

ABSOLUTE YOU CLASS SCHEDULE

AMARIN PLAZA STUDIO								
DATE		5-November	6-November	7-November	8-November	9-November	10-November	11-November
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 CANDY 45 min	HF on the Go BIG 45 min	HF on the Go FAI 45 min	HF on the Go PAUL 45 min		
PILATES REFORMER	7:15-8:15	CIRCUIT ABS + ARMS MAE	ESSENTIAL FIT + TONE KAT	REFORMER BLEND JERALD	ESSENTIAL ABS + ARMS MAE	CIRCUIT BUTT + THIGHS RJ		
PILATES REFORMER	7:30-8:30 ROOM 2	ESSENTIAL FIT + TONE STAMP	ESSENTIAL BUTT + THIGHS LILY	ESSENTIAL ABS + ARM RJ	ESSENTIAL FIT + TONE JACKIE	ESSENTIAL ABS + ARM JEAB		
PILATES REFORMER	8:00-9:00						ESSENTIAL FIT + TONE SARI	ESSENTIAL BUTT + THIGHS RACHEL
PILATES REFORMER	8:15-9:15 ROOM 2						ESSENTIAL ABS + ARM MICHAEL	ESSENTIAL FIT + TONE JULIE
YOGA	8:15-9:45	HATHA LUKE 90 min		Vinyasa BIG 90 min		CORE STRENGTH* PAUL 90 min		HIP OPENER* BIG (7:30-8:30)
CORE BLAST	8:30-9:30	CORE SUSPEND BUTT + THIGHS STAMP		CORE BALST SCULPT JUDO		CORE SUSPEND ABS + ARM RJ		
PILATES REFORMER	8:30-9:30	ESSENTIAL BUTT + THIGHS MAE		ESSENTIAL FIT + TONE RJ		YOGA STRETCHING ON REFORMER JEAB		
PILATES REFORMER	8:30-9:00		Foundation		Foundation			
	9:00-10:00		ESSENTIAL ABS + ARMS KAT		ESSENTIAL BUTT + THIGHS MAE		ESSENTIAL BUTT + THIGHS JULIE	CIRCUIT ABS + ARMS MICHAEL
YOGA	8:45-9:45						ABSOLUTE FIT KNOT 60 min	HATHA BIG 60 min
CORE BLAST	9:15-10:15						CORE SUSPEND ABS + ARM FAI	CORE SUSPEND BUTT + THIGHS RACHEL
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 JUMBOARD MAE		CIRCUIT BUTT + THIGHS RJ		ESSENTIAL FIT + TONE RJ		
YOGA	10:00-11:30	HOT (A) HARRISON 90 min	HATHA CANDY 90 min	HOT (AB) BIG 90 min	HOT (A) FAI 90 min	HOT (AB) PAUL 90 min	HOT (A) PAULUS 90 min	HOT (A) PAUL 90 min
PILATES REFORMER	10:30-11:30						ESSENTIAL ABS + ARM JULIE	ESSENTIAL FIT + TONE MICHAEL
YOGA	11:00-12:30 Cb studio						ARM BALANCE* KNOT 90 min	YOGA PILATES BIG 90 min
PILATES REFORMER	11:45-12:45						ESSENTIAL FIT + TONE MICHAEL	ESSENTIAL ABS + ARM JULIE
YOGA	12:15-13:00	HF on the Go LUKE 45 min	HF on the Go CANDY 45 min	HF on the Go MON 45 min	HF on the Go HARRISON 45 min	HF on the Go MARVIN 45 min		
PILATES REFORMER	12:15-13:15		ESSENTIAL FIT + TONE KAT		ESSENTIAL BUTT + THIGHS MAE			
CORE BLAST	13:45-14:00						Foundation	Foundation
	14:00-15:00						CORE SUSPEND BUTT + THIGHS FAI	CORE SUSPEND ABS + ARMS RACHEL
PILATES REFORMER	14:00-14:30			Foundation				
	14:30-15:30	ESSENTIAL ABS + ARMS MAE	CANCELLED CLASS	ESSENTIAL FIT + TONE RJ	CANCELLED CLASS	ESSENTIAL BUTT + THIGHS RJ	ESSENTIAL ABS + ARMS SARI	ESSENTIAL FIT + TONE MICHAEL
YOGA	14:30-16:00	ABSOLUTE FIT MARVIN (14:30-15:30)	HATHA CANDY 90 min	HOT (AB) PAULUS 90 min	ABSOLUTE FIT HARRISON (14:30-15:30)	HOT (A) MARVIN 90 min	HOT (AB) PAULUS 90 min	HOT (A) PAUL 90 min
YOGA	15:15-16:45 CB studio						YIN YANG KNOT 90 min	Vinyasa BIG 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 SARI	ESSENTIAL BUTT + THIGHS MICHAEL
YOGA	16:30-17:30	Vinyasa MARVIN 60 min	HOT (A) LUKE 60 min	GENTLE FLOW MON 60 min	FORWARD BEND* SHANTI 60 min	ABSOLUTE FIT MARVIN 60 min	HOT (AB) PAULUS 60 min	ABSOLUTE FIT PAUL 60 min
PILATES REFORMER	16:45-17:45	CIRCUIT ABS + ARMS JULIE	ESSENTIAL FIT + TONE JERALD	ESSENTIAL BUTT + THIGHS MAE	ESSENTIAL ABS + ARM JEAB	ESSENTIAL FIT + TONE MICHAEL		
CORE BLAST	17:45-18:00		Foundation		Foundation			
	18:00-19:00	CORE SUSPEND BUTT + THIGHS STAMP	CORE SUSPEND ABS + ARM LILY	CORE SUSPEND WHOLE BODY JUDO	CORE SUSPEND BUTT + THIGHS JACKIE	CORE BLAST TONE CANCELLED		
PILATES REFORMER	18:00-19:00	ESSENTIAL BUTT + THIGHS JULIE	ESSENTIAL FIT + TONE JERALD	CIRCUIT ABS + ARMS MAE	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)	HOT (A) PAULUS 90 min	ABSOLUTE FIT SHANTI (18:00-19:00)	HOT (AB) PAUL 90 min		
PILATES REFORMER	17:45-18:15	Foundation		Foundation				
	18:15-19:15 ROOM 2	ESSENTIAL ABS + ARM TERESA		ESSENTIAL BUTT + THIGHS JERALD		ESSENTIAL FIT + TONE JEAB		
PILATES REFORMER	19:10-20:10	ESSENTIAL FIT + TONE JULIE	CIRCUIT BUTT + THIGHS TERESA	ESSENTIAL BUTT + THIGHS MAE	ESSENTIAL ABS + ARM JEAB	ESSENTIAL FIT + TONE MICHAEL		
YOGA	19:15-20:45 CB/YG studio	HIP OPENER* MARVIN 90 min	Vinyasa LUKE 90 min	BALANCING* MON 90 min	Vinyasa SHANTI 90 min	HATHA CANCELLED 90 min		
YOGA	19:15-20:15 CB/YG studio		HATHA LILY 60 min		YOGA PILATES JACKIE 60 min			
PILATES REFORMER	19:30-20:30 ROOM 2	ESSENTIAL FIT + TONE TERESA		ESSENTIAL ABS + ARM JERALD		ESSENTIAL BUTT + THIGHS JEAB		
YOGA	19:45-20:45	HOT (A) HARRISON 60 min		HOT (AB) PAULUS 60 min		HOT (A) PAUL 60 min		
PILATES REFORMER	20:15-21:15	ESSENTIAL BUTT + THIGHS JULIE	ESSENTIAL ABS + ARM TERESA	ESSENTIAL FIT + TONE MAE	ESSENTIAL BUTT + THIGHS JEAB			

ABSOLUTE YOU CLASS SCHEDULE

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

SILOM STUDIO								
DATE		5-November	6-November	7-November	8-November	9-November	10-November	11-November
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>MON</i> 45 min	HF on the Go <i>PLE</i> 45 min	HF on the Go <i>EVE</i> 45 min	HF on the Go <i>CANDY</i> 45 min		
CORE BLAST	7:00-8:00	CORE SUSPEND BUTT + THIGHS <i>ANT P</i>		CORE SUSPEND ABS + ARM <i>PEWEE</i>		CORE BLAST CARDIO <i>OHM</i>		
PILATES REFORMER	7:00-8:00	ESSENTIAL FIT + TONE <i>KAT</i>		CIRCUIT ABS + ARM <i>JULIE</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>ANT P</i>		CORE BLAST CARDIO <i>PEWEE</i>		CORE SUSPEND BUTT + THIGHS <i>OHM</i>	CORE SUSPEND ABS + ARM <i>OHM</i>	CORE SUSPEND BUTT + THIGHS <i>SARI</i>
YOGA	8:15-9:15		GENTLE FLOW <i>MON</i> 60 min		HOT (AB) <i>EVE</i> 60 min			
YOGA	8:30-9:30						HATHA <i>MARVIN</i> 60 min	HOT (A) <i>MARVIN</i> 60 min
PILATES REFORMER	8:30-9:00			<i>Foundation</i>		<i>Foundation</i>		
	9:00-10:00	ESSENTIAL ABS + ARM <i>KAT</i>	ESSENTIAL FIT + TONE <i>MAE</i>	ESSENTIAL BUTT + THIGHS <i>JULIE</i>	ESSENTIAL FIT + TONE <i>ANT P</i>	CIRCUIT BUTT + THIGHS <i>MAE</i>		
PILATES REFORMER	9:15-10:15						ESSENTIAL FIT + TONE <i>OHM</i>	ESSENTIAL ABS + ARMS <i>SARI</i>
YOGA	9:30-11:00	HOT (A) <i>TING</i> 90 min	HOT (AB) <i>MON</i> 90 min	Vinyasa <i>PLE</i> 90 min	HOT (A) <i>EVE</i> 90 min	HATHA <i>CANDY</i> 90 min	HOT (A) <i>MARVIN</i> (9:45-11:15)	WORKSHOP* <i>MARVIN & MONICA</i> (9:45-11:15)
PILATES REFORMER	10:15-10:45						<i>Foundation</i>	
	10:45-11:45						ESSENTIAL ABS + ARM <i>OHM</i>	ESSENTIAL BUTT + THIGHS <i>SARI</i>
YOGA	12:15-13:00	HF on the Go <i>TING</i> 45 min	HF on the Go <i>MON</i> 45 min	HF on the Go <i>PLE</i> 45 min	HF on the Go <i>EVE</i> 45 min	HF on the Go <i>CANDY</i> 45 min		
PILATES REFORMER	14:00-14:30				<i>Foundation</i>			<i>Foundation</i>
	14:30-15:30		CIRCUIT BUTT + THIGHS <i>MAE</i>		ESSENTIAL FIT + TONE <i>ANT P</i>		CIRCUIT BUTT + THIGHS <i>OHM</i>	ESSENTIAL FIT + TONE <i>SARI</i>
YOGA	14:30-16:00	HOT (AB) <i>KNOT</i> 90 min		HOT (A) <i>LEK</i> 90 min		HOT (AB) <i>FU</i> 90 min	YIN YANG <i>MARVIN</i> (15:30-17:00)	HOT (AB) <i>MARVIN</i> (15:30-17:00)
PILATES REFORMER	17:00-18:00	ESSENTIAL FIT + TONE <i>KAT</i>	ESSENTIAL ABS + ARM <i>JULIE</i>	CARDIO JUMPBOARD	ESSENTIAL BUTT + THIGHS <i>RJ</i>	ESSENTIAL ABS + ARM <i>PEWEE</i>		
YOGA	17:30-18:30	ABSOLUTE FIT <i>KNOT</i> 60 min	HOT (AB) <i>MARVIN</i> 60 min	HATHA <i>LEK</i> 60 min	Vinyasa <i>LUKE</i> 60 min	HOT (A) <i>FU</i> 60 min		
CORE BLAST	17:45-18:00	<i>Foundation</i>		<i>Foundation</i>		<i>Foundation</i>		
	18:00-19:00	CORE SUSPEND WHOLE BODY <i>ANT P</i>	CORE SUSPEND ABS + ARM <i>JUDO</i>	CORE SUSPEND BUTT + THIGHS <i>PEWEE</i>	CORE SUSPEND ABS + ARM <i>ANT P</i>	CORE SUSPEND BUTT + THIGHS <i>OHM</i>		
PILATES REFORMER	18:00-18:15	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>		
	18:15-19:15	CIRCUIT ABS + ARM <i>KAT</i>	ESSENTIAL BUTT + THIGHS <i>JULIE</i>	CIRCUIT BUTT + THIGHS <i>JULIE</i>	ESSENTIAL ABS + ARM <i>RJ</i>	ESSENTIAL FIT + TONE <i>PEWEE</i>		
YOGA	18:45-20:15	Vinyasa <i>KNOT</i> 90 min	PRANA VASHYA* <i>MARVIN</i> 90 min	HOT (AB) <i>LEK</i> 90 min	HOT (A) <i>LUKE</i> 90 min	HATHA <i>FU</i> 90 min		
CORE BLAST	19:00-19:15	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>		
	19:15-20:15	CORE SUSPEND ABS + ARM <i>ANT P</i>	CORE SUSPEND BUTT + THIGHS <i>JUDO</i>	CORE BLAST CARDIO <i>PEWEE</i>	CORE SUSPEND BUTT + THIGHS <i>ANT P</i>	CORE SUSPEND ABS + ARM <i>OHM</i>		
PILATES REFORMER	19:30-20:30	ESSENTIAL BUTT + THIGHS <i>KAT</i>	CIRCUIT BUTT + THIGHS <i>JULIE</i>	ESSENTIAL ABS + ARM <i>JULIE</i>	ESSENTIAL BUTT + THIGHS <i>RJ</i>	ESSENTIAL ABS + ARM <i>PEWEE</i>		
YOGA	20:30-21:30	HOT (A) <i>KNOT</i> 60 min	HOT (AB) <i>MARVIN</i> 60 min	HOT (A) <i>LEK</i> 60 min	HATHA <i>LUKE</i> 60 min			

ABSOLUTE YOU CLASS SCHEDULE

EXCHANGE TOWER STUDIO								
DATE		5-November	6-November	7-November	8-November	9-November	10-November	11-November
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YOGA	7:00-7:45		HF on the Go BIG 45 min		HF on the Go CANDY 45 min			
RHYTHM CYCLING	7:15-8:00	ABSOLUTE BEATS MAE D	ABSOLUTE BEATS CHERIE	ABSOLUTE BEATS SADIA	ABSOLUTE BEATS DINI	ABSOLUTE BEATS MAE D.		
PILATES REFORMER	7:00-7:15	Foundation		Foundation				
	7:15-8:15	ESSENTIAL ABS + ARM TERESA	ESSENTIAL FIT + TONE RACHEL	ESSENTIAL BUTT + THIGHS KAT	ESSENTIAL ABS + ARM RISSA	ESSENTIAL BUTT + THIGHS JERALD		
YOGA	8:30-9:30	GENTLE FLOW MARVIN 60 min	ABSOLUTE FIT BIG 60 min	HATHA JUSTIN 60 min	HOT (A) CANDY 60 min	ABSOLUTE FIT PAULUS 60 min	HOT (AB) PAUL 60 min	GENTLE FLOW HARRISON 60 min
PILATES REFORMER	8:30-9:00	Foundation				Foundation	Foundation	
	9:00-10:00	ESSENTIAL FIT + TONE TERESA		ESSENTIAL ABS + ARM KAT		ESSENTIAL BUTT + THIGHS JERALD	ESSENTIAL BUTT + THIGHS RACHEL	ESSENTIAL ABS + ARM ART
RHYTHM CYCLING	9:00-9:15		Foundation	Foundation	Foundation		Foundation	Foundation
	9:15-10:00		ABSOLUTE BEATS CHERIE	ABSOLUTE ESSENTIALS PLOY	ABSOLUTE BEATS FLYNN		ABSOLUTE BEATS JUSTIN	ABSOLUTE BEATS JAMIE
PILATES REFORMER	9:30-10:00	Foundation		Foundation		Foundation		(10:15-11:15)
	10:00-11:00	CIRCUIT BUTT + THIGHS RJ	ESSENTIAL ABS + ARM RACHEL	CIRCUIT BUTT + THIGHS KAT	ESSENTIAL FIT + TONE RISSA	ESSENTIAL ABS + ARM JERALD	ESSENTIAL FIT + TONE RACHEL	ESSENTIAL BUTT + THIGHS ART
YOGA	10:00-11:30	Vinyasa MARVIN 90 min	HATHA BIG 90 min	YOGA PILATES JUSTIN 90 min	Vinyasa CANDY 90 min	HOT (A) PAULUS 90 min	FORWARD BEND* PAUL 90 min	HOT (A) HARRISON 90 min
PILATES REFORMER	11:30-12:00	Foundation		Foundation		Foundation		
	12:00-13:00	ESSENTIAL FIT + TONE RJ		ESSENTIAL ABS + ARM KAT		ESSENTIAL BUTT + THIGHS MAE	ESSENTIAL ABS + ARM RACHEL	ESSENTIAL FIT + TONE ART
RHYTHM CYCLING	12:15-13:00	LUNCH BEATS DREAM		LUNCH BEATS PLOY		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) PAUL 90 min	HATHA HARRISON 90 min
RHYTHM CYCLING	14:00-14:15						Foundation	Foundation
	14:15-15:00						ABSOLUTE BEATS JUSTIN	ABSOLUTE BEATS JAMIE
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 ART
RHYTHM CYCLING	17:15-17:30	Foundation		Foundation		Foundation		
	17:30-18:15	ABSOLUTE ESSENTIALS FAI		ABSOLUTE BEATS KATIE		ABSOLUTE BEATS D.GIFT		
YOGA	17:30-18:30	ABSOLUTE FIT AIR 60 min	HATHA BIG 60 min	HOT (AB) LUKE 60 min	HOT (A) OAT 60 min	Vinyasa PAULUS 60 min	ABSOLUTE FIT PAUL (16:30-17:30)	HOT (A) HARRISON (16:30-17:30)
PILATES REFORMER	17:30-18:00	Foundation		Foundation		Foundation		
	18:00-19:00	ESSENTIAL BUTT + THIGHS RJ	ESSENTIAL FIT + TONE RACHEL	ESSENTIAL ABS + ARM MICHAEL	ESSENTIAL BUTT + THIGHS RISSA	ESSENTIAL ABS + ARM JERALD		
RHYTHM CYCLING	18:30-18:45	Foundation		Foundation		Foundation		
	18:45-19:30	ABSOLUTE BEATS DREAM	ABSOLUTE BEATS BOAT	ABSOLUTE BEATS MAE D	ABSOLUTE BEATS JUSTIN	ABSOLUTE BEATS D.GIFT		
YOGA	18:45-20:00	HATHA AIR 75 min	HOT (A) BIG 75 min	HATHA LUKE 75 min	HOT (AB) OAT 75 min	HOT (A) PAULUS 75 min		
PILATES REFORMER	19:00-19:15	Foundation		Foundation		Foundation		
	19:15-20:15	ESSENTIAL ABS + ARM RJ	ESSENTIAL BUTT + THIGHS RACHEL	ESSENTIAL FIT + TONE MICHAEL	ESSENTIAL ABS + ARM RISSA	ESSENTIAL FIT + TONE JERALD		
RHYTHM CYCLING	19:45-20:30	ABSOLUTE BEATS FAI	ABSOLUTE BEATS BOAT	ABSOLUTE BEATS MARIA	ABSOLUTE BEATS JUSTIN			
YOGA	20:15-21:15	HOT (AB) AIR 60 min	Vinyasa BIG 60 min	HOT (A) LUKE 60 min	HATHA / VINYASA OAT 60 min			
PILATES REFORMER	20:15-21:15	ESSENTIAL BUTT + THIGHS RJ	ESSENTIAL ABS + ARM RACHEL	ESSENTIAL BUTT + THIGHS MICHAEL	ESSENTIAL FIT + TONE RISSA	ESSENTIAL ABS + ARM JERALD		

BEE HIVE STUDIO								
DATE		5-November	6-November	7-November	8-November	9-November	10-November	11-November
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PILATES REFORMER	8:00-9:00	ESSENTIAL ABS + ARM PEWEE	ESSENTIAL FIT + TONE GUBGIB	ESSENTIAL ABS + ARM OHM	CIRCUIT BUTT + THIGHS STAMP	ESSENTIAL FIT + TONE ANT	ESSENTIAL BUTT + THIGHS GUBGIB	CIRCUIT ABS + ARM AU
PILATES REFORMER	9:00-10:00		CIRCUIT BUTT + THIGHS GUBGIB		ESSENTIAL ABS + ARM STAMP			
YOGA	9:00-10:30	GENTLE FLOW LEK (9:00-10:00)	HATHA PLE 90 min	HOT (A) KWANG 90 min	HATHA FU 90 min	YIN YANG CAKE 90 min	HOT (AB) AIR 90 min	HOT (A) KNOT 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 FIT + TONE ANT	ESSENTIAL FIT + TONE GUBGIB	ESSENTIAL BUTT + THIGHS AU
PILATES REFORMER	10:15-11:15		ESSENTIAL FIT + TONE GUBGIB		ESSENTIAL BUTT + THIGHS STAMP			
PILATES REFORMER	11:00-12:00	ESSENTIAL FIT + TONE PEWEE		ESSENTIAL BUTT + THIGHS OHM		ESSENTIAL ABS + ARM ANT	CIRCUIT BUTT + THIGHS GUBGIB	ESSENTIAL FIT + TONE AU
YOGA	11:00-12:30	HATHA LEK 90 min		Vinyasa KWANG 90 min		BALANCING* CAKE 90 min	HATHA AIR 90 min	YIN YANG KNOT 90 min
PILATES REFORMER	11:15-12:15		ESSENTIAL ABS + ARM GUBGIB		ESSENTIAL FIT + TONE STAMP			
PILATES REFORMER	14:00-14:30						Foundation	Foundation
	14:30-15:30						ESSENTIAL ABS + ARM GUBGIB	ESSENTIAL BUTT + THIGHS AU
YOGA	14:30-16:00	HOT (A) LEK 90 min	HOT (A) PLE 90 min	HATHA KWANG 90 min	HOT (AB) FU 90 min	HOT (A) CAKE 90 min	BACKBEND* AIR 90 min	HATHA KNOT 90 min
YOGA	16:30-17:45	Vinyasa EVE 75 min		HIP OPENER* TING 75 min		HOT (AB) CAKE 75 min	GENTLE FLOW AIR (16:30-17:30)	HOT (A) KNOT (16:30-17:30)
PILATES REFORMER	17:30-18:00	Foundation		Foundation		Foundation		
	18:00-19:00	ESSENTIAL ABS + ARM PEWEE	ESSENTIAL BUTT + THIGHS GUBGIB	ESSENTIAL FIT + TONE OHM	ESSENTIAL ABS + ARM STAMP	ESSENTIAL BUTT + THIGHS ANT		
YOGA	18:00-19:30	HOT (AB) EVE 90 min	HATHA PLE 90 min	HOT (A) TING 90 min	HATHA FU 90 min	YOGA PILATES CAKE 90 min		
PILATES REFORMER	19:15-20:15	ESSENTIAL BUTT + THIGHS PEWEE	ESSENTIAL FIT + TONE GUBGIB	ESSENTIAL ABS + ARM OHM	ESSENTIAL BUTT + THIGHS STAMP	ESSENTIAL FIT + TONE ANT		
YOGA	19:45-21:00	HATHA EVE 75 min	BACKBEND* PLE 75 min	ABSOLUTE FIT TING (19:45-20:45)	Vinyasa FU 75 min			

ABSOLUTE YOU CLASS SCHEDULE

THE CIRCLE STUDIO								
DATE		5-November	6-November	7-November	8-November	9-November	10-November	11-November
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
RHYTHM CYCLING	8:00-8:15	Foundation		Foundation		Foundation		
	8:15-9:00	ABSOLUTE BEATS AOM		ABSOLUTE BEATS D.GIFT		ABSOLUTE BEATS PLOU		
PILATES REFORMER	8:30-9:00	Foundation		Foundation		Foundation		Foundation
	9:00-10:00	ESSENTIAL ABS + ARM ART	ESSENTIAL BUTT + THIGHS INK	ESSENTIAL FIT + TONE KUNGKING	ESSENTIAL FIT + TONE GUBGIB	ESSENTIAL BUTT + THIGHS AU	ESSENTIAL FIT + TONE KAN P	ESSENTIAL ABS + ARM STAMP
RHYTHM CYCLING	10:00-10:15	Foundation		Foundation		Foundation		Foundation
	10:15-11:00		ABSOLUTE BEATS PAT		ABSOLUTE ESSENTIALS KENG (T)		ABSOLUTE BEATS D.GIFT	ABSOLUTE BEATS KENG (T)
YOGA	9:00-10:30	HOT (A) KWANG 90 min	Vinyasa PLE 90 min	AB FIT GROUND FU (9:00-10:00)	HATHA BIG 90 min	HOT (A) SOMCHAI 90 min	HOT (AB) SOMCHAI 90 min	HATHA AIR 90 min
PILATES REFORMER	10:00-10:30	Foundation		Foundation		Foundation		Foundation
	10:30-11:30	ESSENTIAL FIT + TONE ART	ESSENTIAL ABS + ARM INK	ESSENTIAL BUTT + THIGHS KUNGKING	ESSENTIAL FIT + TONE GUBGIB	ESSENTIAL ABS + ARM AU	ESSENTIAL BUTT + THIGHS KAN P	ESSENTIAL FIT + TONE STAMP
YOGA	11:00-12:30		HOT (A) CAKE 90 min		HOT (AB) BIG 90 min		AB FIT GROUND SOMCHAI (11:00-12:00)	HOT (A) AIR 90 min
YOGA	14:00-15:30	ABSOLUTE FIT KWANG (14:00-15:00)	HATHA CAKE 90 min	HOT (AB) FU 90 min	ABSOLUTE FIT BIG (14:00-15:00)	HOT (A) SOMCHAI 90 min	HATHA SOMCHAI 90 min	YIN YANG AIR 90 min
RHYTHM CYCLING	14:00-14:15	Foundation		Foundation		Foundation		Foundation
	14:15-15:00						ABSOLUTE ESSENTIALS D.GIFT	ABSOLUTE BEATS KENG (T)
PILATES REFORMER	14:00-14:30	Foundation		Foundation		Foundation		Foundation
	14:30-15:30	ESSENTIAL BUTT + THIGHS ART	ESSENTIAL ABS + ARM INK	ESSENTIAL FIT + TONE KUNGKING	ESSENTIAL BUTT + THIGHS GUBGIB		ESSENTIAL ABS + ARM KAN P	ESSENTIAL BUTT + THIGHS STAMP
PILATES REFORMER	16:00-17:00						ESSENTIAL BUTT + THIGHS KAN P	ESSENTIAL ABS + ARMS STAMP
YOGA	16:30-18:00						YOGA PILATES SOMCHAI 90 min	HOT (AB) AIR 90 min
PILATES REFORMER	17:00-18:00	ESSENTIAL ABS + ARM ART		ESSENTIAL BUTT + THIGHS KUNGKING		ESSENTIAL FIT + TONE AU		
YOGA	17:45-19:00	YOGA PILATES KWANG 75 min	BALANCING* CAKE 75 min	Vinyasa FU 75 min	BACKBEND* BIG 75 min	HATHA SOMCHAI 75 min		
PILATES REFORMER	17:45-18:15	Foundation		Foundation		Foundation		
	18:15-19:15	ESSENTIAL BUTT + THIGHS ART	ESSENTIAL FIT + TONE INK	ESSENTIAL ABS + ARM KUNGKING	ESSENTIAL FIT + TONE GUBGIB	ESSENTIAL BUTT + THIGHS AU		
RHYTHM CYCLING	18:15-18:30	Foundation		Foundation		Foundation		
YOGA	18:30-19:15	ABSOLUTE BEATS AOM	ABSOLUTE BEATS PAT	ABSOLUTE BEATS D.GIFT	ABSOLUTE BEATS KENG (T)	ABSOLUTE BEATS PLOU		
	19:15-20:30	HOT (AB) KWANG 75 min	HATHA CAKE 75 min	HOT (A) FU 75 min	Vinyasa BIG 75 min	HOT (AB) SOMCHAI 75 min		
PILATES REFORMER	19:15-19:45	Foundation		Foundation		Foundation		
	19:45-20:45	ESSENTIAL ABS + ARM ART	ESSENTIAL BUTT + THIGHS INK	ESSENTIAL BUTT + THIGHS KUNGKING	ESSENTIAL ABS + ARM GUBGIB	ESSENTIAL FIT + TONE AU		

LADPRAO STUDIO								
DATE		5-November	6-November	7-November	8-November	9-November	10-November	11-November
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 ANT P	ESSENTIAL BUTT + THIGHS VANESSA	CIRCUIT ABS + ARM MICHAEL	ESSENTIAL FIT + TONE KUNGKING	ESSENTIAL BUTT + THIGHS LILY	ESSENTIAL ABS + ARM ANT
YOGA	8:45-9:45						ABSOLUTE FIT CANDY 60 min	ABSOLUTE FIT LEK 60 min
CORE BLAST	10:00-11:00		CORE SUSPEND BUTT + THIGHS ANT P		CORE SUSPEND WHOLE BODY JUDO			
YOGA	10:00-11:30	HOT (A) OAT 90 min	HOT (AB) KNOT 90 min	HATHA FAI 90 min	HOT (A) MON 90 min	INVERSION* KWANG 90 min	HOT (AB) CANDY 90 min	HOT (A) LEK 90 min
PILATES REFORMER	10:00-11:00						ESSENTIAL FIT + TONE LILY	ESSENTIAL BUTT + THIGHS ANT
CORE BLAST	11:00-12:00						CORE SUSPEND BUTT + THIGHS LILY	CORE SUSPEND ABS + ARM JUDO
YOGA	14:30-16:00	HOT (A) OAT 90 min		HOT (A) FAI 90 min		HOT (AB) KWANG 90 min	HATHA CANDY 90 min	YOGA PILATES LEK 90 min
PILATES REFORMER	17:15-18:15	CIRCUIT BUTT + THIGHS LILY	ESSENTIAL ABS + ARM SARI	CIRCUIT BUTT + THIGHS ANT P	ESSENTIAL FIT + TONE MICHAEL	CIRCUIT ABS + ARM KUNGKING		
YOGA	17:15-18:15	HATHA OAT 60 min	HOT (AB) KNOT 60 min	YOGA PILATES SOMCHAI 60 min	HOT (A) MON 60 min	Vinyasa KWANG 60 min	YIN YANG CANDY (16:30-18:00)	HOT (AB) LEK (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 SARI	ESSENTIAL FIT + TONE VANESSA	CIRCUIT ABS + ARM MICHAEL	ESSENTIAL BUTT + THIGHS KUNGKING		
YOGA	18:30-20:00	HOT (A) OAT 90 min	TWISTING* KNOT 90 min	HOT (AB) SOMCHAI 90 min	Vinyasa MON 90 min	HOT (A) KWANG 90 min		
CORE BLAST	18:45-19:00	Foundation		Foundation		Foundation		
	19:00-20:00	CORE SUSPEND BUTT + THIGHS JUDO	CORE BLAST CARDIO ANT P	CORE SUSPEND WHOLE BODY ANT P	CORE SUSPEND BUTT + THIGHS JUDO	CORE SUSPEND ABS + ARM JUDO		
PILATES REFORMER	19:30-20:30	ESSENTIAL FIT + TONE LILY	CIRCUIT BUTT + THIGHS SARI	ESSENTIAL ABS + ARM VANESSA	ESSENTIAL BUTT + THIGHS MICHAEL	ESSENTIAL FIT + TONE KUNGKING		
YOGA	20:15-21:15	GENTLE FLOW OAT 60 min	HOT (A) KNOT 60 min	GENTLE FLOW SOMCHAI 60 min	HOT (AB) MON 60 min			

ABSOLUTE YOU CLASS SCHEDULE

CRYSTAL PARK STUDIO									
DATE		5-November	6-November	7-November	8-November	9-November	10-November	11-November	
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
YOGA	7:30-8:30	HATHA BIG 60 min	HOT (AB) TING 60 min	YOGA PILATES KNOT 60 min	ABSOLUTE FIT AIR 60 min	HOT (A) MON 60 min	ABSOLUTE FIT LEK 60 min	HOT (A) EVE 60 min	
PILATES REFORMER	8:00-8:30	Foundation		Foundation		Foundation		Foundation	
	8:30-9:30	ESSENTIAL ABS + ARM ANT	ESSENTIAL ABS + ARM JEAB	CIRCUIT BUTT + THIGHS RISSA	CIRCUIT ABS + ARM OHM	ESSENTIAL BUTT + THIGHS SARI	ESSENTIAL FIT + TONE JEAB	CIRCUIT BUTT + THIGHS VANESSA	
RHYTHM CYCLING	8:30-8:45	Foundation		Foundation		Foundation		Foundation	
	8:45-9:30	ABSOLUTE BEATS KENG (T)		ABSOLUTE BEATS PAT		ABSOLUTE BEATS KENG (T)			
YOGA	8:45-9:45	HOT (A) BIG 60 min	GENTLE FLOW TING 60 min	HOT (AB) KNOT 60 min	HOT (A) AIR 60 min	Vinyasa MON 60 min	HOT (A) LEK 60 min	ABSOLUTE FIT EVE 60 min	
RHYTHM CYCLING	9:30-9:45	Foundation		Foundation		Foundation		Foundation	
	9:45-10:30		ABSOLUTE BEATS TAE		ABSOLUTE BEATS D.GIFT		ABSOLUTE BEATS SADIA	ABSOLUTE BEATS FERN	
PILATES REFORMER	9:45-10:15	Foundation		Foundation		Foundation		Foundation	
	10:15-11:15	CIRCUIT BUTT + THIGHS ANT	ESSENTIAL FIT + TONE JEAB	ESSENTIAL ABS + ARM RISSA	ESSENTIAL BUTT + THIGHS OHM	ESSENTIAL ABS + ARM SARI	CARDIO JUMPBOARD JEAB	ESSENTIAL FIT + TONE VANESSA	
YOGA	10:30-12:00	Vinyasa BIG 90 min	YOGA PILATES TING 90 min	HATHA KNOT 90 min	BACKBEND* AIR 90 min	HOT (A) MON 90 min	HOT (AB) LEK 90 min	HATHA EVE 90 min	
PILATES REFORMER	11:00-11:30	Foundation		Foundation		Foundation		Foundation	
	11:30-12:30	ESSENTIAL FIT + TONE ANT		ESSENTIAL BUTT + THIGHS RISSA		ESSENTIAL FIT + TONE SARI	ESSENTIAL BUTT + THIGHS JEAB	CIRCUIT ABS + ARM VANESSA	
YOGA	14:00-15:30		HOT (AB) OAT 90 min		Vinyasa PLE 90 min		Vinyasa LEK 90 min	YIN YANG EVE 90 min	
RHYTHM CYCLING	15:30-15:45	Foundation		Foundation		Foundation		Foundation	
	15:45-16:30					ABSOLUTE ESSENTIALS SADIA	ABSOLUTE BEATS FERN		
PILATES REFORMER	15:30-16:00	Foundation		Foundation		Foundation		Foundation	
	16:00-17:00					CIRCUIT ABS + ARM JEAB	ESSENTIAL BUTT + THIGHS VANESSA		
YOGA	17:30-18:30	HOT (A) BIG 60 min	Vinyasa OAT 60 min	HOT (AB) KNOT 60 min	HATHA PLE 60 min	GENTLE FLOW MON 60 min			
PILATES REFORMER	17:00-17:30	Foundation		Foundation		Foundation		Foundation	
	17:30-18:30	ESSENTIAL FIT + TONE ANT	ESSENTIAL BUTT + THIGHS JEAB	ESSENTIAL FIT + TONE RISSA	ESSENTIAL ABS + ARM OHM	CIRCUIT BUTT + THIGHS SARI			
RHYTHM CYCLING	18:30-18:45	Foundation		Foundation		Foundation		Foundation	
	18:45-19:30	ABSOLUTE BEATS KENG (T)	ABSOLUTE ESSENTIALS SADIA	ABSOLUTE BEATS PAT	ABSOLUTE BEATS D.GIFT	ABSOLUTE BEATS MAE D.			
PILATES REFORMER	18:30-19:00	Foundation		Foundation		Foundation		Foundation	
	19:00-20:00	ESSENTIAL BUTT + THIGHS ANT	CIRCUIT ABS + ARM JEAB	ESSENTIAL ABS + ARM RISSA	ESSENTIAL BUTT + THIGHS OHM	ESSENTIAL FIT + TONE SARI			
YOGA	19:00-20:15	HATHA BIG 75 min	HOT (AB) OAT (19:00-20:00)	Vinyasa KNOT 75 min	HOT (A) PLE (19:00-20:00)	HOT (A) MON 75 min			
YOGA	20:10-21:10		HOT (A) OAT 60 min		HATHA PLE 60 min				

COMMONS STUDIO									
DATE		5-November	6-November	7-November	8-November	9-November	10-November	11-November	
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 RACHEL	ESSENTIAL ABS + ARM RJ	ESSENTIAL FIT + TONE GUBGIB	ESSENTIAL ABS + ARM KAT	ESSENTIAL BUTT + THIGHS RISSA			
RHYTHM CYCLING	9:00-9:15	Foundation		Foundation		Foundation		Foundation	
	9:15-10:00	ABSOLUTE BEATS JAMIE	ABSOLUTE BEATS JUSTIN	ABSOLUTE BURN MEK	ABSOLUTE BEATS MEI	(9:15-10:15) BIG BEATS 60 JAMIE	ABSOLUTE BEATS GIFT	ABSOLUTE BEATS D.GIFT	
PILATES REFORMER	9:45-10:15	Foundation		Foundation		Foundation		Foundation	
	10:15-11:15	ESSENTIAL BUTT + THIGHS RACHEL	ESSENTIAL FIT + TONE RJ	ESSENTIAL ABS + ARM GUBGIB	ESSENTIAL FIT + TONE KAT	ESSENTIAL ABS + ARM RISSA	ESSENTIAL FIT + TONE KUNGGING	CIRCUIT ABS + ARM JEAB	
RHYTHM CYCLING	10:15-10:30	Foundation		Foundation		Foundation		Foundation	
	10:30-11:15	ABSOLUTE BEATS JAMIE	ABSOLUTE BEATS PLOY	ABSOLUTE BEATS TAE	ABSOLUTE BEATS MEI	ABSOLUTE BEATS MEK	ABSOLUTE BURN GIFT	ABSOLUTE BEATS D.GIFT	
RHYTHM CYCLING	15:00-15:15	Foundation		Foundation		Foundation		Foundation	
	15:15-16:00						ABSOLUTE BEATS JAMIE		
PILATES REFORMER	15:00-16:00						CIRCUIT BUTT + THIGHS KUNGGING	ESSENTIAL FIT + TONE JEAB	
RHYTHM CYCLING	16:30-16:45	Foundation		Foundation		Foundation		Foundation	
	16:45-17:30						ABSOLUTE BEATS JAMIE	(16:30-17:30) BIG BEATS 60 MEK	
RHYTHM CYCLING	17:30-18:15	ABSOLUTE BEATS JAMIE		ABSOLUTE BEATS JUSTIN					
RHYTHM CYCLING	18:15-18:30	Foundation		Foundation		Foundation		Foundation	
	18:30-19:15	ABSOLUTE BURN GIFT	ABSOLUTE BEATS D.GIFT	ABSOLUTE BEATS JUSTIN	ABSOLUTE BEATS JAMIE	ABSOLUTE BEATS JAMIE			
PILATES REFORMER	18:00-18:30	Foundation		Foundation		Foundation		Foundation	
	18:30-19:30	ESSENTIAL ABS + ARM RACHEL	ESSENTIAL BUTT + THIGHS RJ	ESSENTIAL FIT + TONE GUBGIB	ESSENTIAL ABS + ARM KAT	ESSENTIAL FIT + TONE RISSA			
RHYTHM CYCLING	19:30-19:45	Foundation		Foundation		Foundation		Foundation	
	19:45-20:30	ABSOLUTE BEATS GIFT	ABSOLUTE BEATS MEW	ABSOLUTE BEATS FLYNN	ABSOLUTE BEATS JAMIE				

ABSOLUTE YOU CLASS SCHEDULE

JAS URBAN STUDIO								
DATE		5-November	6-November	7-November	8-November	9-November	10-November	11-November
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 INK	ESSENTIAL BUTT + THIGHS STAMP	ESSENTIAL FIT + TONE KAN P	ESSENTIAL ABS + ARM KUNGKING	ESSENTIAL BUTT + THIGHS ANT P	ESSENTIAL FIT + TONE ART	ESSENTIAL ABS + ARM KAN P
YOGA	8:30-9:30	GENTLE FLOW CAKE 60 min		HATHA EVE 60 min		HOT (A) HARRERSON 60 min		
RHYTHM CYCLING	8:45-9:00	Foundation	Foundation	Foundation	Foundation	Foundation	Foundation	Foundation
	9:00-9:45	ABSOLUTE ESSENTIALS KATIE	ABSOLUTE BEATS FLYNN	ABSOLUTE BEATS MEI	ABSOLUTE BEATS PLA (T)	ABSOLUTE BEATS PAT	ABSOLUTE BEATS DREAM	ABSOLUTE BEATS JUNE
PILATES REFORMER	9:30-10:00			Foundation				
	10:00-11:00	ESSENTIAL FIT + TONE INK	ESSENTIAL ABS + ARM STAMP	ESSENTIAL BUTT + THIGHS KAN P	ESSENTIAL FIT + TONE KUNGKING	ESSENTIAL ABS + ARM ANT P	ESSENTIAL ABS + ARM ART	ESSENTIAL BUTT + THIGHS KAN P
YOGA	10:00-11:30	HOT (A) CAKE (10:00-11:00)	HATHA PAUL 90 min	HOT (A) EVE 90 min	Vinyasa SOMCHAI 90 min	HATHA HARRERSON (10:00-11:00)	HOT (A) FAR 90 min	HATHA CANDY 90 min
RHYTHM CYCLING	10:00-10:15						Foundation	Foundation
	10:15-11:00						ABSOLUTE BEATS DREAM	ABSOLUTE ESSENTIALS JUNE
YOGA	14:30-16:00	HOT (AB) CAKE 90 min			GENTLE FLOW SOMCHAI 14:30-15:30		HATHA FAR 90 min	HOT (A) CANDY 90 min
PILATES REFORMER	14:30-15:00						Foundation	Foundation
	15:00-16:00						ESSENTIAL BUTT + THIGHS ART	ESSENTIAL FIT + TONE KAN P
PILATES REFORMER	17:45-18:15	Foundation	Foundation	Foundation	Foundation	Foundation		
	18:15-19:15	ESSENTIAL BUTT + THIGHS INK	ESSENTIAL FIT + TONE STAMP	ESSENTIAL ABS + ARM KAN P	ESSENTIAL BUTT + THIGHS KUNGKING	ESSENTIAL ABS + ARM ANT P		
YOGA	18:00-19:30	Vinyasa CAKE 90 min	HOT (A) PAUL 90 min	HOT (AB) EVE 90 min	HATHA SOMCHAI 90 min	HOT (AB) HARRERSON 90 min		
RHYTHM CYCLING	18:30-18:45	Foundation	Foundation	Foundation	Foundation	Foundation		
	18:45-19:30	ABSOLUTE BEATS MAE D	ABSOLUTE BEATS KENG (T)	ABSOLUTE BEATS MEI	ABSOLUTE BEATS DREAM	ABSOLUTE BEATS PAT		
PILATES REFORMER	19:15-19:45	Foundation	Foundation	Foundation				
	19:45-20:45	ESSENTIAL FIT + TONE INK	ESSENTIAL BUTT + THIGHS STAMP	ESSENTIAL BUTT + THIGHS KAN P	ESSENTIAL ABS + ARM KUNGKING			
RHYTHM CYCLING	19:45-20:30		ABSOLUTE BEATS KENG (T)		ABSOLUTE BEATS DREAM			
YOGA	19:45-20:45		GENTLE FLOW PAUL 60 min		HOT (A) SOMCHAI 60 min			

G TOWER STUDIO								
DATE		5-November	6-November	7-November	8-November	9-November	10-November	11-November
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PILATES REFORMER	7:00-7:15	Foundation				Foundation		
	7:15-8:15	ESSENTIAL BUTT + THIGHS JEAB			ESSENTIAL ABS + ARM STAMP	ESSENTIAL FIT + TONE JACKIE		
RHYTHM CYCLING	7:00-7:15	Foundation	Foundation	Foundation	Foundation	Foundation		
	7:15-8:15	ABSOLUTE BEATS SADIA	ABSOLUTE BEATS PLA (T)	ABSOLUTE BEATS JUNE	ABSOLUTE BEATS BOAT	ABSOLUTE BEATS PLA (T)		
PILATES REFORMER	8:30-9:00		Foundation		Foundation			
	9:00-10:00		ESSENTIAL ABS + ARM OHM		ESSENTIAL BUTT + THIGHS LILY			
RHYTHM CYCLING	9:00-9:15						Foundation	Foundation
	9:15-10:00						ABSOLUTE BEATS FERN	ABSOLUTE BEATS DREAM
PILATES REFORMER	9:30-10:00						Foundation	Foundation
	10:00-11:00						ESSENTIAL FIT + TONE TERESA	ESSENTIAL ABS + ARM BENZ
PILATES REFORMER	10:00-10:30		Foundation		Foundation			
	10:30-11:30		ESSENTIAL BUTT + THIGHS OHM		ESSENTIAL FIT + TONE LILY			
PILATES REFORMER	11:45-12:00	Foundation		Foundation		Foundation		
	12:00-13:00	ESSENTIAL ABS + ARM JEAB		ESSENTIAL BUTT + THIGHS STAMP		ESSENTIAL FIT + TONE JACKIE		
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
	14:15-15:00						ABSOLUTE ESSENTIALS FERN	ABSOLUTE BEATS DREAM
PILATES REFORMER	14:30-15:00						Foundation	Foundation
	15:00-16:00						ESSENTIAL ABS + ARM TERESA	ESSENTIAL FIT + TONE BENZ
PILATES REFORMER	17:45-18:15	Foundation	Foundation	Foundation	Foundation	Foundation		
	18:15-19:15	ESSENTIAL BUTT + THIGHS JEAB	ESSENTIAL ABS + ARM OHM	ESSENTIAL FIT + TONE STAMP	ESSENTIAL ABS + ARM LILY	ESSENTIAL BUTT + THIGHS JACKIE		
RHYTHM CYCLING	18:15-18:30	Foundation	Foundation	Foundation	Foundation	Foundation		
	18:30-19:15	ABSOLUTE BEATS PLA (T)	ABSOLUTE BEATS JUSTIN	ABSOLUTE BEATS CHERIE	ABSOLUTE BEATS KATIE	ABSOLUTE BEATS TAE		
PILATES REFORMER	19:15-19:45	Foundation	Foundation	Foundation	Foundation			
	19:45-20:45	ESSENTIAL ABS + ARM JEAB	ESSENTIAL BUTT + THIGHS OHM	ESSENTIAL FIT + TONE STAMP	ESSENTIAL ABS + ARM LILY			
RHYTHM CYCLING	19:30-19:45	Foundation	Foundation	Foundation	Foundation			
	19:45-20:30	ABSOLUTE BEATS PLA (T)	ABSOLUTE BEATS DINI	ABSOLUTE BEATS CHERIE	ABSOLUTE BEATS FERN			

ABSOLUTE YOU CLASS SCHEDULE

ON-NUT STUDIO								
DATE		5-November	6-November	7-November	8-November	9-November	10-November	11-November
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PILATES REFORMER	7:30-8:30		ESSENTIAL BUTT + THIGHS <i>RISSA</i>		ESSENTIAL ABS + ARM <i>RACHEL</i>			
YOGA	8:30-9:30	HATHA MON 60 min		GENTLE FLOW PAUL 60 min		HOT (A) PLE 60 min	ABSOLUTE FIT HARRESON 60 min	GENTLE FLOW PAULUS 60 min
PILATES REFORMER	8:30-9:00	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>
	9:00-10:00	ESSENTIAL FIT + TONE <i>SARI</i>	ESSENTIAL ABS + ARM <i>RISSA</i>	ESSENTIAL BUTT + THIGHS <i>JACKIE</i>	ESSENTIAL FIT + TONE <i>RACHEL</i>	ESSENTIAL ABS + ARM <i>LILY</i>	ESSENTIAL BUTT + THIGHS <i>RISSA</i>	ESSENTIAL FIT + TONE <i>ANT P</i>
RHYTHM CYCLING	9:00-9:15	<i>Foundation</i>	<i>Foundation</i>	<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 <i>KATIE</i>	ABSOLUTE BEATS KENG (T)	ABSOLUTE BEATS <i>MAE D.</i>	ABSOLUTE BEATS <i>SADIA</i>	ABSOLUTE BEATS <i>PAT</i>	ABSOLUTE BEATS <i>DINI</i>
YOGA	10:00-11:15	HOT (A) MON 75 min	HATHA LEK 75 min	HOT (AB) PAUL 75 min	HATHA KWANG 75 min	Vinyasa PLE 75 min	HOT (A) HARRESON 75 min	HATHA PAULUS 75 min
PILATES REFORMER	10:00-10:30						<i>Foundation</i>	<i>Foundation</i>
	10:30-11:30						ESSENTIAL ABS + ARM <i>RISSA</i>	ESSENTIAL BUTT + THIGHS <i>ANT P</i>
PILATES REFORMER	13:30-14:00	<i>Foundation</i>		<i>Foundation</i>		<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>
	14:00-15:00	ESSENTIAL ABS + ARM <i>SARI</i>		ESSENTIAL FIT + TONE <i>JACKIE</i>		ESSENTIAL BUTT + THIGHS <i>LILY</i>	ESSENTIAL FIT + TONE <i>RISSA</i>	ESSENTIAL ABS + ARM <i>ANT P</i>
YOGA	14:00-15:00		HOT (A) LEK 60 min		GENTLE FLOW KWANG 60 min		HOT (AB) HARRESON (14:00-15:30)	HOT (A) PAULUS (14:00-15:30)
RHYTHM CYCLING	14:45-15:00						<i>Foundation</i>	<i>Foundation</i>
	15:00-15:45						ABSOLUTE BEATS <i>PAT</i>	ABSOLUTE ESSENTIALS <i>DINI</i>
PILATES REFORMER	17:45-18:15	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>		
	18:15-19:15	ESSENTIAL FIT + TONE <i>SARI</i>	ESSENTIAL BUTT + THIGHS <i>RISSA</i>	ESSENTIAL ABS + ARM <i>JACKIE</i>	ESSENTIAL BUTT + THIGHS <i>RACHEL</i>	ESSENTIAL FIT + TONE <i>LILY</i>		
YOGA	18:00-19:30	HOT (A) MON 90 min	HATHA LEK 90 min	HOT (A) PAUL 90 min	Vinyasa KWANG 90 min	HOT (AB) PLE 90 min		
RHYTHM CYCLING	18:15-18:30	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>		
	18:30-19:15	ABSOLUTE BEATS <i>BOAT</i>	ABSOLUTE BEATS <i>KATIE</i>	ABSOLUTE BEATS KENG (T)	ABSOLUTE BEATS <i>MAE D.</i>	ABSOLUTE BEATS <i>SADIA</i>		
PILATES REFORMER	19:15-19:30	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>		
	19:30-20:30	ESSENTIAL ABS + ARM <i>SARI</i>	ESSENTIAL FIT + TONE <i>RISSA</i>	ESSENTIAL BUTT + THIGHS <i>JACKIE</i>	ESSENTIAL ABS + ARM <i>RACHEL</i>			
RHYTHM CYCLING	19:30-19:45	<i>Foundation</i>		<i>Foundation</i>				
	19:45-20:30	ABSOLUTE BEATS <i>BOAT</i>		ABSOLUTE ESSENTIALS KENG (T)				
YOGA	19:45-20:45	GENTLE FLOW MON 60 min	HOT (A) LEK 60 min	HATHA PAUL 60 min	HOT (AB) KWANG 60 min			

NANG-LIN-CHEE STUDIO								
DATE		5-November	6-November	7-November	8-November	9-November	10-November	11-November
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 PAULUS 45 min			
PILATES REFORMER	7:30-8:30	ESSENTIAL BUTT + THIGHS <i>VANESSA</i>		ESSENTIAL FIT + TONE <i>TERESA</i>				
YOGA	8:30-9:30						ABSOLUTE FIT CAKE 60 min	GENTLE FLOW SOMCHAI 60 min
PILATES REFORMER	8:30-9:00	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>
	9:00-10:00	ESSENTIAL FIT + TONE <i>VANESSA</i>	ESSENTIAL ABS + ARM KUNGKING	ESSENTIAL BUTT + THIGHS <i>TERESA</i>	ESSENTIAL FIT + TONE <i>KAN P</i>	ESSENTIAL ABS + ARM GUBGIB	ESSENTIAL BUTT + THIGHS <i>VANESSA</i>	ESSENTIAL FIT + TONE <i>JACKIE</i>
RHYTHM CYCLING	9:00-9:15	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>
	9:15-10:00	ABSOLUTE BEATS <i>PLOY</i>	ABSOLUTE BEATS <i>MAE D.</i>	ABSOLUTE ESSENTIALS <i>DINI</i>	ABSOLUTE BEATS <i>PLOY</i>	ABSOLUTE BEATS <i>MEI</i>	ABSOLUTE BEATS <i>SAFIYA</i>	ABSOLUTE BEATS <i>PAT</i>
YOGA	10:00-11:15	HOT (A) PAUL 75 min	HATHA KWANG 75 min	HOT (AB) CANDY 75 min	HATHA PAULUS 75 min	Vinyasa TING 75 min	HOT (A) CAKE 75 min	HATHA SOMCHAI 75 min
PILATES REFORMER	10:00-10:30						<i>Foundation</i>	<i>Foundation</i>
	10:30-11:30						ESSENTIAL ABS + ARM <i>VANESSA</i>	ESSENTIAL BUTT + THIGHS <i>JACKIE</i>
YOGA	12:15-13:00		HF on the Go KWANG 45 min		HF on the Go PAULUS 45 min			
PILATES REFORMER	13:30-14:00						<i>Foundation</i>	<i>Foundation</i>
	14:00-15:00						ESSENTIAL FIT + TONE <i>VANESSA</i>	ESSENTIAL ABS + ARM <i>JACKIE</i>
YOGA	14:00-15:30						HOT (AB) CAKE 90 min	HOT (A) SOMCHAI 90 min
RHYTHM CYCLING	14:45-15:00						<i>Foundation</i>	<i>Foundation</i>
	15:00-15:45						ABSOLUTE ESSENTIALS <i>SAFIYA</i>	ABSOLUTE BEATS <i>PAT</i>
PILATES REFORMER	17:45-18:15	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>		
	18:15-19:15	ESSENTIAL FIT + TONE <i>VANESSA</i>	ESSENTIAL BUTT + THIGHS KUNGKING	ESSENTIAL ABS + ARM <i>TERESA</i>	ESSENTIAL BUTT + THIGHS <i>KAN P</i>	ESSENTIAL FIT + TONE GUBGIB	ESSENTIAL BUTT + THIGHS <i>VANESSA</i>	ESSENTIAL FIT + TONE <i>JACKIE</i>
YOGA	18:00-19:30	HOT (AB) PAUL 90 min	HATHA KWANG 90 min	HOT (A) CANDY 90 min	Vinyasa PAULUS 90 min	HOT (AB) TING 90 min		
RHYTHM CYCLING	18:15-18:30	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>		
	18:30-19:15	ABSOLUTE BEATS <i>PLOY</i>	ABSOLUTE BEATS <i>MAE D.</i>	ABSOLUTE BEATS <i>TAE</i>	ABSOLUTE BEATS <i>PLOY</i>	ABSOLUTE BEATS <i>MEI</i>		
PILATES REFORMER	19:15-19:30	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>		
	19:30-20:30	ESSENTIAL ABS + ARM <i>VANESSA</i>	ESSENTIAL FIT + TONE KUNGKING	ESSENTIAL BUTT + THIGHS <i>TERESA</i>	ESSENTIAL ABS + ARM <i>KAN P</i>			
RHYTHM CYCLING	19:30-20:15	ABSOLUTE BEATS <i>PLOY</i>		ABSOLUTE BEATS <i>SAFIYA</i>				
YOGA	19:45-20:45	GENTLE FLOW PAUL 60 min		HATHA CANDY 60 min				

ABSOLUTE YOU CLASS SCHEDULE

ARI STUDIO								
DATE		5-November	6-November	7-November	8-November	9-November	10-November	11-November
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 TING 45 min			
PILATES REFORMER	7:30-8:30	ESSENTIAL BUTT + THIGHS JACKIE		ESSENTIAL FIT + TONE LILY				
YOGA	8:30-9:30						ABSOLUTE FIT FU 60 min	GENTLE FLOW CAKE 60 min
PILATES REFORMER	8:30-9:00	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>
	9:00-10:00	ESSENTIAL FIT + TONE JACKIE	ESSENTIAL ABS + ARM VANESSA	ESSENTIAL BUTT + THIGHS LILY	ESSENTIAL FIT + TONE TERESA	ESSENTIAL ABS + ARM KAN P	ESSENTIAL BUTT + THIGHS AU	ESSENTIAL FIT + TONE TERESA
YOGA	10:00-11:15	HOT (A) PLE 75 min	HATHA EVE 75 min	HOT (AB) OAT 75 min	HATHA TING 75 min	Vinyasa AIR 75 min	HOT (A) FU 75 min	HATHA CAKE 75 min
PILATES REFORMER	10:00-10:30						<i>Foundation</i>	<i>Foundation</i>
	10:30-11:30						ESSENTIAL ABS + ARM AU	ESSENTIAL BUTT + THIGHS TERESA
YOGA	12:15-13:00	HF on the Go PLE 45 min		HF on the Go OAT 45 min		HF on the Go AIR 45 min		
PILATES REFORMER	13:30-14:00						<i>Foundation</i>	<i>Foundation</i>
	14:00-15:00						ESSENTIAL FIT + TONE AU	ESSENTIAL ABS + ARM TERESA
YOGA	14:00-15:30						HOT (AB) FU 90 min	HOT (A) CAKE 90 min
PILATES REFORMER	17:45-18:15	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>		
	18:15-19:15	ESSENTIAL FIT + TONE JACKIE	ESSENTIAL BUTT + THIGHS VANESSA	ESSENTIAL ABS + ARM LILY	ESSENTIAL BUTT + THIGHS TERESA	ESSENTIAL FIT + TONE KAN P		
YOGA	18:00-19:30	HOT (AB) PLE 90 min	HATHA EVE 90 min	HOT (A) OAT 90 min	Vinyasa TING 90 min	HOT (AB) AIR 90 min		
PILATES REFORMER	19:15-19:30	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>			
	19:30-20:30	ESSENTIAL ABS + ARM JACKIE	ESSENTIAL FIT + TONE VANESSA	ESSENTIAL BUTT + THIGHS LILY	ESSENTIAL ABS + ARM TERESA			
YOGA	19:45-20:45	HOT (A) PLE 60 min		HATHA OAT 60 min				