</i>			<i>Foundation</i>	
	16:15-17:00			ABSOLUTE ESSENTIALS <i>JUSTIN</i>			ABSOLUTE ESSENTIALS <i>FLYNN</i>	ABSOLUTE BEATS <i>MARIA</i>
RHYTHM CYCLING	17:15-17:30	<i>Foundation</i>				<i>Foundation</i>		
	17:30-18:15	ABSOLUTE BEATS <i>FLYNN</i>	ABSOLUTE BEATS <i>JAMIE</i>		ABSOLUTE BEATS <i>FLYNN</i>	ABSOLUTE BEATS <i>MEK</i>		
RHYTHM CYCLING	18:30-19:15					<i>(18:30-19:30)</i>		
		ABSOLUTE BEATS <i>JUSTIN</i>	ABSOLUTE BURN <i>DAN</i>		ABSOLUTE BEATS <i>BOAT</i>	BIG BEATS 60 <i>MEK</i>		
RHYTHM CYCLING	19:30-19:45		<i>Foundation</i>		<i>Foundation</i>			
	19:45-20:30	ABSOLUTE BEATS <i>FLYNN</i>	ABSOLUTE BEATS <i>MARIA</i>		ABSOLUTE BEATS <i>BOAT</i>	ABSOLUTE BEATS <i>MARIA</i>		

SILOM STUDIO								
DATE		3-December	4-December	5-December	6-December	7-December	8-December	9-December
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YOGA	7:00-7:45	HF on the Go <i>TING</i> 45 min	HF on the Go <i>MARVIN</i> 45 min		HF on the Go <i>PLE</i> 45 min	HF on the Go <i>KWANG</i> 45 min		
CORE BLAST	7:00-8:00	CORE SUSPEND BUTT + THIGHS <i>STAMP</i>				CORE BLAST CARDIO <i>JUDO</i>		
PILATES REFORMER	7:00-8:00	ESSENTIAL FIT + TONE <i>KAT</i>				ESSENTIAL BUTT + THIGHS <i>MAE</i>		
CORE BLAST	8:00-8:15	<i>Foundation</i>		<i>Foundation</i>		<i>Foundation</i>		
	8:15-9:15	CORE SUSPEND ABS + ARM <i>STAMP</i>		CORE SUSPEND ABS + ARM <i>MICHAEL</i>		CORE SUSPEND BUTT + THIGHS <i>JUDO</i>	CORE SUSPEND ABS + ARM <i>PEWEE</i>	CORE SUSPEND BUTT + THIGHS <i>OHM</i>
YOGA	8:15-9:15		GENTLE FLOW <i>MARVIN</i> 60 min		HOT (AB) <i>PLE</i> 60 min			
YOGA	8:30-9:30			HATHA <i>LUKE</i> 60 min			HATHA <i>PAULUS</i> 60 min	HOT (A) <i>HARRISON</i> 60 min
PILATES REFORMER	8:30-9:00					<i>Foundation</i>		
	9:00-10:00	ESSENTIAL ABS + ARM <i>KAT</i>	ESSENTIAL FIT + TONE <i>MAE</i>		ESSENTIAL FIT + TONE <i>VANESSA</i>	CIRCUIT BUTT + THIGHS <i>MAE</i>		
PILATES REFORMER	9:15-10:15			ESSENTIAL FIT + TONE <i>MICHAEL</i>			ESSENTIAL FIT + TONE <i>PEWEE</i>	ESSENTIAL ABS + ARMS <i>OHM</i>
YOGA	9:30-11:00	HOT (A) <i>TING</i> 90 min	HOT (AB) <i>MARVIN</i> 90 min	HOT (A) <i>LUKE</i> <i>(9:45-11:15)</i>	HOT (A) <i>PLE</i> 90 min	HATHA <i>KWANG</i> 90 min	HOT (A) <i>PAULUS</i> <i>(9:45-11:15)</i>	YOGA PILATES <i>HARRISON</i> <i>(9:45-11:15)</i>
PILATES REFORMER	10:15-10:45			<i>Foundation</i>			<i>Foundation</i>	
	10:45-11:45			ESSENTIAL ABS + ARM <i>MICHAEL</i>			ESSENTIAL ABS + ARM <i>PEWEE</i>	ESSENTIAL BUTT + THIGHS <i>OHM</i>
YOGA	12:15-13:00	HF on the Go <i>TING</i> 45 min	HF on the Go <i>MARVIN</i> 45 min		HF on the Go <i>PLE</i> 45 min	HF on the Go <i>KWANG</i> 45 min		
PILATES REFORMER	14:00-14:30				<i>Foundation</i>			<i>Foundation</i>
	14:30-15:30		CIRCUIT BUTT + THIGHS <i>MAE</i>	CIRCUIT BUTT + THIGHS <i>MICHAEL</i>	ESSENTIAL FIT + TONE <i>VANESSA</i>		CIRCUIT BUTT + THIGHS <i>PEWEE</i>	ESSENTIAL FIT + TONE <i>OHM</i>
YOGA	14:30-16:00	HOT (AB) <i>KNOT</i> 90 min		YIN YANG <i>LUKE</i> <i>(15:30-17:00)</i>		HOT (AB) <i>ARTIE</i> 90 min	YIN YANG <i>PAULUS</i> <i>(15:30-17:00)</i>	HOT (AB) <i>HARRISON</i> <i>(15:30-17:00)</i>
PILATES REFORMER	17:00-18:00	ESSENTIAL FIT + TONE <i>KAT</i>	ESSENTIAL ABS + ARM <i>MICHAEL</i>		ESSENTIAL BUTT + THIGHS <i>RJ</i>	ESSENTIAL ABS + ARM <i>RISSA</i>		
YOGA	17:30-18:30	ABSOLUTE FIT <i>KNOT</i> 60 min	HOT (AB) <i>MARVIN</i> 60 min		Vinyasa <i>AIR</i> 60 min	HOT (A) <i>ARTIE</i> 60 min		
CORE BLAST	17:45-18:00	<i>Foundation</i>				<i>Foundation</i>		
	18:00-19:00	CORE SUSPEND WHOLE BODY <i>STAMP</i>	CORE SUSPEND <i>JUDO</i>		CORE SUSPEND ABS + ARM <i>VANESSA</i>	CORE SUSPEND BUTT + THIGHS <i>JUDO</i>		
PILATES REFORMER	18:00-18:15	<i>Foundation</i>	<i>Foundation</i>		<i>Foundation</i>			
	18:15-19:15	CIRCUIT ABS + ARM <i>KAT</i>	ESSENTIAL BUTT + THIGHS <i>MICHAEL</i>		ESSENTIAL ABS + ARM <i>RJ</i>	ESSENTIAL FIT + TONE <i>RISSA</i>		
YOGA	18:45-20:15	Vinyasa <i>KNOT</i> 90 min	PRANA VASHYA* <i>MARVIN</i> 90 min		HOT (A) <i>AIR</i> 90 min	HATHA <i>ARTIE</i> 90 min		
CORE BLAST	19:00-19:15	<i>Foundation</i>	<i>Foundation</i>		<i>Foundation</i>			
	19:15-20:15	CORE SUSPEND ABS + ARM <i>STAMP</i>	CORE SUSPEND BUTT + THIGHS <i>JUDO</i>		CORE SUSPEND BUTT + THIGHS <i>VANESSA</i>	CORE SUSPEND ABS + ARM <i>JUDO</i>		
PILATES REFORMER	19:30-20:30	ESSENTIAL BUTT + THIGHS <i>KAT</i>	CIRCUIT BUTT + THIGHS <i>MICHAEL</i>		ESSENTIAL BUTT + THIGHS <i>RJ</i>	ESSENTIAL ABS + ARM <i>RISSA</i>		
YOGA	20:30-21:30	HOT (A) <i>KNOT</i> 60 min	HOT (AB) <i>MARVIN</i> 60 min		HATHA <i>AIR</i> 60 min			

ABSOLUTE YOU CLASS SCHEDULE

EXCHANGE TOWER STUDIO									
DATE		3-December	4-December	5-December	6-December	7-December	8-December	9-December	
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
YOGA	7:00-7:45		HF on the Go TING 45 min		HF on the Go CANDY 45 min				
RHYTHM CYCLING	7:15-8:00	ABSOLUTE BEATS TAE	ABSOLUTE BEATS CHERIE		ABSOLUTE BEATS DREAM	ABSOLUTE BEATS AOM			
PILATES REFORMER	7:00-7:15	Foundation							
	7:15-8:15	ESSENTIAL ABS + ARM SARI	ESSENTIAL FIT + TONE RACHEL		ESSENTIAL ABS + ARM RISSA	ESSENTIAL BUTT + THIGHS JERALD			
YOGA	8:30-9:30	GENTLE FLOW MARVIN 60 min	ABSOLUTE FIT TING 60 min	HOT (AB) MON 60 min	HOT (A) CANDY 60 min	ABSOLUTE FIT MARVIN 60 min	HOT (AB) BENZ 60 min	GENTLE FLOW MARVIN 60 min	
PILATES REFORMER	8:30-9:00	Foundation		Foundation		Foundation		Foundation	
	9:00-10:00	ESSENTIAL FIT + TONE SARI		ESSENTIAL BUTT + THIGHS KAT		ESSENTIAL FIT + TONE JERALD	ESSENTIAL BUTT + THIGHS RACHEL	ESSENTIAL ABS + ARM VANESSA	
RHYTHM CYCLING	9:00-9:15		Foundation	Foundation	Foundation		Foundation	Foundation	
	9:15-10:00		ABSOLUTE BEATS CHERIE	ABSOLUTE BEATS PLOY	ABSOLUTE BEATS DREAM		ABSOLUTE BEATS DREAM	ABSOLUTE BEATS JUNE	
PILATES REFORMER	9:30-10:00	Foundation		(10:15-11:15)		Foundation		(10:15-11:15)	
	10:00-11:00	CIRCUIT BUTT + THIGHS RJ	ESSENTIAL ABS + ARM RACHEL	ESSENTIAL FIT + TONE KAT	ESSENTIAL FIT + TONE RISSA	ESSENTIAL ABS + ARM JERALD	ESSENTIAL FIT + TONE RACHEL	ESSENTIAL BUTT + THIGHS VANESSA	
YOGA	10:00-11:30	Vinyasa MARVIN 90 min	HATHA TING 90 min	INVERSION* MON 90 min	Vinyasa CANDY 90 min	HOT (A) MARVIN 90 min	TWISTING* BENZ 90 min	HOT (A) MARVIN 90 min	
PILATES REFORMER	11:30-12:00	Foundation				Foundation			
	12:00-13:00	ESSENTIAL FIT + TONE RJ		ESSENTIAL ABS + ARM KAT		ESSENTIAL BUTT + THIGHS MAE	ESSENTIAL ABS + ARM RACHEL	ESSENTIAL FIT + TONE VANESSA	
RHYTHM CYCLING	12:15-13:00	LUNCH BEATS TAE				LUNCH BEATS AOM			
YOGA	12:15-13:00	HF on the Go MARVIN 45 min							
YOGA	14:00-15:30			HOT (A) MON 90 min			HOT (A) BENZ 90 min	HATHA MARVIN 90 min	
RHYTHM CYCLING	14:00-14:15			Foundation			Foundation	Foundation	
	14:15-15:00			ABSOLUTE BEATS PLOY			ABSOLUTE BEATS DREAM	ABSOLUTE BEATS JUNE	
PILATES REFORMER	15:00-15:30			Foundation			Foundation		
	15:30-16:30		CIRCUIT BUTT + THIGHS RACHEL	ESSENTIAL BUTT + THIGHS KAT	ESSENTIAL ABS + ARM RISSA		ESSENTIAL BUTT + THIGHS RACHEL	CIRCUIT ABS + ARM VANESSA	
RHYTHM CYCLING	17:15-17:30	Foundation				Foundation			
	17:30-18:15	ABSOLUTE ESSENTIALS SAFIYA				ABSOLUTE BEATS D.GIFT			
YOGA	17:30-18:30	ABSOLUTE FIT PAULUS 60 min	HATHA PAUL 60 min	ABSOLUTE FIT MON (16:30-17:30)	HOT (A) LUKE 60 min	Vinyasa MARVIN 60 min	ABSOLUTE FIT BENZ (16:30-17:30)	HOT (A) MARVIN (16:30-17:30)	
PILATES REFORMER	17:30-18:00	Foundation				Foundation			
	18:00-19:00	ESSENTIAL BUTT + THIGHS RJ	ESSENTIAL FIT + TONE RACHEL		ESSENTIAL BUTT + THIGHS RISSA	ESSENTIAL ABS + ARM JERALD			
RHYTHM CYCLING	18:30-18:45	Foundation				Foundation			
	18:45-19:30	ABSOLUTE BEATS MEI		ABSOLUTE BEATS BOAT		ABSOLUTE BEATS JUSTIN		ABSOLUTE BEATS D.GIFT	
YOGA	18:45-20:00	HATHA PAULUS 75 min	HOT (A) PAUL 75 min		HOT (AB) LUKE 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 ABS + ARM RISSA	ESSENTIAL FIT + TONE JERALD			
RHYTHM CYCLING	19:45-20:30	ABSOLUTE BEATS FERN	ABSOLUTE BEATS BOAT		ABSOLUTE BEATS JUSTIN				
YOGA	20:15-21:15	HOT (AB) PAULUS 60 min	Vinyasa PAUL 60 min		HATHA / VINYASA LUKE 60 min				
PILATES REFORMER	20:15-21:15	ESSENTIAL BUTT + THIGHS RJ	ESSENTIAL ABS + ARM RACHEL		ESSENTIAL FIT + TONE RISSA	ESSENTIAL ABS + ARM JERALD			

BEE HIVE STUDIO									
DATE		3-December	4-December	5-December	6-December	7-December	8-December	9-December	
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 BUTT + THIGHS OHM	CIRCUIT BUTT + THIGHS AU	ESSENTIAL FIT + TONE ANT P	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 KWANG (9:00-10:00)	HATHA PLE 90 min	HOT (AB) ARTIE 90 min	HATHA CAKE 90 min	YIN YANG SOMCHAI 90 min	HOT (AB) LEK 90 min	HOT (A) MON 90 min	
PILATES REFORMER	9:00-9:30	Foundation		Foundation		Foundation		Foundation	
	9:30-10:30	ESSENTIAL BUTT + THIGHS PEWEE		ESSENTIAL FIT + TONE OHM		ESSENTIAL BUTT + THIGHS ANT P		ESSENTIAL FIT + TONE GUBGIB	
PILATES REFORMER	10:15-11:15		ESSENTIAL FIT + TONE GUBGIB		ESSENTIAL BUTT + THIGHS AU				
PILATES REFORMER	11:00-12:00	ESSENTIAL FIT + TONE PEWEE		CIRCUIT BUTT + THIGHS OHM		ESSENTIAL ABS + ARM ANT P	CIRCUIT BUTT + THIGHS GUBGIB	ESSENTIAL FIT + TONE AU	
YOGA	11:00-12:30	HATHA KWANG 90 min		HATHA ARTIE 90 min		CORE STRNETHG* SOMCHAI 90 min	HATHA LEK 90 min	YIN YANG MON 90 min	
PILATES REFORMER	11:15-12:15		ESSENTIAL ABS + ARM GUBGIB		ESSENTIAL FIT + TONE AU				
PILATES REFORMER	14:00-14:30	Foundation		Foundation		Foundation		Foundation	
	14:30-15:30	ESSENTIAL ABS + ARM OHM		ESSENTIAL ABS + ARM OHM		ESSENTIAL ABS + ARM AU		ESSENTIAL BUTT + THIGHS AU	
YOGA	14:30-16:00	HOT (A) KWANG 90 min	HOT (A) PLE 90 min	INVERSION* ARTIE 90 min	HOT (AB) CAKE 90 min	HOT (A) SOMCHAI 90 min	TWISTING* LEK 90 min	HATHA MON 90 min	
YOGA	16:30-17:45	Vinyasa AIR 75 min		GENTLE FLOW ARTIE (16:30-17:30)		HOT (AB) SOMCHAI 75 min	GENTLE FLOW LEK (16:30-17:30)	HOT (A) MON (16:30-17:30)	
PILATES REFORMER	17:30-18:00	Foundation		Foundation		Foundation		Foundation	
	18:00-19:00	ESSENTIAL ABS + ARM PEWEE	ESSENTIAL BUTT + THIGHS GUBGIB		ESSENTIAL ABS + ARM AU	ESSENTIAL BUTT + THIGHS ANT P			
YOGA	18:00-19:30	HOT (AB) AIR 90 min	HATHA PLE 90 min		HATHA CAKE 90 min	YOGA PILATES SOMCHAI 90 min			
PILATES REFORMER	19:15-20:15	ESSENTIAL BUTT + THIGHS PEWEE	ESSENTIAL FIT + TONE GUBGIB		ESSENTIAL BUTT + THIGHS AU	ESSENTIAL FIT + TONE ANT P			
YOGA	19:45-21:00	HATHA AIR 75 min	ARM BALANCE* PLE 75 min		Vinyasa CAKE 75 min				

ABSOLUTE YOU CLASS SCHEDULE

THE CIRCLE STUDIO								
DATE		3-December	4-December	5-December	6-December	7-December	8-December	9-December
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
RHYTHM CYCLING	8:00-8:15	<i>Foundation</i>				<i>Foundation</i>		
	8:15-9:00	ABSOLUTE BEATS FAI				ABSOLUTE BEATS PLOU		
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 ABS + ARM KUNGKING	ESSENTIAL BUTT + THIGHS ARM	ESSENTIAL FIT + TONE STAMP	ESSENTIAL ABS + ARM ANT P	ESSENTIAL BUTT + THIGHS LILY	ESSENTIAL FIT + TONE ART	ESSENTIAL ABS + ARM KAN P
RHYTHM CYCLING	10:00-10:15		<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>		<i>Foundation</i>	<i>Foundation</i>
	10:15-11:00		ABSOLUTE BEATS AE (T)	ABSOLUTE BEATS D.GIFT	ABSOLUTE ESSENTIALS KENG (T)		ABSOLUTE BEATS D.GIFT	ABSOLUTE BEATS KENG (T)
YOGA	9:00-10:30	HOT (A) SOMCHAI 90 min	Vinyasa KWANG 90 min	HOT (AB) CAKE 90 min	HATHA KNOT 90 min	HOT (A) PLE 90 min	HOT (AB) EVE 90 min	HATHA LEK 90 min
PILATES REFORMER	10:00-10:30	<i>Foundation</i>		<i>Foundation</i>		<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>
	10:30-11:30	ESSENTIAL FIT + TONE KUNGKING	ESSENTIAL ABS + ARM ARM	ESSENTIAL BUTT + THIGHS STAMP	ESSENTIAL FIT + TONE ANT P	ESSENTIAL ABS + ARM LILY	ESSENTIAL BUTT + THIGHS ART	ESSENTIAL FIT + TONE KAN P
YOGA	11:00-12:30		HOT (A) KWANG 90 min	AB FIT GROUND CAKE (11:00-12:00)	HOT (AB) KNOT 90 min		AB FIT GROUND EVE (11:00-12:00)	HOT (A) LEK 90 min
YOGA	14:00-15:30	ABSOLUTE FIT FAI (14:00-15:00)	HATHA KWANG 90 min	HATHA CAKE 90 min	ABSOLUTE FIT KNOT (14:00-15:00)	HOT (A) PLE 90 min	HATHA EVE 90 min	YIN YANG LEK 90 min
RHYTHM CYCLING	14:00-14:15			<i>Foundation</i>			<i>Foundation</i>	<i>Foundation</i>
	14:15-15:00			ABSOLUTE ESSENTIALS D.GIFT			ABSOLUTE ESSENTIALS D.GIFT	ABSOLUTE BEATS KENG (T)
PILATES REFORMER	14:00-14:30		<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>		<i>Foundation</i>	<i>Foundation</i>
	14:30-15:30	ESSENTIAL BUTT + THIGHS KUNGKING	ESSENTIAL ABS + ARM ARM	ESSENTIAL ABS + ARM STAMP	ESSENTIAL BUTT + THIGHS ANT P		ESSENTIAL ABS + ARM ART	ESSENTIAL BUTT + THIGHS KAN P
PILATES REFORMER	16:00-17:00			ESSENTIAL BUTT + THIGHS STAMP			ESSENTIAL BUTT + THIGHS ART	ESSENTIAL ABS + ARMS KAN P
YOGA	16:30-18:00			YOGA PILATES CAKE 90 min			YOGA PILATES EVE 90 min	HOT (AB) LEK 90 min
PILATES REFORMER	17:00-18:00	ESSENTIAL ABS + ARM KUNGKING				ESSENTIAL FIT + TONE LILY		
YOGA	17:45-19:00	YOGA PILATES SOMCHAI 75 min	BALANCING* KWANG 75 min		BACKBEND* KNOT 75 min	HATHA PLE 75 min		
PILATES REFORMER	17:45-18:15		<i>Foundation</i>		<i>Foundation</i>			
	18:15-19:15	ESSENTIAL BUTT + THIGHS KUNGKING	ESSENTIAL FIT + TONE ARM		ESSENTIAL FIT + TONE ANT P	ESSENTIAL BUTT + THIGHS LILY		
RHYTHM CYCLING	18:15-18:30	<i>Foundation</i>	<i>Foundation</i>		<i>Foundation</i>	<i>Foundation</i>		
	18:30-19:15	ABSOLUTE BEATS FAI	ABSOLUTE BEATS AOM		ABSOLUTE BEATS KENG (T)	ABSOLUTE BEATS PLOU		
YOGA	19:15-20:30	HOT (AB) SOMCHAI 75 min	HATHA KWANG 75 min		Vinyasa KNOT 75 min	HOT (AB) PLE 75 min		
PILATES REFORMER	19:15-19:45	<i>Foundation</i>						
	19:45-20:45	ESSENTIAL ABS + ARM KUNGKING	ESSENTIAL BUTT + THIGHS ARM		ESSENTIAL ABS + ARM ANT P	ESSENTIAL FIT + TONE LILY		

LADPRAO STUDIO								
DATE		3-December	4-December	5-December	6-December	7-December	8-December	9-December
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PILATES REFORMER	8:30-9:00	<i>Foundation</i>		<i>Foundation</i>			<i>Foundation</i>	<i>Foundation</i>
	9:00-10:00	ESSENTIAL FIT + TONE LILY	CIRCUIT ABS + ARM SARI	ESSENTIAL BUTT + THIGHS VANESSA	CIRCUIT ABS + ARM ART	ESSENTIAL FIT + TONE OHM	ESSENTIAL BUTT + THIGHS LILY	ESSENTIAL ABS + ARM JACKIE
YOGA	8:45-9:45			ABSOLUTE FIT KWANG 60 min			ABSOLUTE FIT AIR 60 min	ABSOLUTE FIT PAUL 60 min
CORE BLAST	10:00-11:00		CORE SUSPEND BUTT + THIGHS SARI		CORE SUSPEND WHOLE BODY JUDO			
YOGA	10:00-11:30	HOT (A) PLE 90 min	HOT (AB) KNOT 90 min	HOT (AB) KWANG 90 min	HOT (A) ARTIE 90 min	FORWARD BEND* OAT 90 min	HOT (AB) AIR 90 min	HOT (A) PAUL 90 min
PILATES REFORMER	10:00-11:00			ESSENTIAL FIT + TONE VANESSA			ESSENTIAL FIT + TONE LILY	ESSENTIAL BUTT + THIGHS JACKIE
CORE BLAST	11:00-12:00			CORE SUSPEND BUTT + THIGHS VANESSA			CORE SUSPEND BUTT + THIGHS LILY	CORE SUSPEND ABS + ARM JACKIE
YOGA	14:30-16:00	HOT (A) PLE 90 min		HATHA KWANG 90 min		HOT (AB) OAT 90 min	HATHA AIR 90 min	YOGA PILATES PAUL 90 min
PILATES REFORMER	17:15-18:15	CIRCUIT BUTT + THIGHS LILY	ESSENTIAL ABS + ARM LILY		ESSENTIAL FIT + TONE ART	CIRCUIT ABS + ARM PEWEE		
YOGA	17:15-18:15	HATHA PLE 60 min	HOT (AB) KNOT 60 min	YIN YANG KWANG (16:30-18:00)	HOT (A) ARTIE 60 min	Vinyasa OAT 60 min	YIN YANG AIR (16:30-18:00)	HOT (AB) PAUL (16:30-18:00)
PILATES REFORMER	18:15-18:30	<i>Foundation</i>				<i>Foundation</i>		
	18:30-19:30	ESSENTIAL ABS + ARM LILY	YOGA STRETCHING ON REFORMER KAN P		CIRCUIT ABS + ARM ART	ESSENTIAL BUTT + THIGHS OHM		
YOGA	18:30-20:00	HOT (A) PLE 90 min	HIP OPENER* KNOT 90 min		Vinyasa ARTIE 90 min	HOT (A) OAT 90 min		
CORE BLAST	18:45-19:00	<i>Foundation</i>				<i>Foundation</i>		
	19:00-20:00	CORE SUSPEND BUTT + THIGHS JUDO	CORE BLAST CARDIO LILY		CORE SUSPEND BUTT + THIGHS JUDO	CORE SUSPEND ABS + ARM PEWEE		
PILATES REFORMER	19:30-20:30	ESSENTIAL FIT + TONE LILY	CIRCUIT BUTT + THIGHS KAN P		ESSENTIAL BUTT + THIGHS ART	ESSENTIAL FIT + TONE OHM		
YOGA	20:15-21:15	GENTLE FLOW PLE 60 min	HOT (A) KNOT 60 min		HOT (AB) ARTIE 60 min			

ABSOLUTE YOU CLASS SCHEDULE

CRYSTAL PARK STUDIO								
DATE		3-December	4-December	5-December	6-December	7-December	8-December	9-December
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YOGA	7:30-8:30	HATHA OAT 60 min	HOT (AB) FAI 60 min	ABSOLUTE FIT KNOT 60 min	ABSOLUTE FIT MON 60 min	HOT (A) CAKE 60 min	ABSOLUTE FIT ARTIE 60 min	HOT (A) AIR 60 min
PILATES REFORMER	8:00-8:30	Foundation						
	8:30-9:30	ESSENTIAL ABS + ARM ART	ESSENTIAL ABS + ARM JEAB	ESSENTIAL FIT + TONE SARI	CIRCUIT ABS + ARM OHM	ESSENTIAL BUTT + THIGHS BOAT VANESSA	ESSENTIAL FIT + TONE JEAB	CIRCUIT BUTT + THIGHS TERESA
RHYTHM CYCLING	8:30-8:45	Foundation						
	8:45-9:30	ABSOLUTE BEATS KENG (T)				ABSOLUTE BEATS		
YOGA	8:45-9:45	HOT (A) OAT 60 min	GENTLE FLOW FAI 60 min	HOT (A) KNOT 60 min	HOT (A) MON 60 min	Vinyasa CAKE 60 min	HOT (A) ARTIE 60 min	ABSOLUTE FIT AIR 60 min
RHYTHM CYCLING	9:30-9:45	Foundation						
	9:45-10:30		ABSOLUTE BEATS PLOU	ABSOLUTE BEATS TAE	ABSOLUTE BEATS D.GIFT		ABSOLUTE BEATS PAT	ABSOLUTE BEATS FLYNN
PILATES REFORMER	9:45-10:15	Foundation		(9:45-10:45)	Foundation		(9:45-10:45)	(9:45-10:45)
	10:15-11:15	CIRCUIT BUTT + THIGHS ART	ESSENTIAL FIT + TONE JEAB	CARDIO JUMPBOARD SARI	ESSENTIAL BUTT + THIGHS OHM	ESSENTIAL ABS + ARM VANESSA	CARDIO JUMPBOARD JEAB	ESSENTIAL FIT + TONE TERESA
YOGA	10:30-12:00	Vinyasa OAT 90 min	YOGA PILATES FAI 90 min	HOT (AB) KNOT 90 min	ARM BALANCE* MON 90 min	HOT (A) CAKE 90 min	HOT (AB) ARTIE 90 min	HATHA AIR 90 min
PILATES REFORMER	11:00-11:30			Foundation			Foundation	
	11:30-12:30	ESSENTIAL FIT + TONE ART		ESSENTIAL BUTT + THIGHS SARI		ESSENTIAL FIT + TONE VANESSA	ESSENTIAL BUTT + THIGHS JEAB	CIRCUIT ABS + ARM TERESA
YOGA	14:00-15:30		HOT (AB) LEK 90 min	Vinyasa KNOT 90 min	Vinyasa KWANG 90 min		Vinyasa ARTIE 90 min	YIN YANG AIR 90 min
RHYTHM CYCLING	15:30-15:45			Foundation			Foundation	Foundation
	15:45-16:30			ABSOLUTE ESSENTIALS TAE			ABSOLUTE ESSENTIALS PAT	ABSOLUTE BEATS FLYNN
PILATES REFORMER	15:30-16:00							Foundation
	16:00-17:00			CIRCUIT ABS + ARM SARI			CIRCUIT ABS + ARM JEAB	ESSENTIAL BUTT + THIGHS TERESA
YOGA	17:30-18:30	HOT (A) OAT 60 min	Vinyasa LEK 60 min		HATHA KWANG 60 min	GENTLE FLOW CAKE 60 min		
PILATES REFORMER	17:00-17:30	Foundation			Foundation			
	17:30-18:30	ESSENTIAL FIT + TONE ART	ESSENTIAL BUTT + THIGHS JEAB		ESSENTIAL ABS + ARM OHM	CIRCUIT BUTT + THIGHS VANESSA		
RHYTHM CYCLING	18:30-18:45	Foundation			Foundation		Foundation	
	18:45-19:30	ABSOLUTE BEATS KENG (T)	ABSOLUTE ESSENTIALS PLOU		ABSOLUTE BEATS D.GIFT	ABSOLUTE BEATS KENG (T)		
PILATES REFORMER	18:30-19:00	Foundation						
	19:00-20:00	ESSENTIAL BUTT + THIGHS ART	CIRCUIT ABS + ARM JEAB		ESSENTIAL BUTT + THIGHS OHM	ESSENTIAL FIT + TONE VANESSA		
YOGA	19:00-20:15	HATHA OAT 75 min	HOT (AB) LEK (19:00-20:00)		HOT (A) KWANG (19:00-20:00)	HOT (A) CAKE 75 min		
YOGA	20:10-21:10		HOT (A) LEK 60 min		HATHA KWANG 60 min			

COMMONS STUDIO								
DATE		3-December	4-December	5-December	6-December	7-December	8-December	9-December
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PILATES REFORMER	8:30-9:00	Foundation				Foundation		
	9:00-10:00	ESSENTIAL FIT + TONE RACHEL	ESSENTIAL ABS + ARM RJ		ESSENTIAL ABS + ARM KAT	ESSENTIAL BUTT + THIGHS AU		
RHYTHM CYCLING	9:00-9:15	Foundation			Foundation	(9:15-10:15)	Foundation	
	9:15-10:00	ABSOLUTE BEATS JAMIE	ABSOLUTE BEATS DINI	ABSOLUTE BEATS MEK	ABSOLUTE BEATS TAE	BIG BEATS 60 DAN	ABSOLUTE BEATS GIFT	ABSOLUTE BEATS PEARL
PILATES REFORMER	9:45-10:15			Foundation			Foundation	Foundation
	10:15-11:15	ESSENTIAL BUTT + THIGHS RACHEL	ESSENTIAL FIT + TONE RJ	ESSENTIAL FIT + TONE RISSA	ESSENTIAL FIT + TONE KAT	ESSENTIAL ABS + ARM AU	ESSENTIAL FIT + TONE VANESSA	CIRCUIT ABS + ARM JEAB
RHYTHM CYCLING	10:15-10:30	Foundation			Foundation		Foundation	Foundation
	10:30-11:15	ABSOLUTE BEATS JAMIE	ABSOLUTE BEATS FLYNN	ABSOLUTE BURN DAN	ABSOLUTE BEATS TAE	ABSOLUTE BEATS MEK	ABSOLUTE BURN GIFT	ABSOLUTE BEATS PEARL
RHYTHM CYCLING	15:00-15:15			Foundation			Foundation	
	15:15-16:00			ABSOLUTE BEATS MEK			ABSOLUTE BEATS PEARL	
PILATES REFORMER	15:00-16:00			CIRCUIT BUTT + THIGHS RISSA			CIRCUIT BUTT + THIGHS VANESSA	ESSENTIAL FIT + TONE JEAB
RHYTHM CYCLING	16:30-16:45			Foundation			Foundation	(16:30-17:30)
	16:45-17:30			ABSOLUTE BEATS MEK			ABSOLUTE BEATS PEARL	BIG BEATS 60 MEK
RHYTHM CYCLING	17:30-18:15	ABSOLUTE BEATS JAMIE						
RHYTHM CYCLING	18:15-18:30	Foundation			Foundation	Foundation		
	18:30-19:15	ABSOLUTE BURN DAN	ABSOLUTE BEATS PEARL		ABSOLUTE BEATS MEI	ABSOLUTE BEATS PEARL		
PILATES REFORMER	18:00-18:30	Foundation				Foundation		
	18:30-19:30	ESSENTIAL ABS + ARM RACHEL	ESSENTIAL BUTT + THIGHS RJ		ESSENTIAL ABS + ARM KAT	ESSENTIAL FIT + TONE AU		
RHYTHM CYCLING	19:30-19:45	Foundation						
	19:45-20:30	ABSOLUTE BEATS GIFT	ABSOLUTE BEATS TAE		ABSOLUTE BEATS MEI			

ABSOLUTE YOU CLASS SCHEDULE

JAS URBAN STUDIO								
DATE		3-December	4-December	5-December	6-December	7-December	8-December	9-December
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PILATES REFORMER	8:00-8:30	Foundation	Foundation	Foundation	Foundation	Foundation	Foundation	Foundation
	8:30-9:30	ESSENTIAL ABS + ARM AU	ESSENTIAL BUTT + THIGHS INK	ESSENTIAL FIT + TONE ANT P	ESSENTIAL ABS + ARM KAN P	ESSENTIAL BUTT + THIGHS GUBGIB	ESSENTIAL FIT + TONE KAN P	ESSENTIAL ABS + ARM ART
YOGA	8:30-9:30	GENTLE FLOW LEK 60 min				HOT (A) PAUL 60 min		
RHYTHM CYCLING	8:45-9:00	Foundation	Foundation	Foundation	Foundation	Foundation	Foundation	Foundation
	9:00-9:45	ABSOLUTE ESSENTIALS KATIE	ABSOLUTE BEATS DAN	ABSOLUTE BEATS PAT	ABSOLUTE BEATS PLA (T)	ABSOLUTE BEATS KENG (T)	ABSOLUTE BEATS BOAT	ABSOLUTE BEATS DREAM
PILATES REFORMER	9:30-10:00							
	10:00-11:00	ESSENTIAL FIT + TONE AU	ESSENTIAL ABS + ARM INK	ESSENTIAL ABS + ARM ANT P	ESSENTIAL FIT + TONE KAN P	ESSENTIAL ABS + ARM GUBGIB	ESSENTIAL ABS + ARM KAN P	ESSENTIAL BUTT + THIGHS ART
YOGA	10:00-11:30	HOT (A) LEK (10:00-11:00)	HATHA BEBE 90 min	HOT (A) SOMCHAI 90 min	Vinyasa HARRISON 90 min	HATHA PAUL (10:00-11:00)	HOT (A) CAKE 90 min	HATHA OAT 90 min
RHYTHM CYCLING	10:00-10:15			Foundation			Foundation	Foundation
	10:15-11:00			ABSOLUTE BEATS PAT			ABSOLUTE BEATS BOAT	ABSOLUTE ESSENTIALS DREAM
YOGA	14:30-16:00	HOT (AB) LEK 90 min		HATHA SOMCHAI 90 min	GENTLE FLOW HARRISON 14:30-15:30		HATHA CAKE 90 min	HOT (A) OAT 90 min
PILATES REFORMER	14:30-15:00			Foundation			Foundation	Foundation
	15:00-16:00			ESSENTIAL BUTT + THIGHS ANT P			ESSENTIAL BUTT + THIGHS KAN P	ESSENTIAL FIT + TONE ART
PILATES REFORMER	17:45-18:15	Foundation	Foundation		Foundation	Foundation		
	18:15-19:15	ESSENTIAL BUTT + THIGHS AU	ESSENTIAL FIT + TONE INK		ESSENTIAL BUTT + THIGHS KAN P	ESSENTIAL ABS + ARM GUBGIB		
YOGA	18:00-19:30	Vinyasa LEK 90 min	HOT (A) BEBE 90 min		HATHA HARRISON 90 min	HOT (AB) PAUL 90 min		
RHYTHM CYCLING	18:30-18:45	Foundation	Foundation		Foundation	Foundation		
	18:45-19:30	ABSOLUTE BEATS PAT	ABSOLUTE BEATS KENG (T)		ABSOLUTE BEATS PLOU	ABSOLUTE BEATS AE (T)		
PILATES REFORMER	19:15-19:45	Foundation	Foundation		ESSENTIAL ABS + ARM KAN P			
	19:45-20:45	ESSENTIAL FIT + TONE AU	ESSENTIAL BUTT + THIGHS INK					
RHYTHM CYCLING	19:45-20:30		ABSOLUTE BEATS KENG (T)		ABSOLUTE BEATS PLOU			
YOGA	19:45-20:45		GENTLE FLOW BEBE 60 min		HOT (A) HARRISON 60 min			

G TOWER STUDIO								
DATE		3-December	4-December	5-December	6-December	7-December	8-December	9-December
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 FIT + TONE ARM		
RHYTHM CYCLING	7:00-7:15	Foundation	Foundation		Foundation	Foundation		
	7:15-8:15	ABSOLUTE BEATS JUNE	ABSOLUTE BEATS PLA (T)		ABSOLUTE BEATS BOAT	ABSOLUTE BEATS PLA (T)		
PILATES REFORMER	8:30-9:00		Foundation		Foundation			
	9:00-10:00		ESSENTIAL ABS + ARM JULIE		ESSENTIAL BUTT + THIGHS TERESA			
RHYTHM CYCLING	9:00-9:15			Foundation			Foundation	Foundation
	9:15-10:00			ABSOLUTE BEATS MAE D.			ABSOLUTE BEATS SADIA	ABSOLUTE BEATS BOAT
PILATES REFORMER	9:30-10:00			Foundation			Foundation	Foundation
	10:00-11:00			ESSENTIAL FIT + TONE INK			ESSENTIAL FIT + TONE ANT P	ESSENTIAL ABS + ARM GUBGIB
PILATES REFORMER	10:00-10:30		Foundation		Foundation			
	10:30-11:30		ESSENTIAL BUTT + THIGHS JULIE		ESSENTIAL FIT + TONE TERESA			
PILATES REFORMER	11:45-12:00	Foundation				Foundation		
	12:00-13:00	ESSENTIAL ABS + ARM JEAB				ESSENTIAL FIT + TONE ARM		
RHYTHM CYCLING	12:00-12:15		Foundation		Foundation			
	12:15-13:00		LUNCH BEATS KATIE		LUNCH BEATS PLA (T)			
RHYTHM CYCLING	14:00-14:15			Foundation			Foundation	Foundation
	14:15-15:00			ABSOLUTE ESSENTIALS DINI			ABSOLUTE ESSENTIALS SADIA	ABSOLUTE BEATS FERN
PILATES REFORMER	14:30-15:00			Foundation			Foundation	Foundation
	15:00-16:00			ESSENTIAL ABS + ARM INK			ESSENTIAL FIT + TONE ANT P	ESSENTIAL FIT + TONE GUBGIB
PILATES REFORMER	17:45-18:15	Foundation	Foundation		Foundation	Foundation		
	18:15-19:15	ESSENTIAL BUTT + THIGHS JEAB	ESSENTIAL ABS + ARM JULIE		ESSENTIAL ABS + ARM TERESA	ESSENTIAL BUTT + THIGHS ARM		
RHYTHM CYCLING	18:15-18:30	Foundation	Foundation		Foundation	Foundation		
	18:30-19:15	ABSOLUTE BEATS PLA (T)	ABSOLUTE BEATS JUSTIN		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 JULIE		ESSENTIAL ABS + ARM TERESA			
RHYTHM CYCLING	19:30-19:45	Foundation	Foundation		Foundation			
	19:45-20:30	ABSOLUTE BEATS PLA (T)	ABSOLUTE BEATS SAFIYA		ABSOLUTE BEATS FERN			

ABSOLUTE YOU CLASS SCHEDULE

ON-NUT STUDIO								
DATE		3-December	4-December	5-December	6-December	7-December	8-December	9-December
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PILATES REFORMER	7:30-8:30		ESSENTIAL BUTT + THIGHS RISSA		ESSENTIAL ABS + ARM GUBGIB			
YOGA	8:30-9:30	HATHA MON 60 min		ABSOLUTE FIT FAI 60 min		HOT (A) TING 60 min	ABSOLUTE FIT OAT 60 min	GENTLE FLOW CAKE 60 min
PILATES REFORMER	8:30-9:00	Foundation	Foundation	Foundation	Foundation	Foundation	Foundation	Foundation
	9:00-10:00	ESSENTIAL FIT + TONE ARM	ESSENTIAL ABS + ARM RISSA	ESSENTIAL BUTT + THIGHS JULIE	ESSENTIAL FIT + TONE GUBGIB	ESSENTIAL ABS + ARM BENZ	ESSENTIAL BUTT + THIGHS RISSA	ESSENTIAL FIT + TONE RACHEL
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 MAE D.	ABSOLUTE BEATS SADIA	ABSOLUTE BEATS DINI	ABSOLUTE BEATS AOM
YOGA	10:00-11:15	HOT (A) MON 75 min	HATHA PAULUS 75 min	HOT (A) FAI 75 min	HATHA EVE 75 min	Vinyasa TING 75 min	HOT (A) OAT 75 min	HATHA CAKE 75 min
PILATES REFORMER	10:00-10:30			Foundation			Foundation	Foundation
	10:30-11:30			ESSENTIAL ABS + ARM JULIE			ESSENTIAL ABS + ARM RISSA	ESSENTIAL BUTT + THIGHS RACHEL
PILATES REFORMER	13:30-14:00	Foundation		Foundation		Foundation	Foundation	Foundation
	14:00-15:00	ESSENTIAL ABS + ARM ARM		ESSENTIAL FIT + TONE JULIE		ESSENTIAL BUTT + THIGHS BENZ	ESSENTIAL FIT + TONE RISSA	ESSENTIAL ABS + ARM RACHEL
YOGA	14:00-15:00		HOT (A) PAULUS 60 min	HOT (AB) FAI (14:00-15:30)	GENTLE FLOW EVE 60 min		HOT (AB) OAT (14:00-15:30)	HOT (A) CAKE (14:00-15:30)
RHYTHM CYCLING	14:45-15:00			Foundation			Foundation	Foundation
	15:00-15:45			ABSOLUTE BEATS KENG (T)			ABSOLUTE BEATS DINI	ABSOLUTE ESSENTIALS AOM
PILATES REFORMER	17:45-18:15	Foundation	Foundation		Foundation	Foundation		
	18:15-19:15	ESSENTIAL FIT + TONE ARM	ESSENTIAL BUTT + THIGHS RISSA		ESSENTIAL BUTT + THIGHS GUBGIB	ESSENTIAL FIT + TONE BENZ		
YOGA	18:00-19:30	HOT (A) MON 90 min	HATHA PAULUS 90 min		Vinyasa EVE 90 min	HOT (AB) TING 90 min		
RHYTHM CYCLING	18:15-18:30	Foundation	Foundation		Foundation	Foundation		
	18:30-19:15	ABSOLUTE BEATS BOAT	ABSOLUTE BEATS KATIE		ABSOLUTE BEATS MAE D.	ABSOLUTE BEATS SADIA		
PILATES REFORMER	19:15-19:30	Foundation	Foundation		Foundation			
	19:30-20:30	ESSENTIAL ABS + ARM ARM	ESSENTIAL FIT + TONE RISSA		ESSENTIAL ABS + ARM GUBGIB			
RHYTHM CYCLING	19:30-19:45	Foundation						
	19:45-20:30	ABSOLUTE BEATS BOAT						
YOGA	19:45-20:45	GENTLE FLOW MON 60 min	HOT (A) PAULUS 60 min		HOT (AB) EVE 60 min			

NANG-LIN-CHEE STUDIO								
DATE		3-December	4-December	5-December	6-December	7-December	8-December	9-December
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 BENZ 45 min			
PILATES REFORMER	7:30-8:30	ESSENTIAL BUTT + THIGHS JULIE						
YOGA	8:30-9:30			ABSOLUTE FIT EVE 60 min			ABSOLUTE FIT PAUL 60 min	GENTLE FLOW ARTIE 60 min
PILATES REFORMER	8:30-9:00	Foundation	Foundation	Foundation	Foundation	Foundation	Foundation	Foundation
	9:00-10:00	ESSENTIAL FIT + TONE JULIE	ESSENTIAL ABS + ARM ART	ESSENTIAL BUTT + THIGHS ARM	ESSENTIAL FIT + TONE RACHEL	ESSENTIAL ABS + ARM TERESA	ESSENTIAL BUTT + THIGHS OHM	ESSENTIAL FIT + TONE ANT P
RHYTHM CYCLING	9:00-9:15	Foundation	Foundation	Foundation	Foundation	Foundation	Foundation	Foundation
	9:15-10:00	ABSOLUTE BEATS PLOY	ABSOLUTE BEATS JUSTIN	ABSOLUTE BEATS SADIA	ABSOLUTE BEATS AOM	ABSOLUTE BEATS DREAM	ABSOLUTE BEATS MAE D.	ABSOLUTE BEATS D.GIFT
YOGA	10:00-11:15	HOT (A) EVE 75 min	HATHA OAT 75 min	HOT (A) EVE 75 min	HATHA BENZ 75 min	Vinyasa HARRISON 75 min	HOT (A) PAUL 75 min	HATHA ARTIE 75 min
PILATES REFORMER	10:00-10:30			Foundation			Foundation	Foundation
	10:30-11:30			ESSENTIAL ABS + ARM ARM			ESSENTIAL ABS + ARM OHM	ESSENTIAL BUTT + THIGHS ANT P
YOGA	12:15-13:00		HF on the Go OAT 45 min		HF on the Go BENZ 45 min			
PILATES REFORMER	13:30-14:00			Foundation			Foundation	Foundation
	14:00-15:00			ESSENTIAL FIT + TONE ARM			ESSENTIAL FIT + TONE OHM	ESSENTIAL ABS + ARM ANT P
YOGA	14:00-15:30			HOT (AB) EVE 90 min			HOT (AB) PAUL 90 min	HOT (A) ARTIE 90 min
RHYTHM CYCLING	14:45-15:00			Foundation			Foundation	Foundation
	15:00-15:45			ABSOLUTE ESSENTIALS SADIA			ABSOLUTE ESSENTIALS MAE D.	ABSOLUTE BEATS D.GIFT
PILATES REFORMER	17:45-18:15	Foundation	Foundation		Foundation	Foundation		
	18:15-19:15	ESSENTIAL FIT + TONE JULIE	ESSENTIAL BUTT + THIGHS ART		ESSENTIAL BUTT + THIGHS RACHEL	ESSENTIAL FIT + TONE TERESA		
YOGA	18:00-19:30	HOT (AB) EVE 90 min	HATHA OAT 90 min		Vinyasa BENZ 90 min	HOT (AB) HARRISON 90 min		
RHYTHM CYCLING	18:15-18:30	Foundation	Foundation		Foundation	Foundation		
	18:30-19:15	ABSOLUTE BEATS PLOY	ABSOLUTE BEATS MEI		ABSOLUTE BEATS AOM	ABSOLUTE BEATS DINI		
PILATES REFORMER	19:15-19:30	Foundation	Foundation		Foundation			
	19:30-20:30	ESSENTIAL ABS + ARM JULIE	ESSENTIAL FIT + TONE ART		ESSENTIAL ABS + ARM RACHEL			
RHYTHM CYCLING	19:30-20:15	ABSOLUTE BEATS PLOY						
YOGA	19:45-20:45	GENTLE FLOW EVE 60 min						

ABSOLUTE YOU CLASS SCHEDULE

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DATE		3-December	4-December	5-December	6-December	7-December	8-December	9-December
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YOGA	7:00-7:45	HF on the Go JACKIE 45 min				HF on the Go AIR 45 min		
PILATES REFORMER	7:30-8:30	ESSENTIAL BUTT + THIGHS TERESA						
YOGA	8:30-9:30			ABSOLUTE FIT LEK 60 min			ABSOLUTE FIT HARRISON 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 STAMP	ESSENTIAL BUTT + THIGHS LILY	ESSENTIAL FIT + TONE ARM	ESSENTIAL ABS + ARM KAN P	ESSENTIAL BUTT + THIGHS AU	ESSENTIAL FIT + TONE BENZ
YOGA	10:00-11:15	HOT (A) JACKIE 75 min	HATHA EVE 75 min	HOT (A) LEK 75 min	HOT (A) SOMCHAI 75 min	Vinyasa AIR 75 min	HOT (A) HARRISON 75 min	HATHA CANDY 75 min
PILATES REFORMER	10:00-10:30			Foundation			Foundation	Foundation
	10:30-11:30			ESSENTIAL ABS + ARM LILY			ESSENTIAL ABS + ARM AU	ESSENTIAL BUTT + THIGHS BENZ
YOGA	12:15-13:00		HF on the Go EVE 45 min		HF on the Go SOMCHAI 45 min			
PILATES REFORMER	13:30-14:00			Foundation			Foundation	Foundation
	14:00-15:00			ESSENTIAL FIT + TONE LILY			ESSENTIAL FIT + TONE AU	ESSENTIAL ABS + ARM BENZ
YOGA	14:00-15:30			HOT (AB) LEK 90 min			HOT (AB) HARRISON 90 min	HOT (A) CANDY 90 min
PILATES REFORMER	17:30-18:00	Foundation	Foundation		Foundation	Foundation		
	18:00-19:00	ESSENTIAL FIT + TONE TERESA	ESSENTIAL BUTT + THIGHS STAMP		ESSENTIAL BUTT + THIGHS ARM	ESSENTIAL FIT + TONE KAN P		
YOGA	18:00-19:30	HOT (AB) JACKIE 90 min	HOT (A) EVE 90 min		Vinyasa SOMCHAI 90 min	HOT (AB) AIR 90 min		
PILATES REFORMER	19:15-19:30	Foundation	Foundation		Foundation			
	19:30-20:30	ESSENTIAL ABS + ARM TERESA	ESSENTIAL FIT + TONE STAMP		ESSENTIAL ABS + ARM ARM			
YOGA	19:45-20:45	Vinyasa JACKIE 60 min						