

## ABSOLUTE YOU CLASS SCHEDULE

AMARIN PLAZA STUDIO								
DATE		8-October	9-October	10-October	11-October	12-October	13-October	14-October
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 MONICA 45 min	HF on the Go BIG 45 min	HF on the Go CANDY 45 min	HF on the Go MON 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 JEAB	ESSENTIAL ABS + ARM PEWEE		
PILATES REFORMER	8:00-9:00						ESSENTIAL BUTT + TONE JERALD	ESSENTIAL BUTT + THIGHS PEWEE
PILATES REFORMER	8:15-9:15 ROOM 2						ESSENTIAL ABS + ARM TERESA	ESSENTIAL FIT + TONE JULIE
YOGA	8:15-9:45	HATHA LUKE 90 min		Vinyasa BIG 90 min		ARM BALANCE* MON 90 min		TWISTING* KNOT (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 KAT
YOGA	8:45-9:45						ABSOLUTE FIT PAUL 60 min	HATHA KNOT 60 min
CORE BLAST	9:15-10:15						CORE SUSPEND ABS + ARM JERALD	CORE SUSPEND BUTT + THIGHS PEWEE
PILATES REFORMER	9:30-10:00						Foundation	Foundation
	10:00-11:00 ROOM 2						ESSENTIAL FIT + TONE TERESA	ESSENTIAL BUTT + THIGHS JULIE
PILATES REFORMER	9:45-10:45	CARDIO JUMPBOARD MAE		CIRCUIT BUTT + THIGHS RJ		ESSENTIAL FIT + TONE RJ		
YOGA	10:00-11:30	HOT (A) PAUL 90 min	HATHA MONICA 90 min	HOT (AB) BIG 90 min	HOT (A) CANDY 90 min	HOT (AB) MON 90 min	HOT (A) CANDY 90 min	HOT (A) HARRISON 90 min
PILATES REFORMER	10:30-11:30						ESSENTIAL ABS + ARM JULIE	ESSENTIAL FIT + TONE KAT
YOGA	11:00-12:30 Cb studio						HIP OPENER* PAUL 90 min	YOGA PILATES KNOT 90 min
PILATES REFORMER	11:45-12:45						ESSENTIAL FIT + TONE TERESA	ESSENTIAL ABS + ARM JULIE
YOGA	12:15-13:00	HF on the Go LUKE 45 min	HF on the Go MONICA 45 min	HF on the Go BIG 45 min	HF on the Go CANDY 45 min	HF on the Go MON 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 JERALD	CORE SUSPEND ABS + ARMS PEWEE
PILATES REFORMER	14:00-14:30		Foundation					
	14:30-15:30	ESSENTIAL ABS + ARMS MAE	ESSENTIAL BUTT + THIGHS KAT	H.I.I.T RJ	ESSENTIAL FIT + TONE MAE	CIRCUIT ABS + ARMS RJ	ESSENTIAL ABS + ARMS JULIE	ESSENTIAL FIT + TONE KAT
YOGA	14:30-16:00	ABSOLUTE FIT MARVIN (14:30-15:30)	HATHA MONICA 90 min	HOT (AB) MONICA 90 min	ABSOLUTE FIT FAI (14:30-15:30)	HOT (A) HARRISON 90 min	HOT (AB) CANDY 90 min	HOT (A) HARRISON 90 min
YOGA	15:15-16:45 Cb studio						YIN YANG PAUL 90 min	Vinyasa KNOT 90 min
PILATES REFORMER	15:00-15:30						Foundation	Foundation
	15:30-16:30 ROOM 2						ESSENTIAL BUTT + THIGHS TERESA	ESSENTIAL ABS + ARM JULIE
PILATES REFORMER	16:45-17:45						CIRCUIT BUTT + THIGHS JULIE	ESSENTIAL BUTT + THIGHS KAT
YOGA	16:30-17:30	Vinyasa MARVIN 60 min	HOT (A) LUKE 60 min	GENTLE FLOW MONICA 60 min	HIP OPENER* SHANTI 60 min	ABSOLUTE FIT LUKE 60 min	HOT (A) CANDY 60 min	ABSOLUTE FIT HARRISON 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 PEWEE		
CORE BLAST	17:45-18:00		Foundation		Foundation			
	18:00-19:00	CORE SUSPEND BUTT + THIGHS ANT P	CORE SUSPEND ABS + ARM LILY	CORE SUSPEND WHOLE BODY JUDO	CORE SUSPEND BUTT + THIGHS FAI	CORE BLAST TONE RJ		
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 PEWEE		
YOGA	18:00-19:30	HOT (A) PAUL 90 min	YOGA PILATES LUKE (18:00-19:00)	HOT (A) HARRISON 90 min	ABSOLUTE FIT SHANTI (18:00-19:00)	HOT (AB) HARRISON 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 PEWEE		
YOGA	19:15-20:45 CB/YG studio	BACKBEND* MARVIN 90 min	Vinyasa LUKE 90 min	PRANA VASHYA* MONICA 90 min	Vinyasa SHANTI 90 min	HATHA LUKE 90 min		
YOGA	19:15-20:15 CB/YG studio		HATHA LILY 60 min		YOGA PILATES FAI 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) PAUL 60 min		HOT (AB) HARRISON 60 min		HOT (A) HARRISON 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		8-October	9-October	10-October	11-October	12-October	13-October	14-October
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
RHYTHM CYCLING	7:15-8:00	ABSOLUTE BEATS <b>PEARL</b>	ABSOLUTE BEATS <b>MIMI</b>	ABSOLUTE BEATS <b>GIFT</b>	ABSOLUTE BEATS <b>FLYNN</b>	ABSOLUTE BEATS <b>JAMIE</b>		
RHYTHM CYCLING	8:30-8:45 8:45-9:30	<b>Foundation</b> ABSOLUTE BEATS <b>DINI</b>		<b>Foundation</b> ABSOLUTE BEATS <b>DINI</b>		<b>Foundation</b> ABSOLUTE BEATS <b>MAE D.</b>		
RHYTHM CYCLING	9:00-9:15 9:15-10:00						ABSOLUTE BEATS <b>DAN</b>	<b>Foundation</b> ABSOLUTE BEATS <b>JAMIE</b>
RHYTHM CYCLING	10:15-10:30 10:30-11:15						<b>Foundation</b> ABSOLUTE BEATS <b>HAYES</b>	ABSOLUTE BEATS <b>JAMIE</b>
RHYTHM CYCLING	12:15-13:00	LUNCH BEATS <b>FLYNN</b>	LUNCH BEATS <b>D.GIFT</b>	LUNCH BEATS <b>GIFT</b>	LUNCH BEATS <b>DAN</b>	LUNCH BEATS <b>JAMIE</b>		
RHYTHM CYCLING	14:45-15:00 15:00-15:45						ABSOLUTE BEATS <b>HAYES</b>	<b>Foundation</b> ABSOLUTE BEATS <b>JUSTIN</b>
RHYTHM CYCLING	16:00-16:15 16:15-17:00						<b>Foundation</b> ABSOLUTE BEATS <b>FLYNN</b>	ABSOLUTE BEATS <b>JUSTIN</b>
RHYTHM CYCLING	17:15-17:30 17:30-18:15	<b>Foundation</b> ABSOLUTE BEATS <b>FLYNN</b>	ABSOLUTE BEATS <b>PEARL</b>	ABSOLUTE BEATS <b>MEK</b>	ABSOLUTE BEATS <b>FLYNN</b>	ABSOLUTE BEATS <b>MEK</b>		
RHYTHM CYCLING	18:30-19:15	ABSOLUTE BEATS <b>HAYES</b>	ABSOLUTE BEATS <b>DAN</b>	<b>(18:30-19:30)</b> BIG BEATS <b>MEK</b>	ABSOLUTE BEATS <b>BOAT</b>	ABSOLUTE BEATS <b>MEK</b>		
RHYTHM CYCLING	19:30-19:45 19:45-20:30	ABSOLUTE BEATS <b>HAYES</b>	<b>Foundation</b> ABSOLUTE BEATS <b>PEARL</b>	<b>(19:45-20:30)</b> ABSOLUTE BEATS <b>MARIA</b>	<b>Foundation</b> ABSOLUTE BEATS <b>BOAT</b>	ABSOLUTE BEATS <b>MARIA</b>		

SILOM STUDIO								
DATE		8-October	9-October	10-October	11-October	12-October	13-October	14-October
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YOGA	7:00-7:45	HF on the Go <b>CANDY</b> 45 min	HF on the Go <b>BIG</b> 45 min	HF on the Go <b>PLE</b> 45 min	HF on the Go <b>OAT</b> 45 min	HF on the Go <b>FAI</b> 45 min		
CORE BLAST	7:00-8:00	CORE SUSPEND BUTT + THIGHS <b>ANT P</b>		CORE SUSPEND ABS + ARM <b>PEWEE</b>		CORE BLAST CARDIO <b>STAMP</b>		
PILATES REFORMER	7:00-8:00	ESSENTIAL FIT + TONE <b>KAT</b>		CIRCUIT ABS + ARM <b>JULIE</b>		ESSENTIAL BUTT + THIGHS <b>MAE</b>		
CORE BLAST	8:00-8:15 8:15-9:15	<b>Foundation</b> CORE SUSPEND ABS + ARM <b>ANT P</b>		<b>Foundation</b> CORE BLAST CARDIO <b>PEWEE</b>		CORE SUSPEND BUTT + THIGHS <b>STAMP</b>	<b>Foundation</b> CORE SUSPEND ABS + ARM <b>PEWEE</b>	CORE SUSPEND BUTT + THIGHS <b>JACKIE</b>
YOGA	8:15-9:15		GENTLE FLOW <b>BIG</b> 60 min		HOT (AB) <b>OAT</b> 60 min			
YOGA	8:30-9:30						HATHA <b>HARRISON</b> 60 min	HOT (A) <b>PAUL</b> 60 min
PILATES REFORMER	8:30-9:00 9:00-10:00	ESSENTIAL ABS + ARM <b>KAT</b>	ESSENTIAL FIT + TONE <b>MAE</b>	<b>Foundation</b> ESSENTIAL BUTT + THIGHS <b>JULIE</b>	ESSENTIAL FIT + TONE <b>ANT P</b>	<b>Foundation</b> CIRCUIT BUTT + THIGHS <b>MAE</b>		
PILATES REFORMER	9:15-10:15						ESSENTIAL FIT + TONE <b>PEWEE</b>	ESSENTIAL ABS + ARMS <b>JACKIE</b>
YOGA	9:30-11:00	HOT (A) <b>CANDY</b> 90 min	HOT (AB) <b>BIG</b> 90 min	Vinyasa <b>PLE</b> 90 min	HOT (A) <b>OAT</b> 90 min	HATHA <b>FAI</b> 90 min	HOT (A) <b>HARRISON</b> <b>(9:45-11:15)</b>	YOGA PILATES <b>PAUL</b> <b>(9:45-11:15)</b>
PILATES REFORMER	10:15-10:45 10:45-11:45						<b>Foundation</b> ESSENTIAL ABS + ARM <b>PEWEE</b>	ESSENTIAL BUTT + THIGHS <b>JACKIE</b>
YOGA	12:15-13:00	HF on the Go <b>CANDY</b> 45 min	HF on the Go <b>BIG</b> 45 min	HF on the Go <b>PLE</b> 45 min	HF on the Go <b>OAT</b> 45 min	HF on the Go <b>FAI</b> 45 min		
PILATES REFORMER	14:00-14:30 14:30-15:30		CIRCUIT BUTT + THIGHS <b>MAE</b>		<b>Foundation</b> ESSENTIAL FIT + TONE <b>ANT P</b>		CIRCUIT BUTT + THIGHS <b>PEWEE</b>	<b>Foundation</b> ESSENTIAL FIT + TONE <b>JACKIE</b>
YOGA	14:30-16:00	HOT (AB) <b>KNOT</b> 90 min		HOT (A) <b>KWANG</b> 90 min		HOT (AB) <b>AIR</b> 90 min	YIN YANG <b>HARRISON</b> <b>(15:30-17:00)</b>	HOT (AB) <b>PAUL</b> <b>(15:30-17:00)</b>
PILATES REFORMER	17:00-18:00	ESSENTIAL FIT + TONE <b>KAT</b>	ESSENTIAL ABS + ARM <b>JULIE</b>	CARDIO JUMPBOARD <b>ANT</b>	ESSENTIAL BUTT + THIGHS <b>RJ</b>	ESSENTIAL ABS + ARM <b>RISSA</b>		
YOGA	17:30-18:30	ABSOLUTE FIT <b>KNOT</b> 60 min	HOT (AB) <b>MARVIN</b> 60 min	HATHA <b>KWANG</b> 60 min	Vinyasa <b>MONICA</b> 60 min	HOT (A) <b>AIR</b> 60 min		
CORE BLAST	17:45-18:00 18:00-19:00	<b>Foundation</b> CORE SUSPEND WHOLE BODY <b>STAMP</b>	CORE SUSPEND ABS + ARM <b>JUDO</b>	CORE SUSPEND BUTT + THIGHS <b>PEWEE</b>	CORE SUSPEND ABS + ARM <b>ANT P</b>	CORE SUSPEND BUTT + THIGHS <b>STAMP</b>		
PILATES REFORMER	18:00-18:15 18:15-19:15	<b>Foundation</b> CIRCUIT ABS + ARM <b>KAT</b>	<b>Foundation</b> ESSENTIAL BUTT + THIGHS <b>JULIE</b>	CIRCUIT BUTT + THIGHS <b>ANT</b>	<b>Foundation</b> ESSENTIAL ABS + ARM <b>RJ</b>	ESSENTIAL FIT + TONE <b>RISSA</b>		
YOGA	18:45-20:15	Vinyasa <b>KNOT</b> 90 min	FORWARD BEND* <b>MARVIN</b> 90 min	HOT (AB) <b>KWANG</b> 90 min	HOT (A) <b>MONICA</b> 90 min	HATHA <b>AIR</b> 90 min		
CORE BLAST	19:00-19:15 19:15-20:15	<b>Foundation</b> CORE SUSPEND ABS + ARM <b>STAMP</b>	<b>Foundation</b> CORE SUSPEND BUTT + THIGHS <b>JUDO</b>	CORE BLAST CARDIO <b>PEWEE</b>	<b>Foundation</b> CORE SUSPEND BUTT + THIGHS <b>ANT P</b>	CORE SUSPEND ABS + ARM <b>STAMP</b>		
PILATES REFORMER	19:30-20:30	ESSENTIAL BUTT + THIGHS <b>KAT</b>	CIRCUIT BUTT + THIGHS <b>JULIE</b>	ESSENTIAL ABS + ARM <b>ANT</b>	ESSENTIAL BUTT + THIGHS <b>RJ</b>	ESSENTIAL ABS + ARM <b>RISSA</b>		
YOGA	20:30-21:30	HOT (A) <b>KNOT</b> 60 min	HOT (AB) <b>MARVIN</b> 60 min	HOT (A) <b>KWANG</b> 60 min	HATHA <b>MONICA</b> 60 min			

## ABSOLUTE YOU CLASS SCHEDULE

EXCHANGE TOWER STUDIO								
DATE		8-October	9-October	10-October	11-October	12-October	13-October	14-October
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YOGA	7:00-7:45		HF on the Go SOMCHAI 45 min		HF on the Go MARVIN 45 min			
RHYTHM CYCLING	7:15-8:00	ABSOLUTE BEATS JUNE	ABSOLUTE BEATS CHERIE	ABSOLUTE BEATS TAE	ABSOLUTE BEATS DREAM	ABSOLUTE BEATS FERN		
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 MONICA 60 min	ABSOLUTE FIT SOMCHAI 60 min	HATHA JUSTIN 60 min	HOT (A) MARVIN 60 min	ABSOLUTE FIT PAUL 60 min	HOT (AB) KNOT 60 min	GENTLE FLOW MARVIN 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 + TONE 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 BEATS PLOY	ABSOLUTE BEATS DREAM		ABSOLUTE BEATS JUSTIN	ABSOLUTE BEATS D.GIFT
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 MONICA 90 min	HATHA SOMCHAI 90 min	YOGA PILATES JUSTIN 90 min	Vinyasa MARVIN 90 min	HOT (A) PAUL 90 min	CORE STRENGTH* KNOT 90 min	HOT (A) MARVIN 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 DAN		LUNCH BEATS PLOY		LUNCH BEATS D.GIFT		
YOGA	12:15-13:00	HF on the Go MONICA 45 min		HF on the Go JUSTIN 45 min				
YOGA	14:00-15:30						HOT (A) KNOT 90 min	HATHA MARVIN 90 min
RHYTHM CYCLING	14:00-14:15						Foundation	Foundation
	14:15-15:00						ABSOLUTE BEATS JUSTIN	ABSOLUTE BEATS D.GIFT
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 BEATS DREAM		ABSOLUTE BEATS KATIE		ABSOLUTE BEATS D.GIFT		
YOGA	17:30-18:30	ABSOLUTE FIT HARRISON 60 min	HATHA SHANTI 60 min	HOT (AB) MARVIN 60 min	HOT (A) ARTIE 60 min	Vinyasa PAUL 60 min	ABSOLUTE FIT KNOT (16:30-17:30)	HOT (A) MARVIN (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 JULIE	ESSENTIAL BUTT + THIGHS RISSA	ESSENTIAL ABS + ARM JERALD		
RHYTHM CYCLING	18:30-18:45	Foundation		Foundation		Foundation		
	18:45-19:30	ABSOLUTE BEATS MEI	ABSOLUTE BEATS BOAT	ABSOLUTE BEATS DAN	ABSOLUTE BEATS JUSTIN	ABSOLUTE BEATS PEARL		
YOGA	18:45-20:00	HATHA HARRISON 75 min	HOT (A) SHANTI 75 min	HATHA MARVIN 75 min	HOT (AB) ARTIE 75 min	HOT (A) PAUL 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 JULIE	ESSENTIAL ABS + ARM RISSA	ESSENTIAL FIT + TONE JERALD		
RHYTHM CYCLING	19:45-20:30	ABSOLUTE BEATS MEI	ABSOLUTE BEATS BOAT	ABSOLUTE BEATS FERN	ABSOLUTE BEATS JUSTIN			
YOGA	20:15-21:15	HOT (AB) HARRISON 60 min	Vinyasa SHANTI 60 min	HOT (A) MARVIN 60 min	HATHA / VINYASA ARTIE 60 min			
PILATES REFORMER	20:15-21:15	ESSENTIAL BUTT + THIGHS RJ	ESSENTIAL ABS + ARM RACHEL	ESSENTIAL BUTT + THIGHS JULIE	ESSENTIAL FIT + TONE RISSA	ESSENTIAL ABS + ARM JERALD		

BEE HIVE STUDIO								
DATE		8-October	9-October	10-October	11-October	12-October	13-October	14-October
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 AU	ESSENTIAL FIT + TONE ANT	ESSENTIAL BUTT + THIGHS GUBGIB	CIRCUIT ABS + ARM INK
PILATES REFORMER	9:00-10:00		CIRCUIT BUTT + THIGHS GUBGIB		ESSENTIAL ABS + ARM AU			
YOGA	9:00-10:30	GENTLE FLOW SOMCHAI (9:00-10:00)	HATHA KWANG 90 min	HOT (A) AIR 90 min	HATHA PLE 90 min	YIN YANG CANDY 90 min	HOT (AB) EVE 90 min	HOT (A) EVE 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	ESSENTIAL FIT + TONE GUBGIB	ESSENTIAL BUTT + THIGHS INK
PILATES REFORMER	10:15-11:15		ESSENTIAL FIT + TONE GUBGIB		ESSENTIAL BUTT + THIGHS AU			
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 INK
YOGA	11:00-12:30	HATHA SOMCHAI 90 min		Vinyasa AIR 90 min		CORE STRENGTH* CANDY 90 min	HATHA CAKE 90 min	YIN YANG EVE 90 min
PILATES REFORMER	11:15-12:15		ESSENTIAL ABS + ARM GUBGIB		ESSENTIAL FIT + TONE AU			
PILATES REFORMER	14:00-14:30						Foundation	Foundation
	14:30-15:30						ESSENTIAL ABS + ARM GUBGIB	ESSENTIAL BUTT + THIGHS INK
YOGA	14:30-16:00	HOT (A) SOMCHAI 90 min	HOT (A) KWANG 90 min	HATHA AIR 90 min	HOT (AB) PLE 90 min	HOT (A) CANDY 90 min	HIP OPENER* CAKE 90 min	HATHA EVE 90 min
YOGA	16:30-17:45	Vinyasa OAT 75 min		TWISTING* FU 75 min		HOT (AB) CANDY 75 min	GENTLE FLOW CAKE (16:30-17:30)	HOT (A) EVE (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 AU	ESSENTIAL BUTT + THIGHS ANT		
YOGA	18:00-19:30	HOT (AB) OAT 90 min	HATHA KWANG 90 min	HOT (A) FU 90 min	HATHA PLE 90 min	YOGA PILATES CANDY 90 min		
PILATES REFORMER	19:15-20:15	ESSENTIAL BUTT + THIGHS PEWEE	ESSENTIAL FIT + TONE GUBGIB	ESSENTIAL ABS + ARM OHM	ESSENTIAL BUTT + THIGHS AU	ESSENTIAL FIT + TONE ANT		
YOGA	19:45-21:00	HATHA OAT 75 min	INVERSION* KWANG 75 min	ABSOLUTE FIT FU (19:45-20:45)	Vinyasa PLE 75 min			

## ABSOLUTE YOU CLASS SCHEDULE

THE CIRCLE STUDIO								
DATE		8-October	9-October	10-October	11-October	12-October	13-October	14-October
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 PAT		ABSOLUTE BEATS D.GIFT		ABSOLUTE BEATS PLOY		
PILATES REFORMER	8:30-9:00	Foundation		Foundation		Foundation		Foundation
	9:00-10:00	ESSENTIAL ABS + ARM ANT	ESSENTIAL BUTT + THIGHS ARM	ESSENTIAL FIT + TONE KUNGKING	ESSENTIAL FIT + ARM INK	ESSENTIAL BUTT + THIGHS ANT P	ESSENTIAL FIT + TONE OHM	ESSENTIAL ABS + ARM STAMP
RHYTHM CYCLING	10:00-10:15	Foundation		Foundation		Foundation		Foundation
	10:15-11:00		ABSOLUTE BEATS KENG (T)		ABSOLUTE BEATS KENG (T)		ABSOLUTE BEATS D.GIFT	ABSOLUTE BEATS FAI
YOGA	9:00-10:30	HOT (A) LEK 90 min	Vinyasa CAKE 90 min	AB FIT GROUND CANDY (9:00-10:00)	HATHA SOMCHAI 90 min	HOT (A) KWANG 90 min	HOT (AB) FU 90 min	HATHA AIR 90 min
PILATES REFORMER	10:00-10:30	Foundation		Foundation		Foundation		Foundation
	10:30-11:30	ESSENTIAL FIT + TONE ANT	ESSENTIAL ABS + ARM ARM	ESSENTIAL BUTT + THIGHS KUNGKING	ESSENTIAL FIT + TONE INK	ESSENTIAL ABS + ARM ANT P	ESSENTIAL BUTT + THIGHS OHM	ESSENTIAL FIT + TONE STAMP
YOGA	11:00-12:30		HOT (A) CAKE 90 min		HOT (AB) SOMCHAI 90 min		AB FIT GROUND FU (11:00-12:00)	HOT (A) AIR 90 min
YOGA	14:00-15:30	ABSOLUTE FIT LEK (14:00-15:00)	HATHA CAKE 90 min	HOT (AB) CANDY 90 min	ABSOLUTE FIT SOMCHAI (14:00-15:00)	HOT (A) KWANG 90 min	HATHA FU 90 min	YIN YANG AIR 90 min
RHYTHM CYCLING	14:00-14:15	Foundation		Foundation		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 BUTT + THIGHS ANT	ESSENTIAL ABS + ARM ARM	ESSENTIAL FIT + TONE KUNGKING	ESSENTIAL BUTT + THIGHS INK		ESSENTIAL ABS + ARM OHM	ESSENTIAL BUTT + THIGHS STAMP
PILATES REFORMER	16:00-17:00						ESSENTIAL BUTT + THIGHS OHM	ESSENTIAL ABS + ARMS STAMP
YOGA	16:30-18:00						YOGA PILATES FU 90 min	HOT (AB) AIR 90 min
PILATES REFORMER	17:00-18:00	ESSENTIAL ABS + ARM ANT		ESSENTIAL BUTT + THIGHS KUNGKING		ESSENTIAL FIT + TONE ANT P		
YOGA	17:45-19:00	YOGA PILATES LEK 75 min	BACKBEND* CAKE 75 min	Vinyasa CANDY 75 min	FORWARD BEND* SOMCHAI 75 min		HATHA KWANG 75 min	
PILATES REFORMER	17:45-18:15	Foundation		Foundation		Foundation		
	18:15-19:15	ESSENTIAL BUTT + THIGHS ANT	ESSENTIAL FIT + TONE ARM	ESSENTIAL ABS + ARM KUNGKING	ESSENTIAL FIT + TONE INK	ESSENTIAL BUTT + THIGHS ANT P		
RHYTHM CYCLING	18:15-18:30	Foundation		Foundation		Foundation		
YOGA	18:30-19:15	ABSOLUTE BEATS PAT	ABSOLUTE BEATS KENG (T)	ABSOLUTE BEATS D.GIFT	ABSOLUTE BEATS KENG (T)	ABSOLUTE BEATS PLOY		
	19:15-20:30	HOT (AB) LEK 75 min	HATHA CAKE 75 min	HOT (A) CANDY 75 min	Vinyasa SOMCHAI 75 min	HOT (AB) KWANG 75 min		
PILATES REFORMER	19:15-19:45	Foundation		Foundation		Foundation		
	19:45-20:45	ESSENTIAL ABS + ARM ANT	ESSENTIAL BUTT + THIGHS ARM	ESSENTIAL BUTT + THIGHS KUNGKING	ESSENTIAL ABS + ARM INK	ESSENTIAL FIT + TONE ANT P		

LADPRAO STUDIO								
DATE		8-October	9-October	10-October	11-October	12-October	13-October	14-October
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 JACKIE	CIRCUIT ABS + ARM ART	ESSENTIAL BUTT + THIGHS TERESA	CIRCUIT ABS + ARM ARM	ESSENTIAL FIT + TONE AU	ESSENTIAL BUTT + THIGHS STAMP	ESSENTIAL ABS + ARM LILY
YOGA	8:45-9:45						ABSOLUTE FIT KWANG 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) LILY 90 min	HOT (AB) PLE 90 min	HATHA SOMCHAI 90 min	HOT (A) MON 90 min	FORWARD BEND* FU 90 min	HOT (AB) KWANG 90 min	HOT (A) LEK 90 min
PILATES REFORMER	10:00-11:00						ESSENTIAL FIT + TONE STAMP	ESSENTIAL BUTT + THIGHS LILY
CORE BLAST	11:00-12:00						CORE SUSPEND BUTT + THIGHS STAMP	CORE SUSPEND ABS + ARM LILY
YOGA	14:30-16:00	HOT (A) LILY 90 min		HOT (A) SOMCHAI 90 min		HOT (AB) FU 90 min	HATHA KWANG 90 min	YOGA PILATES LEK 90 min
PILATES REFORMER	17:15-18:15	CIRCUIT BUTT + THIGHS JACKIE	ESSENTIAL ABS + ARM ANT P	CIRCUIT BUTT + THIGHS ANT P	ESSENTIAL FIT + TONE ARM	CIRCUIT ABS + ARM AU		
YOGA	17:15-18:15	HATHA LILY 60 min	HOT (AB) PLE 60 min	YOGA PILATES SOMCHAI 60 min	HOT (A) MON 60 min	Vinyasa FU 60 min	YIN YANG KWANG (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 JACKIE	YOGA STRETCHING ON REFORMER ART	ESSENTIAL FIT + TONE TERESA	CIRCUIT ABS + ARM ARM	ESSENTIAL BUTT + THIGHS AU		
YOGA	18:30-20:00	HOT (A) LILY 90 min	CORE STRENGTH* PLE 90 min	HOT (AB) SOMCHAI 90 min	Vinyasa MON 90 min	HOT (A) FU 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 JACKIE	CIRCUIT BUTT + THIGHS ART	ESSENTIAL ABS + ARM TERESA	ESSENTIAL BUTT + THIGHS ARM	ESSENTIAL FIT + TONE AU		
YOGA	20:15-21:15	GENTLE FLOW LILY 60 min	HOT (A) PLE 60 min	GENTLE FLOW SOMCHAI 60 min	HOT (AB) MON 60 min			

## ABSOLUTE YOU CLASS SCHEDULE

CRYSTAL PARK STUDIO									
DATE		8-October	9-October	10-October	11-October	12-October	13-October	14-October	
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
YOGA	7:30-8:30	HATHA BIG 60 min	HOT (AB) LEK 60 min	YOGA PILATES CAKE 60 min	ABSOLUTE FIT KWANG 60 min	HOT (A) PLE 60 min	ABSOLUTE FIT LEK 60 min	HOT (A) SOMCHAI 60 min	
PILATES REFORMER	8:00-8:30	Foundation		Foundation		Foundation		Foundation	
	8:30-9:30	ESSENTIAL ABS + ARM ART	ESSENTIAL ABS + ARM JEAB	CIRCUIT BUTT + THIGHS RISSA	CIRCUIT ABS + ARM OHM	ESSENTIAL BUTT + THIGHS BOAT	ESSENTIAL FIT + TONE JEAB	CIRCUIT BUTT + THIGHS TERESA	
RHYTHM CYCLING	8:30-8:45	Foundation		Foundation		Foundation		Foundation	
	8:45-9:30	ABSOLUTE BEATS KENG (T)		ABSOLUTE BEATS FAI		ABSOLUTE BEATS			
YOGA	8:45-9:45	HOT (A) BIG 60 min	GENTLE FLOW LEK 60 min	HOT (AB) CAKE 60 min	HATHA KWANG 60 min	Vinysa PLE 60 min	HOT (A) LEK 60 min	ABSOLUTE FIT SOMCHAI 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 MIMI	ABSOLUTE BEATS SADIA	
PILATES REFORMER	9:45-10:15	Foundation		Foundation		Foundation		Foundation	
	10:15-11:15	CIRCUIT BUTT + THIGHS ART	ESSENTIAL FIT + TONE JEAB	ESSENTIAL ABS + ARM RISSA	ESSENTIAL BUTT + THIGHS OHM	ESSENTIAL ABS + ARM INK	CARDIO JUMPBOARD JEAB	ESSENTIAL FIT + TONE TERESA	
YOGA	10:30-12:00	Vinysa BIG 90 min	YOGA PILATES LEK 90 min	HATHA CAKE 90 min	ARM BALANCE* KWANG 90 min	HOT (A) PLE 90 min	HOT (AB) LEK 90 min	HATHA SOMCHAI 90 min	
PILATES REFORMER	11:00-11:30	Foundation		Foundation		Foundation		Foundation	
	11:30-12:30 <i>(Time Change)</i>	ESSENTIAL FIT + TONE ART		ESSENTIAL BUTT + THIGHS RISSA		ESSENTIAL FIT + TONE INK	ESSENTIAL BUTT + THIGHS JEAB	CIRCUIT ABS + ARM TERESA	
YOGA	14:00-15:30		HOT (AB) MON 90 min		Vinysa FU 90 min		Vinysa LEK 90 min	YIN YANG SOMCHAI 90 min	
RHYTHM CYCLING	15:30-15:45	Foundation		Foundation		Foundation		Foundation	
	15:45-16:30						ABSOLUTE BEATS MIMI	ABSOLUTE BEATS SADIA	
PILATES REFORMER	15:30-16:00	Foundation		Foundation		Foundation		Foundation	
	16:00-17:00						CIRCUIT ABS + ARM JEAB	ESSENTIAL BUTT + THIGHS TERESA	
YOGA	17:30-18:30	HOT (A) BIG 60 min	Vinysa MON 60 min	HOT (AB) CAKE 60 min	HATHA FU 60 min	GENTLE FLOW PLE 60 min			
PILATES REFORMER	17:00-17:30	Foundation		Foundation		Foundation		Foundation	
	17:30-18:30	ESSENTIAL FIT + TONE ART	ESSENTIAL BUTT + THIGHS JEAB	ESSENTIAL FIT + TONE RISSA	ESSENTIAL ABS + ARM OHM	CIRCUIT BUTT + THIGHS INK			
RHYTHM CYCLING	18:30-18:45	Foundation		Foundation		Foundation		Foundation	
	18:45-19:30	ABSOLUTE BEATS KENG (T)	ABSOLUTE BEATS TAE	ABSOLUTE BEATS FAI	ABSOLUTE BEATS D.GIFT	ABSOLUTE BEATS DREAM			
PILATES REFORMER	18:30-19:00	Foundation		Foundation		Foundation		Foundation	
	19:00-20:00	ESSENTIAL BUTT + THIGHS ART	CIRCUIT ABS + ARM JEAB	ESSENTIAL ABS + ARM RISSA	ESSENTIAL BUTT + THIGHS OHM	ESSENTIAL FIT + TONE INK			
YOGA	19:00-20:15	HATHA BIG 75 min	HOT (AB) MON (19:00-20:00)	Vinysa CAKE 75 min	HOT (A) FU (19:00-20:00)	Vinysa PLE 75 min			
YOGA	20:10-21:10		HOT (A) MON 60 min		HATHA FU 60 min				

COMMONS STUDIO									
DATE		8-October	9-October	10-October	11-October	12-October	13-October	14-October	
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 TERESA			
RHYTHM CYCLING	9:00-9:15	Foundation		Foundation		Foundation		Foundation	
	9:15-10:00	ABSOLUTE BEATS JAMIE	ABSOLUTE BEATS PLOU	ABSOLUTE BEATS MEK	ABSOLUTE BEATS MEI	BIG BEATS 60 DAN	ABSOLUTE BEATS GIFT	ABSOLUTE BEATS HAYES	
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 TERESA	ESSENTIAL FIT + TONE KAN P	CIRCUIT ABS + ARM JEAB	
RHYTHM CYCLING	10:15-10:30	Foundation		Foundation		Foundation		Foundation	
	10:30-11:15	ABSOLUTE BEATS JAMIE	ABSOLUTE BEATS PLOU	ABSOLUTE BEATS DAN	ABSOLUTE BEATS MEI	ABSOLUTE BEATS MEK	ABSOLUTE BEATS GIFT	ABSOLUTE BEATS HAYES	
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 KAN P	ESSENTIAL FIT + TONE JEAB	
RHYTHM CYCLING	16:30-16:45	Foundation		Foundation		Foundation		Foundation	
	16:45-17:30						ABSOLUTE BEATS JAMIE	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 BEATS DAN	ABSOLUTE BEATS D.GIFT	ABSOLUTE BEATS JUSTIN	ABSOLUTE BEATS JAMIE	ABSOLUTE BEATS HAYES			
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 TERESA			
RHYTHM CYCLING	19:30-19:45	Foundation		Foundation		Foundation		Foundation	
	19:45-20:30	ABSOLUTE BEATS GIFT	ABSOLUTE BEATS MARIA	ABSOLUTE BEATS PEARL	ABSOLUTE BEATS JAMIE				

## ABSOLUTE YOU CLASS SCHEDULE

JAS URBAN STUDIO								
DATE		8-October	9-October	10-October	11-October	12-October	13-October	14-October
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 KAN P	ESSENTIAL BUTT + THIGHS STAMP	ESSENTIAL FIT + TONE AU	ESSENTIAL ABS + ARM GUBGIB	ESSENTIAL BUTT + THIGHS KAN P	ESSENTIAL FIT + TONE INK	ESSENTIAL ABS + ARM BENZ
YOGA	8:30-9:30	GENTLE FLOW PLE 60 min		HATHA MON 60 min		HOT (A) SOMCHAI 60 min		
RHYTHM CYCLING	8:45-9:00	Foundation	Foundation	Foundation	Foundation	Foundation	Foundation	Foundation
	9:00-9:45	ABSOLUTE BEATS KATIE	ABSOLUTE BEATS DAN	ABSOLUTE BEATS MEI	ABSOLUTE BEATS PLA (T)	ABSOLUTE BEATS KENG (T)	ABSOLUTE BEATS BOAT	ABSOLUTE BEATS KENG (T)
PILATES REFORMER	9:30-10:00			Foundation				
	10:00-11:00	ESSENTIAL FIT + TONE KAN P	ESSENTIAL ABS + ARM STAMP	ESSENTIAL BUTT + THIGHS AU	ESSENTIAL FIT + TONE GUBGIB	ESSENTIAL ABS + ARM KAN P	ESSENTIAL ABS + ARM INK	ESSENTIAL BUTT + THIGHS BENZ
YOGA	10:00-11:30	HOT (A) PLE (10:00-11:00)	HATHA PAUL 90 min	HOT (A) MON 90 min	Vinyasa HARRISON 90 min	HATHA SOMCHAI 90 min	HOT (A) FAR 90 min	HATHA CAKE 90 min
RHYTHM CYCLING	10:00-10:15						Foundation	Foundation
	10:15-11:00						ABSOLUTE BEATS BOAT	ABSOLUTE BEATS KENG (T)
YOGA	14:30-16:00	HOT (AB) PLE 90 min			GENTLE FLOW HARRISON 14:30-15:30		HATHA FAR 90 min	HOT (A) CAKE 90 min
PILATES REFORMER	14:30-15:00						Foundation	Foundation
	15:00-16:00						ESSENTIAL BUTT + THIGHS INK	ESSENTIAL FIT + TONE BENZ
PILATES REFORMER	17:45-18:15	Foundation	Foundation	Foundation	Foundation	Foundation		
	18:15-19:15	ESSENTIAL BUTT + THIGHS KAN P	ESSENTIAL FIT + TONE STAMP	ESSENTIAL ABS + ARM AU	ESSENTIAL BUTT + THIGHS GUBGIB	ESSENTIAL ABS + ARM KAN P		
YOGA	18:00-19:30	Vinyasa PLE 90 min	HOT (A) PAUL 90 min	HOT (AB) MON 90 min	HATHA HARRISON 90 min	HOT (AB) SOMCHAI 90 min		
RHYTHM CYCLING	18:30-18:45	Foundation	Foundation	Foundation	Foundation	Foundation		
	18:45-19:30	ABSOLUTE BEATS SADIA	ABSOLUTE BEATS MAE D.	ABSOLUTE BEATS MEI	ABSOLUTE BEATS PLODY	ABSOLUTE BEATS PAT		
PILATES REFORMER	19:15-19:45	Foundation		Foundation				
	19:45-20:45	ESSENTIAL FIT + TONE KAN P	ESSENTIAL BUTT + THIGHS STAMP	ESSENTIAL BUTT + THIGHS AU	ESSENTIAL ABS + ARM GUBGIB			
RHYTHM CYCLING	19:45-20:30		ABSOLUTE BEATS MAE D.		ABSOLUTE BEATS PLODY			
YOGA	19:45-20:45		GENTLE FLOW PAUL 60 min		HOT (A) HARRISON 60 min			

G TOWER STUDIO								
DATE		8-October	9-October	10-October	11-October	12-October	13-October	14-October
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 INK	ESSENTIAL FIT + TONE GUBGIB		
RHYTHM CYCLING	7:00-7:15	Foundation	Foundation	Foundation	Foundation	Foundation		
	7:15-8:15	ABSOLUTE BEATS TAE	ABSOLUTE BEATS PLA (T)	ABSOLUTE BEATS DREAM	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 JACKIE			
RHYTHM CYCLING	9:00-9:15						Foundation	Foundation
	9:15-10:00						ABSOLUTE BEATS FERN	ABSOLUTE BEATS BOAT
PILATES REFORMER	9:30-10:00						Foundation	Foundation
	10:00-11:00						ESSENTIAL FIT + TONE BENZ	ESSENTIAL ABS + ARM RACHEL
PILATES REFORMER	10:00-10:30		Foundation		Foundation			
	10:30-11:30		ESSENTIAL BUTT + THIGHS OHM		ESSENTIAL FIT + TONE JACKIE			
PILATES REFORMER	11:45-12:00	Foundation		Foundation		Foundation		
	12:00-13:00	ESSENTIAL ABS + ARM JEAB		ESSENTIAL BUTT + THIGHS INK		ESSENTIAL FIT + TONE GUBGIB		
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 BEATS DREAM	ABSOLUTE BEATS DINI
PILATES REFORMER	14:30-15:00						Foundation	Foundation
	15:00-16:00						ESSENTIAL ABS + ARM BENZ	ESSENTIAL FIT + TONE RACHEL
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 INK	ESSENTIAL ABS + ARM JACKIE	ESSENTIAL BUTT + THIGHS GUBGIB		
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 BOAT		
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 INK	ESSENTIAL ABS + ARM JACKIE			
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 SAFIYA			

## ABSOLUTE YOU CLASS SCHEDULE

ON-NUT STUDIO								
DATE		8-October	9-October	10-October	11-October	12-October	13-October	14-October
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PILATES REFORMER	7:30-8:30		ESSENTIAL BUTT + THIGHS RISSA		ESSENTIAL ABS + ARM KAN P			
YOGA	8:30-9:30	HATHA MON 60 min		GENTLE FLOW LEK 60 min		HOT (A) ARTIE 60 min	ABSOLUTE FIT OAT 60 min	GENTLE FLOW MONICA 60 min
PILATES REFORMER	8:30-9:00	Foundation	Foundation	Foundation	Foundation	Foundation	Foundation	Foundation
	9:00-10:00	ESSENTIAL FIT + TONE AU	ESSENTIAL ABS + ARM RISSA	ESSENTIAL BUTT + THIGHS RACHEL	ESSENTIAL FIT + TONE KAN P	ESSENTIAL ABS + ARM ARM	ESSENTIAL BUTT + THIGHS RISSA	ESSENTIAL FIT + TONE KAN P
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 TAE	ABSOLUTE BEATS SADIA	ABSOLUTE BEATS FAI	ABSOLUTE BEATS FLYNN
YOGA	10:00-11:15	HOT (A) MON 75 min	HATHA OAT 75 min	HOT (AB) LEK 75 min	HATHA AIR 75 min	Vinyasa ARTIE 75 min	HOT (A) OAT 75 min	HATHA MONICA 75 min
PILATES REFORMER	10:00-10:30						Foundation	Foundation
	10:30-11:30						ESSENTIAL ABS + ARM RISSA	ESSENTIAL BUTT + THIGHS KAN P
PILATES REFORMER	13:30-14:00	Foundation		Foundation		Foundation	Foundation	Foundation
	14:00-15:00	ESSENTIAL ABS + ARM AU		ESSENTIAL FIT + TONE RACHEL		ESSENTIAL BUTT + THIGHS ARM	ESSENTIAL FIT + TONE RISSA	ESSENTIAL ABS + ARM KAN P
YOGA	14:00-15:00		HOT (A) OAT 60 min		GENTLE FLOW AIR 60 min		HOT (AB) OAT (14:00-15:30)	HOT (A) MONICA (14:00-15:30)
RHYTHM CYCLING	14:45-15:00						Foundation	Foundation
	15:00-15:45						ABSOLUTE BEATS FAI	ABSOLUTE BEATS MAE D.
PILATES REFORMER	17:45-18:15	Foundation	Foundation	Foundation	Foundation	Foundation		
	18:15-19:15	ESSENTIAL FIT + TONE AU	ESSENTIAL BUTT + THIGHS RISSA	ESSENTIAL ABS + ARM RACHEL	ESSENTIAL BUTT + THIGHS KAN P	ESSENTIAL FIT + TONE ARM		
YOGA	18:00-19:30	HOT (A) MON 90 min	HATHA OAT 90 min	HOT (A) LEK 90 min	Vinyasa AIR 90 min	HOT (AB) ARTIE 90 min		
RHYTHM CYCLING	18:15-18:30	Foundation	Foundation	Foundation	Foundation	Foundation		
	18:30-19:15	ABSOLUTE BEATS BOAT	ABSOLUTE BEATS KATIE	ABSOLUTE BEATS KENG (T)	ABSOLUTE BEATS TAE	ABSOLUTE BEATS MAE D.		
PILATES REFORMER	19:15-19:30	Foundation	Foundation	Foundation	Foundation			
	19:30-20:30	ESSENTIAL ABS + ARM AU	ESSENTIAL FIT + TONE RISSA	ESSENTIAL BUTT + THIGHS RACHEL	ESSENTIAL ABS + ARM KAN P			
RHYTHM CYCLING	19:30-19:45	Foundation		Foundation				
	19:45-20:30	ABSOLUTE BEATS BOAT		ABSOLUTE BEATS KENG (T)				
YOGA	19:45-20:45	GENTLE FLOW MON 60 min	HOT (A) OAT 60 min	HATHA LEK 60 min	HOT (AB) AIR 60 min			

NANG-LIN-CHEE STUDIO								
DATE		8-October	9-October	10-October	11-October	12-October	13-October	14-October
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YOGA	7:30-8:15		HF on the Go ARTIE 45 min		HF on the Go PAUL 45 min			
PILATES REFORMER	7:30-8:30	ESSENTIAL BUTT + THIGHS ARM		ESSENTIAL FIT + TONE JACKIE				
YOGA	8:30-9:30						ABSOLUTE FIT EVE 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 ARM	ESSENTIAL ABS + ARM KUNGKING	ESSENTIAL BUTT + THIGHS JACKIE	ESSENTIAL FIT + TONE RACHEL	ESSENTIAL ABS + ARM OHM	ESSENTIAL BUTT + THIGHS ART	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 MAE D.	ABSOLUTE BEATS SADIA	ABSOLUTE BEATS FLYNN	ABSOLUTE BEATS SAFIYA	ABSOLUTE BEATS MARIA
YOGA	10:00-11:15	HOT (A) CAKE 75 min	HATHA ARTIE 75 min	HOT (AB) LUKE 75 min	HATHA PAUL 75 min	Vinyasa CAKE 75 min	HOT (A) EVE 75 min	HATHA ARTIE 75 min
PILATES REFORMER	10:00-10:30						Foundation	Foundation
	10:30-11:30						ESSENTIAL ABS + ARM ART	ESSENTIAL BUTT + THIGHS ANT P
YOGA	12:15-13:00		HF on the Go ARTIE 45 min		HF on the Go PAUL 45 min			
PILATES REFORMER	13:30-14:00						Foundation	Foundation
	14:00-15:00						ESSENTIAL FIT + TONE ART	ESSENTIAL ABS + ARM ANT P
YOGA	14:00-15:30						HOT (AB) EVE 90 min	HOT (A) ARTIE 90 min
RHYTHM CYCLING	14:45-15:00						Foundation	Foundation
	15:00-15:45						ABSOLUTE BEATS SAFIYA	ABSOLUTE BEATS MARIA
PILATES REFORMER	17:45-18:15	Foundation	Foundation	Foundation	Foundation	Foundation		
	18:15-19:15	ESSENTIAL FIT + TONE ARM	ESSENTIAL BUTT + THIGHS KUNGKING	ESSENTIAL ABS + ARM JACKIE	ESSENTIAL BUTT + THIGHS RACHEL	ESSENTIAL FIT + TONE OHM		
YOGA	18:00-19:30	HOT (AB) CAKE 90 min	HATHA ARTIE 90 min	HOT (A) LUKE 90 min	Vinyasa PAUL 90 min	HOT (AB) CAKE 90 min		
RHYTHM CYCLING	18:15-18:30	Foundation	Foundation	Foundation	Foundation	Foundation		
	18:30-19:15	ABSOLUTE BEATS PLOY	ABSOLUTE BEATS MEI	ABSOLUTE BEATS PLA (T)	ABSOLUTE BEATS SADIA	ABSOLUTE BEATS FLYNN		
PILATES REFORMER	19:15-19:30	Foundation	Foundation	Foundation	Foundation			
	19:30-20:30	ESSENTIAL ABS + ARM ARM	ESSENTIAL FIT + TONE KUNGKING	ESSENTIAL BUTT + THIGHS JACKIE	ESSENTIAL ABS + ARM RACHEL			
RHYTHM CYCLING	19:30-20:15	ABSOLUTE BEATS PLOY		ABSOLUTE BEATS PLA (T)				
YOGA	19:45-20:45	GENTLE FLOW CAKE 60 min		HATHA LUKE 60 min				

## ABSOLUTE YOU CLASS SCHEDULE

ARI STUDIO								
DATE		8-October	9-October	10-October	11-October	12-October	13-October	14-October
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 LUKE 45 min			
PILATES REFORMER	7:30-8:30	ESSENTIAL BUTT + THIGHS KUNGKING		ESSENTIAL FIT + TONE ARM				
YOGA	8:30-9:30						ABSOLUTE FIT ARTIE 60 min	GENTLE FLOW OAT 60 min
PILATES REFORMER	8:30-9:00	Foundation	Foundation	Foundation	Foundation	Foundation	Foundation	Foundation
	9:00-10:00	ESSENTIAL FIT + TONE KUNGKING AU	ESSENTIAL ABS + ARM AU	ESSENTIAL BUTT + THIGHS ARM	ESSENTIAL FIT + TONE STAMP	ESSENTIAL ABS + ARM JACKIE	ESSENTIAL BUTT + THIGHS LILY	ESSENTIAL FIT + TONE OHM
YOGA	10:00-11:15	HOT (A) AIR 75 min	HATHA CANDY 75 min	HOT (AB) ARTIE 75 min	HATHA LUKE 75 min	Vinyasa OAT 75 min	HOT (A) ARTIE 75 min	HATHA OAT 75 min
PILATES REFORMER	10:00-10:30						Foundation	Foundation
	10:30-11:30						ESSENTIAL ABS + ARM LILY	ESSENTIAL BUTT + THIGHS OHM
YOGA	12:15-13:00	HF on the Go AIR 45 min		HF on the Go ARTIE 45 min		HF on the Go OAT 45 min		
PILATES REFORMER	13:30-14:00						Foundation	Foundation
	14:00-15:00						ESSENTIAL FIT + TONE LILY	ESSENTIAL ABS + ARM OHM
YOGA	14:00-15:30						HOT (AB) ARTIE 90 min	HOT (A) OAT 90 min
PILATES REFORMER	17:45-18:15	Foundation	Foundation	Foundation	Foundation	Foundation		
	18:15-19:15	ESSENTIAL FIT + TONE KUNGKING	ESSENTIAL BUTT + THIGHS AU	ESSENTIAL ABS + ARM ARM	ESSENTIAL BUTT + THIGHS STAMP	ESSENTIAL FIT + TONE JACKIE		
YOGA	18:00-19:30	HOT (AB) AIR 90 min	HATHA CANDY 90 min	HOT (A) ARTIE 90 min	Vinyasa LUKE 90 min	HOT (AB) OAT 90 min		
PILATES REFORMER	19:15-19:30	Foundation	Foundation	Foundation	Foundation			
	19:30-20:30	ESSENTIAL ABS + ARM KUNGKING	ESSENTIAL FIT + TONE AU	ESSENTIAL BUTT + THIGHS ARM	ESSENTIAL ABS + ARM STAMP			
YOGA	19:45-20:45	HOT (A) AIR 60 min		HATHA ARTIE 60 min				