



## ABSOLUTE YOU CLASS SCHEDULE

AMARIN PLAZA STUDIO								
DATE		8-Jan	9-Jan	10-Jan	11-Jan	12-Jan	13-Jan	14-Jan
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YOGA	7:00-7:45	HF on the Go CANDY 45 min	HF on the Go SOMCHAI 45 min	Pilates on the Go TING 45 min	HF on the Go HARRESON 45 min	HF on the Go BIG 45 min		
PILATES REFORMER	7:15-8:15	CIRCUIT ABS + ARMS MAE	ESSENTIAL FIT + TONE KAT	CARDIO JUMPBOARD RJ	ESSENTIAL ABS + ARMS MAE	CIRCUIT BUTT + THIGHS RJ		
PILATES REFORMER	8:00-9:00						ESSENTIAL FIT + TONE JERALD	ESSENTIAL BUTT + THIGHS KAT
YOGA	8:15-9:45	HATHA CANDY 90 min		Vinyasa TING 90 min		BACKBEND* BIG 90 min		ARM BALANCE* KNOT (7:30-8:30)
CORE BLAST	8:30-9:30	CORE SUSPEND BUTT + THIGHS LILY	CORE SUSPEND ABS + ARMS JACKIE	CORE BALST SCULPT JUDO	CORE SUSPEND BUTT + THIGHS JACKIE	CORE SUSPEND ABS + ARM RJ		
PILATES REFORMER	8:30-9:30	ESSENTIAL BUTT + THIGHS MAE		ESSENTIAL FIT + TONE RJ		YOGA STRETCHING ON REFORMER JEAB		
PILATES REFORMER	8:30-9:00 9:00-10:00		Foundation ESSENTIAL ABS + ARMS KAT		Foundation ESSENTIAL BUTT + THIGHS MAE		ESSENTIAL BUTT + THIGHS PEWEE	CIRCUIT ABS + ARMS KAT
YOGA	8:45-9:45						AB FIT WHOLE BODY PETER 60 min	PILATES KNOT 60 min
CORE BLAST	9:00-10:00						CORE SUSPEND ABS + ARM JERALD	CORE SUSPEND BUTT + THIGHS ANT P
PILATES REFORMER	9:45-10:45	REFORMER BLEND MAE		CIRCUIT BUTT + THIGHS RJ		ESSENTIAL FIT + TONE RJ		
YOGA	10:00-11:30	HOT (B) CANDY 90 min	HOT (A) SOMCHAI 90 min	HOT (AB) TING 90 min	HOT (A) HARRESON 90 min	HOT (AB) BIG 90 min	HOT (B) PAUL 90 min	HOT (A) HARRESON 90 min
PILATES REFORMER	10:00-10:30 10:30-11:30						Foundation ESSENTIAL ABS + ARM PEWEE	Foundation ESSENTIAL FIT + TONE KAT
YOGA	11:00-12:30 CB studio						CORE STRENGTH* PETER 90 min	YOGA PILATES KNOT 90 min
PILATES REFORMER	11:45-12:45						ESSENTIAL FIT + TONE PEWEE	ESSENTIAL ABS + ARM KAT
YOGA	12:15-13:00	HF on the Go TING 45 min	HF on the Go SOMCHAI 45 min	HF on the Go MON 45 min	HF on the Go HARRESON 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 JERALD	Foundation CORE SUSPEND ABS + ARMS ANT P
PILATES REFORMER	14:00-14:30 14:30-15:30	ESSENTIAL ABS + ARMS MAE	Foundation CIRCUIT BUTT + THIGHS KAT	H.I.I.T RJ	ESSENTIAL FIT + TONE MAE	CIRCUIT ABS + ARMS RJ	Foundation ESSENTIAL ABS + ARMS PEWEE	ESSENTIAL FIT + TONE KAT
YOGA	14:30-16:00	AB FIT WHOLE BODY PAUL (14:30-15:30)	HOT (A) BIG 90 min	HOT (AB) BENZ 90 min	AB FIT GROUND PETER (14:30-15:30)	HOT (A) HARRESON 90 min	HOT (AB) PAUL 90 min	HOT (B) HARRESON 90 min
YOGA	15:15-16:45 CB studio						YIN YANG PETER 90 min	Vinyasa KNOT 90 min
PILATES REFORMER	16:00-16:30 16:30-17:30						CIRCUIT BUTT + THIGHS JERALD	Foundation ESSENTIAL BUTT + THIGHS KAT
YOGA	16:30-17:30	Vinyasa JUSTIN 60 min	HOT (A) BIG 60 min	GENTLE FLOW MON 60 min	BALANCING* PETER 60 min	AB FIT WHOLE BODY CANDY 60 min	HOT (A) PAUL (16:30-18:00)	AB FIT GROUND HARRESON (16:30-17:30)
PILATES REFORMER	16:45-17:45	CIRCUIT ABS + ARMS JENNIFER	ESSENTIAL FIT + TONE JERALD	ESSENTIAL BUTT + THIGHS MAE	ESSENTIAL ABS + ARM JEAB	ESSENTIAL FIT + TONE RJ		
CORE BLAST	17:45-18:00 18:00-19:00	CORE SUSPEND BUTT + THIGHS JACKIE	Foundation CORE SUSPEND ABS + ARM JACKIE	CORE SUSPEND WHOLE BODY JUDO	Foundation CORE SUSPEND BUTT + THIGHS JACKIE	CORE BLAST TONE JEAB		
YOGA	18:00-19:30	HOT (A) PAUL 90 min	YOGA PILATES BIG (18:00-19:00)	HOT (B) BENZ 90 min	BRYCE CORE YOGA PETER (18:00-19:00)	HOT (AB) HARRESON 90 min		
PILATES REFORMER	17:45-18:00 18:00-19:00	ESSENTIAL BUTT + THIGHS JENNIFER	Foundation ESSENTIAL FIT + TONE JERALD	CIRCUIT ABS + ARMS MAE	Foundation ESSENTIAL BUTT + THIGHS JEAB	CIRCUIT BUTT + THIGHS JENNIFER		
YOGA	19:15-20:15 CB/YG studio		HATHA JACKIE 60 min		YOGA PILATES JACKIE 60 min			
YOGA	19:15-20:45 CB/YG studio	BALANCING* TING 90 min	Vinyasa BIG 90 min	BACKBEND* MON 90 min	Vinyasa PETER 90 min	HATHA CANDY 90 min		
PILATES REFORMER	19:10-20:10	ESSENTIAL FIT + TONE JENNIFER	CIRCUIT BUTT + THIGHS PEWEE	ESSENTIAL BUTT + THIGHS MAE	ESSENTIAL ABS + ARM JEAB	ESSENTIAL FIT + TONE JENNIFER		
YOGA	19:45-21:15	HOT (A) PAUL 90 min		HOT (AB) BENZ 90 min		HOT (B) HARRESON 90 min		
PILATES REFORMER	20:15-21:15	ESSENTIAL BUTT + THIGHS JENNIFER	ESSENTIAL ABS + ARM PEWEE	ESSENTIAL FIT + TONE MAE	ESSENTIAL BUTT + THIGHS JEAB	ESSENTIAL ABS + ARM JENNIFER		



## ABSOLUTE YOU CLASS SCHEDULE

AMARIN PLAZA STUDIO : RHYTHM CYCLING								
DATE		8-Jan	9-Jan	10-Jan	11-Jan	12-Jan	13-Jan	14-Jan
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
RHYTHM CYCLING	7:15-8:00	ABSOLUTE BEATS PEARL	ABSOLUTE BEATS FAY	ABSOLUTE BEATS GIFT	ABSOLUTE BEATS GIFT	ABSOLUTE BEATS D.GIFT		
RHYTHM CYCLING	8:30-8:45	Foundation		Foundation		Foundation		
	8:45-9:30	ABSOLUTE BEATS PLOY	ABSOLUTE BEATS PEARL	ABSOLUTE BEATS PEARL	ABSOLUTE BEATS ZUZI	ABSOLUTE BEATS AM		
RHYTHM CYCLING	9:00-9:15							Foundation
	9:15-10:00						ABSOLUTE BEATS DAN	ABSOLUTE BEATS GIFT
RHYTHM CYCLING	10:15-10:30						Foundation	
	10:30-11:15						ABSOLUTE BEATS DAN	ABSOLUTE BEATS GIFT
RHYTHM CYCLING	12:15-13:00	LUNCH BEATS JUSTIN	LUNCH BEATS PEARL	LUNCH BEATS FAY	LUNCH BEATS DAN	LUNCH BEATS PEARL		
RHYTHM CYCLING	14:45-15:00							Foundation
	15:00-15:45						ABSOLUTE BEATS MEW	ABSOLUTE BEATS JUSTIN
RHYTHM CYCLING	16:00-16:15						Foundation	
	16:15-17:00						ABSOLUTE BEATS SUNNY	ABSOLUTE BEATS JUSTIN
RHYTHM CYCLING	17:15-17:30	Foundation		Foundation		Foundation		
	17:30-18:15	ABSOLUTE BEATS BOAT	ABSOLUTE BEATS KATIE	ABSOLUTE BEATS MEK	ABSOLUTE BEATS CHERIE	ABSOLUTE BEATS MEK		
RHYTHM CYCLING	18:30-19:15			(18:30-19:30)				
		ABSOLUTE BEATS JUSTIN	ABSOLUTE BEATS DAN	BIG BEATS 60 FAY	ABSOLUTE BEATS PEARL	ABSOLUTE BEATS PEARL		
RHYTHM CYCLING	19:30-19:45		Foundation	(19:45-20:30)	Foundation			
	19:45-20:30	ABSOLUTE BEATS BOAT	ABSOLUTE BEATS KATIE	ABSOLUTE BEATS PEARL	ABSOLUTE BEATS CHERIE	ABSOLUTE BEATS AM		

SILOM STUDIO								
DATE		8-Jan	9-Jan	10-Jan	11-Jan	12-Jan	13-Jan	14-Jan
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YOGA	7:00-7:45	HF on the Go LEK 45 min	HF on the Go CANDY 45 min	HF on the Go PLE 45 min	HF on the Go OAT 45 min	HF on the Go FU 45 min		
CORE BLAST	7:00-8:00	CORE SUSPEND BUTT + THIGHS JACKIE		CORE SUSPEND ABS + ARM LILY		CORE BLAST CARDIO ANT P		
PILATES REFORMER	7:00-8:00	ESSENTIAL FIT + TONE ART		CIRCUIT ABS + ARM KAT		ESSENTIAL BUTT + THIGHS MAE		
CORE BLAST	8:00-8:15	Foundation		Foundation			Foundation	
	8:15-9:15	CORE SUSPEND ABS + ARM JACKIE		CORE BLAST CARDIO LILY		CORE SUSPEND BUTT + THIGHS ANT P	CORE SUSPEND BUTT + THIGHS OHM	CORE SUSPEND BUTT + THIGHS ART
YOGA	8:30-9:30						HATHA HARRISON 60 min	HOT (A) CANDY 60 min
PILATES REFORMER	8:30-9:00			Foundation		Foundation		
	9:00-10:00	ESSENTIAL ABS + ARM ART	ESSENTIAL FIT + TONE MAE	ESSENTIAL BUTT + THIGHS KAT	YOGA STRETCHING ON REFORMER ANT	CIRCUIT BUTT + THIGHS MAE		
PILATES REFORMER	9:15-10:15						ESSENTIAL FIT + TONE OHM	ESSENTIAL ABS + ARMS ART
YOGA	9:30-11:00	HOT (A) LEK 90 min	HOT (AB) CANDY 90 min	HOT (AB) PLE 90 min	HOT (B) OAT 90 min	HATHA FU 90 min	HOT (B) HARRISON (9:45-11:15)	HOT (AB) CANDY (9:45-11:15)
PILATES REFORMER	10:15-10:45						Foundation	
	10:45-11:45						ESSENTIAL ABS + ARM OHM	ESSENTIAL BUTT + THIGHS ART
YOGA	12:15-13:00	HF on the Go LEK 45 min	HF on the Go CANDY 45 min	HF on the Go PLE 45 min	HF on the Go OAT 45 min	HF on the Go FU 45 min		
PILATES REFORMER	14:00-14:30				Foundation			Foundation
	14:30-15:30		CIRCUIT BUTT + THIGHS MAE		ESSENTIAL FIT + TONE ANT		CIRCUIT BUTT + THIGHS OHM	ESSENTIAL FIT + TONE ART
YOGA	14:30-16:00	HOT (B) KWANG 90 min		HOT (A) PETER 90 min		HOT (AB) CAKE 90 min	HOT (A) HARRISON (15:30-17:00)	HOT (B) CANDY (15:30-17:00)
PILATES REFORMER	17:00-18:00	ESSENTIAL FIT + TONE ART	ESSENTIAL ABS + ARM JENNIFER	CARDIO JUMPBOARD	ESSENTIAL BUTT + THIGHS JENNIFER	ESSENTIAL ABS + ARM MICHAEL		
YOGA	17:30-18:30	BRYCE CORE YOGA KWANG 60 min	HOT (AB) PAUL 60 min	HATHA PETER 60 min	Vinyasa ARTIE 60 min	HOT (A) CAKE 60 min		
CORE BLAST	17:45-18:00	Foundation		Foundation		Foundation		
	18:00-19:00	CORE SUSPEND WHOLE BODY LILY	CORE SUSPEND ABS + ARM FAI	CORE SUSPEND BUTT + THIGHS LILY	CORE SUSPEND ABS + ARM MICHAEL	CORE SUSPEND BUTT + THIGHS ANT P		
PILATES REFORMER	18:00-18:15		Foundation		Foundation			
	18:15-19:15	CIRCUIT ABS + ARM ART	ESSENTIAL BUTT + THIGHS JENNIFER	CIRCUIT BUTT + THIGHS ANT	ESSENTIAL ABS + ARM JENNIFER	ESSENTIAL FIT + TONE MICHAEL		
YOGA	18:45-20:15	Vinyasa KWANG 90 min	GENTLE FLOW PAUL 90 min	HOT (AB) PETER 90 min	HOT (A) ARTIE 90 min	HATHA CAKE 90 min		
CORE BLAST	19:00-19:15		Foundation		Foundation			
	19:15-20:15	CORE SUSPEND ABS + ARM LILY	CORE SUSPEND BUTT + THIGHS FAI	CORE SUSPEND ABS + ARM LILY	CORE BLAST CARDIO MICHAEL	CORE SUSPEND ABS + ARM ANT P		
PILATES REFORMER	19:15-20:15	ESSENTIAL BUTT + THIGHS ART	CIRCUIT BUTT + THIGHS JENNIFER	ESSENTIAL ABS + ARM ANT	ESSENTIAL BUTT + THIGHS JENNIFER	ESSENTIAL FIT + TONE MICHAEL		
YOGA	20:30-21:30	HOT (A) KWANG 60 min	HOT (AB) PAUL 60 min	HOT (B) PETER 60 min	HATHA ARTIE 60 min			

## ABSOLUTE YOU CLASS SCHEDULE

SUKHUMVIT STUDIO								
DATE		8-Jan	9-Jan	10-Jan	11-Jan	12-Jan	13-Jan	14-Jan
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YOGA	8:30-9:30 studio 1		AB FIT WHOLE BODY MON 60 min		HOT (A) CANDY 60 min		HOT (AB) LILY 60 min	GENTLE FLOW PAUL 60 min
PILATES REFORMER	8:30-9:30	CARDIO JUMPBOARD  KAT		ESSENTIAL ABS + ARM MICHAEL		ESSENTIAL FIT + TONE JERALD	ESSENTIAL BUTT + THIGHS KAT	ESSENTIAL ABS + ARM PEWEE
PILATES REFORMER	9:30-10:00 10:00-11:00	Foundation ESSENTIAL ABS + ARM KAT	CIRCUIT ABS + ARM RJ	Foundation CIRCUIT BUTT + THIGHS MICHAEL	H.I.I.T  JENNIFER	Foundation ESSENTIAL BUTT + THIGHS JERALD	Foundation CIRCUIT ABS + ARM KAT	Foundation ESSENTIAL FIT + TONE PEWEE
YOGA	9:45-11:15 studio 1	HOT (B) SOMCHAI 90 min	HOT (AB) MON 90 min	HATHA JUSTIN 90 min	AB FIT GROUND CANDY (9:45-10:45)	HOT (A) PETER 90 min	HOT (B) KNOT 90 min	HOT (A) PAUL 90 min
CORE BLAST	10:00-10:15 10:15-11:15	Foundation CORE BLAST TONE RJ	CORE BLAST CARDIO JUDO	Foundation CORE SUSPEND ABS + ARM AKE	CORE SUSPEND BUTT + THIGHS ANT P	Foundation CORE SUSPEND WHOLE BODY PEWEE	CORE SUSPEND ABS + ARM LILY	Foundation CORE SUSPEND BUTT + THIGHS JUDO
PILATES REFORMER	11:15-12:15		CARDIO JUMPBOARD  RJ		ESSENTIAL BUTT + THIGHS JENNIFER		YOGA STRETCHING ON REFORMER KAT	
YOGA	11:30-13:00 studio 1	Vinyasa SOMCHAI 90 min	HATHA MON 90 min	YOGA PILATES JUSTIN 90 min	Vinyasa CANDY 90 min	BRYCE CORE YOGA PETER (11:30-12:30)	Vinyasa KNOT 90 min	BACKBEND* PAUL 90 min
YOGA	14:00-15:30 studio 1	HOT (A) SOMCHAI 90 min		AB FIT WHOLE BODY JUSTIN (14:00-15:00)		HOT (B) PETER 90 min	HOT (A) KNOT 90 min	HATHA PAUL 90 min
CORE BLAST	14:15-14:30 14:30-15:30						Foundation CORE SUSPEND BUTT + THIGHS LILY	CORE SUSPEND ABS + ARM JUDO
PILATES REFORMER	15:00-15:30 15:30-16:30	CIRCUIT BUTT + THIGHS RJ		ESSENTIAL ABS + ARM AKE		ESSENTIAL FIT + TONE PEWEE	Foundation ESSENTIAL BUTT + THIGHS KAT	CIRCUIT BUTT + THIGHS PEWEE
YOGA	17:00-18:00 studio 1	AB FIT GROUND HARRISON 60 min	HATHA PETER 60 min	HOT (AB) PAUL 60 min	HOT (B) BENZ 60 min	HOT FLOW PETER 60 min	AB FIT WHOLE BODY KNOT (16:30-17:30)	HOT (AB) PAUL (16:30-18:00)
CORE BLAST	17:15-17:30 17:30-18:30	Foundation CORE SUSPEND ABS + ARM RJ		Foundation CORE BLAST SCULPT MICHAEL		CORE SUSPEND BUTT + THIGHS PEWEE		
PILATES REFORMER	18:00-18:15 18:15-19:15	Foundation ESSENTIAL BUTT + THIGHS KAT	(18:00-19:00) REFORMER BLEND  RJ	Foundation ESSENTIAL FIT + TONE AKE	(18:00-19:00) CARDIO JUMPBOARD  ART	CIRCUIT ABS + ARM JERALD		
YOGA	18:15-19:45 studio 1	HOT (B) HARRISON 90 min	HOT (A) PETER 90 min	HOT (B) PAUL 90 min	HOT (A) BENZ 90 min	HOT (A) PETER 90 min		
CORE BLAST	18:30-18:45 18:45-19:45	CORE SUSPEND BUTT + THIGHS RJ	Foundation CORE BLAST TONE JUDO	CORE SUSPEND BUTT + THIGHS MICHAEL	Foundation CORE SUSPEND ABS + ARM ANT P	CORE SUSPEND ABS + ARM PEWEE		
PILATES REFORMER	19:00-19:30 19:30-20:30	CIRCUIT ABS + ARM KAT	Foundation ESSENTIAL BUTT + THIGHS RJ	CIRCUIT BUTT + THIGHS AKE	Foundation ESSENTIAL FIT + TONE ART			
YOGA	20:00-21:15 studio 1	HOT (AB) HARRISON 75 min	HOT (B) PETER 75 min	HOT (A) PAUL 75 min	HATHA / VINYASA BENZ 75 min			

BEE HIVE STUDIO								
DATE		8-Jan	9-Jan	10-Jan	11-Jan	12-Jan	13-Jan	14-Jan
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PILATES/CORE BLAST	8:00-9:00	CORE SUSPEND ABS + ARM MICHAEL	ESSENTIAL FIT + TONE JEAB	CORE SUSPEND WHOLE BODY OHM	CIRCUIT BUTT + THIGHS AKE	ESSENTIAL FIT + TONE ANT	ESSENTIAL BUTT + THIGHS INK	CIRCUIT ABS + ARM JACKIE
YOGA	9:00-10:30	GENTLE FLOW PLE 90 min	HATHA ARTIE 90 min	HOT (A) CANDY 90 min	HATHA BIG 90 min	YIN YANG DIA 90 min	HOT (AB) CAKE 90 min	HOT (B) OAT 90 min
PILATES/CORE BLAST	9:00-9:30 9:30-10:30	Foundation ESSENTIAL BUTT + THIGHS MICHAEL	CIRCUIT BUTT + THIGHS JEAB	Foundation ESSENTIAL FIT + TONE OHM	ESSENTIAL ABS + ARM AKE	Foundation ESSENTIAL BUTT + THIGHS ANT	Foundation ESSENTIAL FIT + TONE INK	Foundation (9:15-9:30) CORE SUSPEND WHOLE BODY JACKIE
YOGA	11:00-12:30	HATHA PLE 90 min		HOT FLOW CANDY 90 min		BACKBEND* DIA 90 min	HATHA CAKE 90 min	YIN YANG OAT 90 min
PILATES REFORMER	11:00-12:00	ESSENTIAL FIT + TONE MICHAEL	ESSENTIAL ABS + ARM JEAB	ESSENTIAL BUTT + THIGHS OHM	ESSENTIAL FIT + TONE AKE	ESSENTIAL ABS + ARM ANT	YOGA STRETCHING ON REFORMER INK	ESSENTIAL FIT + TONE JACKIE
PILATES REFORMER	14:00-14:30 14:30-15:30						Foundation ESSENTIAL ABS + ARM INK	Foundation ESSENTIAL BUTT + THIGHS JACKIE
YOGA	14:30-16:00	HOT (A) PLE 90 min	HOT (AB) ARTIE 90 min	HATHA CANDY 90 min	HOT (AB) BIG 90 min	HOT (A) LEK 90 min	FORWARD BEND* CAKE 90 min	HOT (A) OAT 90 min
YOGA	16:30-17:45	HOT FLOW CAKE 75 min		BALANCING* FU 75 min		HOT (AB) LEK 75 min		
PILATES/CORE BLAST	17:15-17:30 17:30-18:30	ESSENTIAL ABS + ARM MICHAEL	Foundation CORE SUSPEND BUTT + THIGHS JEAB	ESSENTIAL FIT + TONE OHM	Foundation CORE SUSPEND ABS + ARM AKE	CORE SUSPEND BUTT + THIGHS ANT		
YOGA	18:00-19:30	HOT (AB) CAKE 90 min	HOT (B) ARTIE 90 min	HOT (A) FU 90 min	HATHA BIG 90 min	YOGA PILATES LEK 90 min		
PILATES REFORMER	18:30-18:45 18:45-19:45	ESSENTIAL BUTT + THIGHS MICHAEL	Foundation ESSENTIAL FIT + TONE JEAB	ESSENTIAL ABS + ARM OHM	Foundation ESSENTIAL BUTT + THIGHS AKE	ESSENTIAL FIT + TONE ANT		
YOGA	19:45-21:00	HATHA CAKE 75 min	TWISTING* ARTIE 75 min	BRYCE CORE YOGA FU (19:45-20:45)	HOT FLOW BIG 75 min			

## ABSOLUTE YOU CLASS SCHEDULE

THE CIRCLE STUDIO								
DATE		8-Jan	9-Jan	10-Jan	11-Jan	12-Jan	13-Jan	14-Jan
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
RHYTHM CYCLING	8:00-8:15	Foundation		Foundation		Foundation		
	8:15-9:00	ABSOLUTE BEATS FAI		ABSOLUTE BEATS D.GIFT		ABSOLUTE BEATS PLOY		
PILATES REFORMER	8:30-9:00	Foundation	Foundation	Foundation	Foundation	Foundation	Foundation	Foundation
	9:00-10:00	ESSENTIAL ABS + ARM ARM	ESSENTIAL BUTT + THIGHS KUNGKING	ESSENTIAL FIT + TONE ART	ESSENTIAL ABS + ARM AU	ESSENTIAL BUTT + THIGHS INK	ESSENTIAL FIT + TONE KUNGKING	ESSENTIAL ABS + ARM BENZ
RHYTHM CYCLING	10:00-10:15		Foundation		Foundation		Foundation	Foundation
	10:15-11:00		ABSOLUTE BEATS PLOY		ABSOLUTE BEATS KENG (T)		ABSOLUTE BEATS D.GIFT	ABSOLUTE BEATS FAI
YOGA	9:00-10:30	HOT (A) DIA 90 min	HOT (AB) CAKE 90 min	AB FIT GROUND KWANG (9:00-10:00)	HATHA FU 90 min	HOT (A) SOMCHAI 90 min	HOT (AB) KWANG 90 min	HOT (A) CAKE 90 min
PILATES REFORMER	10:00-10:30	Foundation		Foundation		Foundation		
	10:30-11:30	ESSENTIAL FIT + TONE ARM		ESSENTIAL BUTT + THIGHS ART		ESSENTIAL ABS + ARM INK		
YOGA	11:00-12:30		HOT (A) CAKE 90 min		HOT (AB) FU 90 min		AB FIT GROUND KWANG (11:00-12:00)	HOT (A) CAKE 90 min
YOGA	14:00-15:30	AB FIT WHOLE BODY FAI (14:00-15:00)	HATHA CAKE 90 min	HOT (AB) KWANG 90 min	BRYCE CORE YOGA FU 60 min	HOT (A) SOMCHAI 90 min	HATHA KWANG 90 min	YIN YANG CAKE 90 min
RHYTHM CYCLING	14:00-14:15						Foundation	Foundation
	14:15-15:00						ABSOLUTE BEATS D.GIFT	ABSOLUTE BEATS FAI
PILATES REFORMER	14:00-14:30		Foundation		Foundation		Foundation	Foundation
	14:30-15:30		ESSENTIAL ABS + ARM KUNGKING		ESSENTIAL BUTT + THIGHS AU		ESSENTIAL ABS + ARM KUNGKING	ESSENTIAL BUTT + THIGHS BENZ
YOGA	16:30-18:00						HOT (A) KWANG 90 min	HOT (AB) CAKE 90 min
YOGA	17:45-19:00	GENTLE FLOW DIA 75 min	BALANCING* CAKE 75 min	HOT (AB) KWANG 75 min	BACKBEND* FU 75 min	HATHA SOMCHAI 75 min		
PILATES REFORMER	17:45-18:15	Foundation	Foundation	Foundation	Foundation	Foundation		
	18:15-19:15	ESSENTIAL BUTT + THIGHS ARM	ESSENTIAL FIT + TONE KUNGKING	ESSENTIAL ABS + ARM ART	ESSENTIAL FIT + TONE AU	ESSENTIAL BUTT + THIGHS INK		
RHYTHM CYCLING	18:30-18:45	Foundation	Foundation	Foundation	Foundation	Foundation		
	18:45-19:30	ABSOLUTE BEATS FAI	ABSOLUTE BEATS CHERIE	ABSOLUTE BEATS D.GIFT	ABSOLUTE BEATS KENG (T)	ABSOLUTE BEATS BIM		
YOGA	19:15-20:30	HOT (AB) DIA 75 min	HOT (A) CAKE 75 min	HATHA KWANG 75 min	GENTLE FLOW FU 75 min	HOT (AB) SOMCHAI 75 min		
PILATES REFORMER	19:15-19:45	Foundation		Foundation				
	19:45-20:45	ESSENTIAL ABS + ARM ARM		ESSENTIAL BUTT + THIGHS ART				

LADPRAO STUDIO								
DATE		8-Jan	9-Jan	10-Jan	11-Jan	12-Jan	13-Jan	14-Jan
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 AKE	ESSENTIAL ABS + ARM OHM	CIRCUIT BUTT + THIGHS PEWEE	ESSENTIAL ABS + ARM LILY	ESSENTIAL FIT + TONE JACKIE	ESSENTIAL BUTT + THIGHS JACKIE	CIRCUIT ABS + ARM OHM
YOGA	8:45-9:45						BRYCE CORE YOGA OAT 60 min	AB FIT GROUND MON 60 min
CORE BLAST	10:00-11:00		CORE SUSPEND BUTT + THIGHS AKE		CORE SUSPEND WHOLE BODY JUDO			
YOGA	10:00-11:30	HOT (A) BIG 90 min	HOT (AB) PLE 90 min	HOT (AB) SOMCHAI 90 min	HOT (A) LEK 90 min	BALANCING* KNOT 90 min	HOT (AB) OAT 90 min	HOT (A) MON 90 min
PILATES REFORMER	10:00-11:00						ESSENTIAL FIT + TONE JACKIE	ESSENTIAL BUTT + THIGHS OHM
CORE BLAST	11:00-12:00						CORE SUSPEND BUTT + THIGHS JACKIE	CORE SUSPEND ABS + ARM OHM
YOGA	14:30-16:00	HOT (A) BIG 90 min		HOT (A) SOMCHAI 90 min		HOT (AB) KNOT 90 min	HATHA OAT 90 min	HOT FLOW MON 90 min
PILATES REFORMER	17:15-18:15	CIRCUIT BUTT + THIGHS AKE	ESSENTIAL ABS + ARM OHM	ESSENTIAL BUTT + THIGHS JEAB	ESSENTIAL FIT + TONE LILY	CIRCUIT ABS + ARM JACKIE		
YOGA	17:15-18:15	HATHA BIG 60 min	HOT (A) PLE 60 min	HOT (AB) SOMCHAI 60 min	HOT (A) LEK 60 min	Vinyasa KNOT 60 min	HOT (A) OAT (16:30-18:00)	HOT (AB) MON (16:30-18:00)
CORE BLAST	17:30-18:30	CORE SUSPEND ABS + ARM JUDO	CORE SUSPEND BUTT + THIGHS AKE	CORE SUSPEND WHOLE BODY PEWEE	CORE SUSPEND ABS + ARM JUDO			
PILATES REFORMER	18:15-18:30	Foundation		Foundation		Foundation		
	18:30-19:30	ESSENTIAL ABS + ARM AKE	YOGA STRETCHING ON REFORMER OHM	ESSENTIAL FIT+TONE JEAB	ESSENTIAL ABS + ARM LILY	ESSENTIAL BUTT + THIGHS JACKIE		
YOGA	18:30-20:00	HOT (B) BIG 90 min	TWISTING* PLE 90 min	HOT (AB) SOMCHAI 90 min	Vinyasa LEK 90 min	HOT (A) KNOT 90 min		
CORE BLAST	18:45-19:00	Foundation		Foundation		Foundation		
	19:00-20:00	CORE SUSPEND BUTT + THIGHS JUDO	CORE BLAST CARDIO AKE	CORE SUSPEND WHOLE BODY PEWEE	CORE SUSPEND BUTT + THIGHS JUDO	CORE SUSPEND ABS + ARM JUDO		
PILATES REFORMER	19:30-20:30	ESSENTIAL FIT + TONE AKE	ESSENTIAL BUTT + THIGHS OHM	ESSENTIAL ABS + ARM JEAB	ESSENTIAL BUTT + THIGHS LILY	ESSENTIAL FIT + TONE JACKIE		
YOGA	20:15-21:15	HOT (AB) BIG 60 min	HOT (A) PLE 60 min	GENTLE FLOW SOMCHAI 60 min	HOT (AB) LEK 60 min	HOT (A) KNOT 60 min		



## ABSOLUTE YOU CLASS SCHEDULE

CRYSTAL PARK STUDIO								
DATE		8-Jan	9-Jan	10-Jan	11-Jan	12-Jan	13-Jan	14-Jan
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YOGA	7:30-8:30	HATHA MON 60 min	HOT (AB) TING 60 min	HOT (A) BIG 60 min	AB FIT WHOLE BODY KWANG 60 min	HOT (A) MON 60 min	BRYCE CORE YOGA LEK 60 min	HOT (A) SOMCHAI 60 min
PILATES REFORMER	8:00-8:30	Foundation		Foundation				
	8:30-9:30	ESSENTIAL ABS + ARM ANT	ESSENTIAL ABS + ARM MICHAEL	CIRCUIT BUTT + THIGHS JERALD	CIRCUIT ABS + ARM PEWEE	ESSENTIAL BUTT + THIGHS OHM	ESSENTIAL FIT + TONE JEAB	CIRCUIT BUTT + THIGHS INK
RHYTHM CYCLING	8:30-8:45	Foundation		Foundation		Foundation	Foundation	Foundation
	8:45-9:30	ABSOLUTE BEATS BIM		ABSOLUTE BEATS PLA (T)		ABSOLUTE BEATS KENG (T)	ABSOLUTE BEATS BIM	ABSOLUTE BEATS MEW
YOGA	8:45-9:45	HOT (A) MON 60 min	GENTLE FLOW TING 60 min	HOT (AB) BIG 60 min	HATHA KWANG 60 min	HATHA MON 60 min	HOT (A) LEK 60 min	AB FIT WHOLE BODY SOMCHAI 60 min
RHYTHM CYCLING	9:30-9:45		Foundation		Foundation			
	9:45-10:30		ABSOLUTE BEATS AOM		ABSOLUTE BEATS AOM			
PILATES REFORMER	9:45-10:15		Foundation		Foundation		(9:45-10:45)	(9:45-10:45)
	10:15-11:15	CIRCUIT BUTT + THIGHS ANT	ESSENTIAL FIT + TONE MICHAEL	ESSENTIAL ABS + ARM JERALD	ESSENTIAL BUTT + THIGHS PEWEE	ESSENTIAL ABS + ARM OHM	CARDIO JUMPBOARD JEAB	ESSENTIAL FIT + TONE INK
RHYTHM CYCLING	10:15-10:30						Foundation	Foundation
	10:30-11:15						ABSOLUTE BEATS BIM	ABSOLUTE BEATS MEW
YOGA	10:30-12:00	Vinyasa MON 90 min	HOT FLOW TING 90 min	HATHA BIG 90 min	HOT (AB) KWANG 90 min	HOT (A) MON 90 min	HOT (AB) LEK 90 min	HATHA SOMCHAI 90 min
PILATES REFORMER	10:45-11:15						Foundation	
	11:15-12:15						ESSENTIAL BUTT + THIGHS JEAB	CIRCUIT ABS + ARM INK
YOGA	14:00-15:30		HOT (AB) KWANG 90 min	Vinyasa	Vinyasa PLE 90 min	Vinyasa LEK (14:30-16:00)	HOT (A) SOMCHAI (14:30-16:00)	
RHYTHM CYCLING	15:30-15:45						Foundation	Foundation
	15:45-16:30						ABSOLUTE BEATS AOM	ABSOLUTE BEATS KENG (T)
PILATES REFORMER	15:30-16:00						CIRCUIT ABS + ARM JEAB	Foundation
	16:00-17:00							ESSENTIAL BUTT + THIGHS INK
YOGA	17:00-18:00	HOT (A) OAT 60 min	Vinyasa KWANG 60 min	HOT (AB) ARTIE 60 min	HATHA PLE 60 min	Vinyasa MON 60 min		
PILATES REFORMER	17:00-17:30		Foundation		Foundation			
	17:30-18:30	ESSENTIAL FIT + TONE ANT	ESSENTIAL BUTT + THIGHS MICHAEL	ESSENTIAL FIT + TONE JERALD	ESSENTIAL ABS + ARM PEWEE	CIRCUIT BUTT + THIGHS OHM		
RHYTHM CYCLING	18:15-18:30	Foundation	Foundation	Foundation	Foundation	Foundation		
	18:30-19:15	ABSOLUTE BEATS KENG (T)	ABSOLUTE BEATS PLO	ABSOLUTE BEATS FAI	ABSOLUTE BEATS D.GIFT	ABSOLUTE BEATS KENG (T)		
PILATES REFORMER	18:30-19:00	Foundation		Foundation				
	19:00-20:00	ESSENTIAL BUTT + THIGHS ANT	CIRCUIT ABS + ARM MICHAEL	ESSENTIAL ABS + ARM JERALD	ESSENTIAL BUTT + THIGHS PEWEE	ESSENTIAL FIT + TONE OHM		
YOGA	18:30-19:45	HATHA OAT 75 min	HOT (AB) KWANG 75 min	HOT (A) ARTIE 75 min	HOT (AB) PLE 75 min	HOT (AB) MON 75 min		
RHYTHM CYCLING	19:30-19:45	Foundation	Foundation	Foundation	Foundation			
	19:45-20:30	ABSOLUTE BEATS KENG (T)	ABSOLUTE BEATS PLO	ABSOLUTE BEATS FAI	ABSOLUTE BEATS D.GIFT			
YOGA	20:00-21:00	HOT (AB) OAT 60 min		HATHA ARTIE 60 min				

COMMONS STUDIO								
DATE		8-Jan	9-Jan	10-Jan	11-Jan	12-Jan	13-Jan	14-Jan
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
RHYTHM CYCLING	7:30-8:15		ABSOLUTE BEATS ZUZI		ABSOLUTE BEATS FAY			
RHYTHM CYCLING	9:00-9:15	Foundation		Foundation		(9:15-10:15)	Foundation	
	9:15-10:00	ABSOLUTE BEATS D.GIFT	ABSOLUTE BEATS JUSTIN	ABSOLUTE BEATS DAN	ABSOLUTE BEATS FAY	BIG BEATS 60 DAN	ABSOLUTE BEATS PLO	ABSOLUTE BEATS CHERIE
PILATES REFORMER	9:30-10:00			Foundation			Foundation	Foundation
	10:00-11:00	ESSENTIAL BUTT + THIGHS GUBGIB	ESSENTIAL FIT + TONE ART	ESSENTIAL ABS + ARM JENNIFER	CIRCUIT BUTT + THIGHS ARM	ESSENTIAL BUTT + THIGHS LILY	ESSENTIAL BUTT + THIGHS MICHAEL	CIRCUIT ABS + ARM JENNIFER
RHYTHM CYCLING	10:15-10:30		Foundation		Foundation			Foundation
	10:30-11:15	ABSOLUTE BEATS DAN	ABSOLUTE BEATS JUSTIN	ABSOLUTE BEATS PLO	ABSOLUTE BEATS AM	ABSOLUTE BEATS D.GIFT	ABSOLUTE BEATS GIFT	ABSOLUTE BEATS PLO
RHYTHM CYCLING	15:00-15:15						Foundation	
PILATES REFORMER	15:00-16:00						ABSOLUTE BEATS JUSTIN	
							CIRCUIT BUTT + THIGHS MICHAEL	ESSENTIAL ABS + ARM JENNIFER
RHYTHM CYCLING	16:30-16:45						Foundation	(16:30-17:30)
RHYTHM CYCLING	16:45-17:30						ABSOLUTE BEATS JUSTIN	BIG BEATS 60 CHERIE
	18:15-18:30	Foundation		Foundation		Foundation		
RHYTHM CYCLING	18:30-19:15	ABSOLUTE BEATS DAN	ABSOLUTE BEATS FAY	ABSOLUTE BEATS JUSTIN	ABSOLUTE BEATS FAY	ABSOLUTE BEATS D.GIFT		
	18:00-18:30	Foundation		Foundation		Foundation		
PILATES REFORMER	18:30-19:30	ESSENTIAL ABS + ARM GUBGIB	ESSENTIAL BUTT + THIGHS ART	ESSENTIAL FIT + TONE JENNIFER	ESSENTIAL ABS + ARM ARM	ESSENTIAL FIT + TONE LILY		
	RHYTHM CYCLING	19:30-19:45	Foundation		Foundation			
RHYTHM CYCLING	19:45-20:30	ABSOLUTE BEATS GIFT	ABSOLUTE BEATS D.GIFT	ABSOLUTE BEATS JUSTIN	ABSOLUTE BEATS AM			



## ABSOLUTE YOU CLASS SCHEDULE

JAS URBAN STUDIO								
DATE		8-Jan	9-Jan	10-Jan	11-Jan	12-Jan	13-Jan	14-Jan
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PILATES REFORMER	8:00-8:30	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>
	8:30-9:30	ESSENTIAL ABS + ARM AU	ESSENTIAL BUTT + THIGHS GUBGIB	ESSENTIAL FIT + TONE INK	ESSENTIAL ABS + ARM KUNGKING	ESSENTIAL BUTT + THIGHS GUBGIB	ESSENTIAL FIT + TONE ART	ESSENTIAL ABS + ARM KUNGKING
YOGA	8:30-9:30	GENTLE FLOW ARTIE 60 min		HATHA DIA 60 min				
RHYTHM CYCLING	8:45-9:00	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>
	9:00-9:45	ABSOLUTE BEATS KATIE	ABSOLUTE BEATS DAN	ABSOLUTE BEATS AOM	ABSOLUTE BEATS PLA (T)	ABSOLUTE BEATS BIM	ABSOLUTE BEATS BOAT	ABSOLUTE BEATS KENG (T)
PILATES REFORMER	9:30-10:00			<i>Foundation</i>				
	10:00-11:00	ESSENTIAL FIT + TONE AU	ESSENTIAL ABS + ARM GUBGIB	ESSENTIAL BUTT + THIGHS INK	ESSENTIAL FIT + TONE KUNGKING	ESSENTIAL ABS + ARM GUBGIB	ESSENTIAL ABS + ARM ART	ESSENTIAL BUTT + THIGHS KUNGKING
YOGA	10:00-11:30	HOT (A) ARTIE 90 min	HATHA BENZ 90 min	HOT (B) DIA 90 min	Vinyasa SOMCHAI 90 min	HOT (AB) PLE 90 min	HOT (A) FAR 90 min	HOT (AB) FAR 90 min
RHYTHM CYCLING	10:45-11:00						<i>Foundation</i>	<i>Foundation</i>
	11:00-11:45						ABSOLUTE BEATS AOM	ABSOLUTE BEATS KENG (T)
YOGA	14:30-15:30	HOT (A) ARTIE 60 min		Vinyasa DIA 60 min		HATHA PLE 60 min	HATHA FAR (14:30-16:00)	BRYCE CORE YOGA FAR 60 min
PILATES REFORMER	14:30-15:00						<i>Foundation</i>	<i>Foundation</i>
	15:00-16:00						ESSENTIAL BUTT + THIGHS ART	ESSENTIAL FIT + TONE KUNGKING
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 BUTT + THIGHS AU	ESSENTIAL FIT + TONE GUBGIB	ESSENTIAL ABS + ARM INK	ESSENTIAL BUTT + THIGHS KUNGKING	ESSENTIAL ABS + ARM GUBGIB		
YOGA	18:00-19:30	Vinyasa ARTIE 90 min	HOT (A) BENZ 90 min	HOT (AB) DIA 90 min	HATHA SOMCHAI 90 min	HOT (A) PLE 90 min		
RHYTHM CYCLING	18:15-18:30		<i>Foundation</i>		<i>Foundation</i>			
	18:30-19:15		ABSOLUTE BEATS KENG (T)		ABSOLUTE BEATS FAI			
RHYTHM CYCLING	18:30-18:45	<i>Foundation</i>		<i>Foundation</i>		<i>Foundation</i>		
	18:45-19:30	ABSOLUTE BEATS PLOI		ABSOLUTE BEATS AOM		ABSOLUTE BEATS BIM		
PILATES REFORMER	19:15-19:45	<i>Foundation</i>		<i>Foundation</i>				
	19:45-20:45	ESSENTIAL FIT + TONE AU	ESSENTIAL BUTT + THIGHS GUBGIB	ESSENTIAL BUTT + THIGHS INK	ESSENTIAL ABS + ARM KUNGKING			
RHYTHM CYCLING	19:30-19:45		<i>Foundation</i>		<i>Foundation</i>			
	19:45-20:30		ABSOLUTE BEATS KENG (T)		ABSOLUTE BEATS FAI			
YOGA	19:45-20:45		GENTLE FLOW BENZ 60 min		HOT (A) SOMCHAI 60 min			

G TOWER STUDIO								
DATE		8-Jan	9-Jan	10-Jan	11-Jan	12-Jan	13-Jan	14-Jan
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PILATES REFORMER	7:00-7:15							
	7:15-8:15		<i>Foundation</i>		<i>Foundation</i>			
RHYTHM CYCLING	7:00-7:15	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>		
	7:15-8:15	ABSOLUTE BEATS ZUZI	ABSOLUTE BEATS PLA (T)	ABSOLUTE BEATS PLOI	ABSOLUTE BEATS BOAT	ABSOLUTE BEATS PLA (T)		
PILATES REFORMER	8:30-9:00	<i>Foundation</i>		<i>Foundation</i>		<i>Foundation</i>		
	9:00-10:00	ESSENTIAL BUTT + THIGHS JEAB		ESSENTIAL ABS + ARM ARM		ESSENTIAL ABS + ARM KUNGKING		
RHYTHM CYCLING	9:15-9:30						<i>Foundation</i>	<i>Foundation</i>
	9:30-10:15						ABSOLUTE BEATS AM	ABSOLUTE BEATS BOAT
PILATES REFORMER	9:30-10:00						<i>Foundation</i>	<i>Foundation</i>
	10:00-11:00						ESSENTIAL FIT + TONE MAE	ESSENTIAL ABS + ARM ANT
PILATES REFORMER	10:00-10:30		<i>Foundation</i>		<i>Foundation</i>			
	10:30-11:30		ESSENTIAL BUTT + THIGHS AU		ESSENTIAL FIT + TONE INK			
PILATES REFORMER	11:45-12:00	<i>Foundation</i>		<i>Foundation</i>		<i>Foundation</i>		
	12:00-13:00	ESSENTIAL ABS + ARM JEAB		ESSENTIAL BUTT + THIGHS ARM		ESSENTIAL FIT + TONE KUNGKING		
RHYTHM CYCLING	12:00-12:15		<i>Foundation</i>		<i>Foundation</i>			
	12:15-13:00		LUNCH BEATS D.GIFT		LUNCH BEATS PLA (T)			
RHYTHM CYCLING	14:15-14:30						<i>Foundation</i>	<i>Foundation</i>
	14:30-15:15						ABSOLUTE BEATS AM	ABSOLUTE BEATS AOM
PILATES REFORMER	14:30-15:00						<i>Foundation</i>	<i>Foundation</i>
	15:00-16:00						ESSENTIAL ABS + ARM MAE	ESSENTIAL FIT + TONE ANT
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 BUTT + THIGHS JEAB	ESSENTIAL ABS + ARM AU	ESSENTIAL FIT + TONE ARM	ESSENTIAL ABS + ARM INK	ESSENTIAL BUTT + THIGHS KUNGKING		
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 PLA (T)	ABSOLUTE BEATS JUSTIN	ABSOLUTE BEATS CHERIE	ABSOLUTE BEATS KATIE	ABSOLUTE BEATS BOAT		
PILATES REFORMER	19:15-19:45	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>			
	19:45-20:45	ESSENTIAL ABS + ARM JEAB	ESSENTIAL BUTT + THIGHS AU	ESSENTIAL FIT + TONE ARM	ESSENTIAL ABS + ARM INK			
RHYTHM CYCLING	19:30-19:45	<i>Foundation</i>		<i>Foundation</i>				
	19:45-20:30	ABSOLUTE BEATS ZUZI		ABSOLUTE BEATS CHERIE				