

ABSOLUTE YOU CLASS SCHEDULE

AMARIN PLAZA STUDIO								
DATE		9-March	10-March	11-March	12-March	13-March	14-March	15-March
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 TING 45 min	HF on the Go MON 45 min	HF on the Go KNOT 45 min		
PILATES REFORMER	7:00-8:00 PR 2	ESSENTIAL FIT + TONE PEWEE	ESSENTIAL BUTT + THIGHS AU	ESSENTIAL ABS + ARM CHER	ESSENTIAL FIT + TONE KATE	ESSENTIAL ABS + ARM PEWEE		
PILATES REFORMER	7:15-8:15	CIRCUIT ABS + ARMS MAE	ESSENTIAL FIT + TONE KATE	REFORMER BLEND JERALD	ESSENTIAL ABS + ARMS RACHEL	CIRCUIT BUTT + THIGHS RU		
PILATES REFORMER	8:00-9:00						ESSENTIAL FIT + TONE JERALD	ESSENTIAL BUTT + THIGHS KAT
PILATES REFORMER	8:15-9:15 PR 2						ESSENTIAL ABS + ARM CHER	ESSENTIAL FIT + TONE MHE ANN
YOGA	8:15-9:45	HATHA LUKE 90 min		Vinyasa TING 90 min		HATHA KNOT 90 min		Vinyasa KNOT (7:30-8:30)
PILATES REFORMER	8:30-9:30	ESSENTIAL BUTT + THIGHS MAE	ESSENTIAL ABS + ARMS KATE	ESSENTIAL FIT + TONE CHER	ESSENTIAL ABS + ARM RACHEL	STRETCH & DESTRESS PEWEE		
PILATES REFORMER	8:30-9:00 9:00-10:00		Foundation (PR 2) ESSENTIAL ABS + ARMS AU		Foundation (PR 2) ESSENTIAL BUTT + THIGHS KATE		(9:15-10:15) ESSENTIAL BUTT + THIGHS JULIE	(9:15-10:15) CIRCUIT ABS + ARMS KAT
YOGA	8:45-9:45						FAT BURNING FAI 60 min	HATHA KNOT 60 min
PILATES REFORMER	9:30-10:30 PR 2						ESSENTIAL FIT + TONE CHER	ESSENTIAL BUTT + THIGHS MHE ANN
PILATES REFORMER	9:45-10:45	CARDIO JUMPBOARD MAE		CIRCUIT BUTT + THIGHS CHER		ESSENTIAL FIT + TONE RU		
YOGA	10:00-11:30	HOT (A) HARRISON 90 min	HATHA CANDY 90 min	HOT (AB) TING 90 min	HOT (A) MON 90 min	HOT (AB) KNOT 90 min	HOT (A) PAUL 90 min	HOT (A) HARRISON 90 min
PILATES REFORMER	10:30-11:30						ESSENTIAL ABS + ARM JULIE	ESSENTIAL FIT + TONE KAT
PILATES REFORMER	10:30-11:00 11:00-12:00 PR 2						Foundation ESSENTIAL ABS + ARM CHER	Foundation ESSENTIAL FIT + TONE JULIE
YOGA	11:00-12:30 YG 2						Vinyasa FAI 90 min	YOGA PILATES KNOT 90 min
PILATES REFORMER	11:45-12:45						ESSENTIAL FIT + TONE JULIE	ESSENTIAL ABS + ARM MHE ANN
YOGA	12:15-13:00	HF on the Go LUKE 45 min	HF on the Go CANDY 45 min	HF on the Go TING 45 min	HF on the Go MON 45 min	HF on the Go CANDY 45 min		
PILATES REFORMER	12:15-13:15		ESSENTIAL FIT + TONE AU		ESSENTIAL BUTT + THIGHS JEAB			
PILATES REFORMER	14:00-14:30 14:30-15:30	ESSENTIAL ABS + ARMS MAE	CIRCUIT BUTT + THIGHS LUKE	ESSENTIAL FIT + TONE CHER	ESSENTIAL BUTT + THIGHS MHE ANN	CIRCUIT ABS + ARMS PEWEE	ESSENTIAL ABS + ARMS PEWEE	ESSENTIAL FIT + TONE JULIE
YOGA	14:30-16:00	FAT BURNING PAUL (14:30-15:30)	HATHA EVE 90 min	HOT (AB) CANDY 90 min	FAT BURNING BEBE (14:30-15:30)	HOT (A) CANDY 90 min	HOT (AB) PAUL 90 min	HOT (A) HARRISON 90 min
YOGA	15:15-16:45 YG 2						YIN YANG FAI 90 min	Vinyasa KNOT 90 min
PILATES REFORMER	14:30-15:00 15:00-16:00 PR 2						Foundation ESSENTIAL BUTT + THIGHS CHER	Foundation ESSENTIAL ABS + ARM MHE ANN
PILATES REFORMER	16:00-17:00						CIRCUIT BUTT + THIGHS PEWEE	ESSENTIAL BUTT + THIGHS JULIE
YOGA	16:30-17:30	Vinyasa PAUL 60 min	HOT (A) LUKE 60 min	STRETCH & DESTRESS MON 60 min	HATHA TING 60 min	FAT BURNING CANDY 60 min	HOT (A) PAUL 60 min	FAT BURNING HARRISON 60 min
PILATES REFORMER	16:45-17:45	CIRCUIT ABS + ARMS PEWEE	ESSENTIAL FIT + TONE JERALD	ESSENTIAL BUTT + THIGHS LILY	ESSENTIAL ABS + ARM MHE ANN	ESSENTIAL FIT + TONE MICHAEL		
PILATES REFORMER	17:00-17:30 17:30-18:30 PR 2	Foundation ESSENTIAL BUTT + THIGHS JULIE	Foundation ESSENTIAL ABS + ARM JULIE	Foundation ESSENTIAL FIT + TONE KATE	Foundation ESSENTIAL BUTT + THIGHS JEAB	Foundation ESSENTIAL ABS + ARM RACHEL		
PILATES REFORMER	18:00-19:00	ESSENTIAL BUTT + THIGHS MICHAEL	ESSENTIAL FIT + TONE JERALD	CIRCUIT ABS + ARMS LILY	ESSENTIAL BUTT + THIGHS MHE ANN	CIRCUIT BUTT + THIGHS MICHAEL		
YOGA	18:00-19:00 YG 2	FAT BURNING PAUL 60 min	YOGA PILATES LUKE 60 min	ANTI-AGING MON 60 min	OFFICE SYNDROME TING 60 min	STRETCH & DESTRESS CANDY 60 min		
YOGA	18:00-19:30	HOT (A) HARRISON 90 min	HOT (AB) EVE 90 min	HOT (A) CANDY 90 min	HOT (AB) BEBE 90 min	HOT (A) HARRISON 90 min		
PILATES REFORMER	18:40-19:40 PR 2	ESSENTIAL ABS + ARM JULIE	ESSENTIAL FIT + TONE STAMP	ESSENTIAL BUTT + THIGHS KATE	ESSENTIAL ABS + ARM STAMP	ESSENTIAL FIT + TONE RACHEL		
PILATES REFORMER	19:10-20:10	ESSENTIAL FIT + TONE MICHAEL	CIRCUIT BUTT + THIGHS JULIE	ESSENTIAL BUTT + THIGHS LILY	ESSENTIAL ABS + ARM MHE ANN	ESSENTIAL FIT + TONE MICHAEL		
YOGA	19:15-20:45 YG 2	HATHA PAUL 90 min	Vinyasa LUKE 90 min	HATHA MON 90 min	Vinyasa TING 90 min	HATHA CANDY 90 min		
PILATES REFORMER	19:45-20:45 PR 2	ESSENTIAL FIT + TONE JULIE	ESSENTIAL BUTT + THIGHS STAMP	ESSENTIAL ABS + ARM KATE	ESSENTIAL FIT + TONE STAMP	ESSENTIAL BUTT + THIGHS RACHEL		
YOGA	19:45-20:45	HOT (A) HARRISON 60 min	OFFICE SYNDROME EVE 60 min	HOT (AB) CANDY 60 min	DEEP SLEEP BEBE 60 min	HOT (A) HARRISON 60 min		
PILATES REFORMER	20:15-21:15	ESSENTIAL BUTT + THIGHS MICHAEL	ESSENTIAL ABS + ARM JULIE	ESSENTIAL FIT + TONE LILY	ESSENTIAL BUTT + THIGHS MHE ANN			

ABSOLUTE YOU CLASS SCHEDULE

AMARIN PLAZA STUDIO : RHYTHM CYCLING								
DATE		9-March	10-March	11-March	12-March	13-March	14-March	15-March
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
RHYTHM CYCLING	7:15-8:00	ABSOLUTE BEATS MEW	ABSOLUTE BEATS DINI	ABSOLUTE BEATS GIFT	ABSOLUTE BEATS MEW	ABSOLUTE BEATS FLYNN		
RHYTHM CYCLING	8:30-8:45	Foundation		Foundation		Foundation		
	8:45-9:30	ABSOLUTE BEATS MAE D.		ABSOLUTE BEATS GIFT		ABSOLUTE BEATS FLYNN		
RHYTHM CYCLING	9:00-9:15							Foundation
	9:15-10:00						ABSOLUTE BEATS FLYNN	ABSOLUTE BEATS GIFT
RHYTHM CYCLING	10:15-10:30						Foundation	
	10:30-11:15						ABSOLUTE BEATS FLYNN	ABSOLUTE BURN GIFT
RHYTHM CYCLING	12:15-13:00	LUNCH BEATS JUSTIN	LUNCH BEATS D.GIFT	LUNCH BEATS MAE D.	LUNCH BEATS CHERIE	LUNCH BEATS MEK		
RHYTHM CYCLING	14:45-15:00							Foundation
	15:00-15:45						ABSOLUTE BEATS MARIA	ABSOLUTE BEATS JUSTIN
RHYTHM CYCLING	16:00-16:15						Foundation	
	16:15-17:00						ABSOLUTE ESSENTIALS MARIA	ABSOLUTE BEATS JUSTIN
RHYTHM CYCLING	17:15-17:30	Foundation		Foundation		Foundation		
	17:30-18:15	ABSOLUTE BEATS FLYNN	ABSOLUTE BEATS D.GIFT	ABSOLUTE BEATS MEI	ABSOLUTE BEATS PLOU	ABSOLUTE BEATS MEK		
RHYTHM CYCLING	18:30-19:15					(18:30-19:30)		
		ABSOLUTE BEATS JUSTIN	ABSOLUTE BURN D.GIFT	ABSOLUTE BURN MEI	ABSOLUTE BEATS BOAT	ABSOLUTE 60 MEK		
RHYTHM CYCLING	19:30-19:45	Foundation	(19:30-20:15)	Foundation	(19:30-20:15)			
	19:45-20:30	ABSOLUTE BEATS FLYNN	ABSOLUTE BEATS MAE D.	ABSOLUTE BEATS JUNE	ABSOLUTE BEATS BOAT	ABSOLUTE BEATS MEW		
RHYTHM CYCLING	20:30-21:15		ABSOLUTE BEATS MAE D.		ABSOLUTE BEATS BOAT			

EXCHANGE TOWER STUDIO								
DATE		9-March	10-March	11-March	12-March	13-March	14-March	15-March
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YOGA	7:00-7:45		HF on the Go MON 45 min		HF on the Go AIR 45 min			
RHYTHM CYCLING	7:15-8:00	ABSOLUTE BEATS TAE	ABSOLUTE BEATS CHERIE	ABSOLUTE BEATS PLOU	ABSOLUTE BEATS FERN	ABSOLUTE BEATS DINI		
PILATES REFORMER	7:00-7:15	Foundation		Foundation		Foundation		
	7:15-8:15	ESSENTIAL ABS + ARM RJ	ESSENTIAL FIT + TONE RACHEL	ESSENTIAL BUTT + THIGHS JULIE	ESSENTIAL ABS + ARM MAE	ESSENTIAL BUTT + THIGHS JERALD		
YOGA	8:30-9:30	STRETCH & DESTRESS TING 60 min	ANTI-AGING MON 60 min	HATHA JUSTIN 60 min	HOT (A) AIR 60 min	FAT BURNING PAUL 60 min	HOT (AB) CANDY 60 min	ANTI-AGING TING 60 min
PILATES REFORMER	8:30-9:00					Foundation	Foundation	Foundation
	9:00-10:00			ESSENTIAL ABS + ARM JULIE		ESSENTIAL FIT + 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 ESSENTIALS PLOU	ABSOLUTE BEATS FERN		ABSOLUTE BEATS MARIA	ABSOLUTE BEATS MEW
PILATES REFORMER	9:30-10:00		Foundation		Foundation		(10:15-11:15)	(10:15-11:15)
	10:00-11:00	CIRCUIT BUTT + THIGHS RACHEL	ESSENTIAL ABS + ARM RACHEL	CIRCUIT BUTT + THIGHS JULIE	ESSENTIAL FIT + TONE MAE	ESSENTIAL ABS + ARM JERALD	ESSENTIAL FIT + TONE RACHEL	ESSENTIAL BUTT + THIGHS ART
YOGA	10:00-11:30	Vinysa TING 90 min	HATHA MON 90 min	YOGA PILATES JUSTIN 90 min	Vinysa AIR 90 min	HOT (A) PAUL 90 min	Vinysa CANDY 90 min	HOT (A) TING 90 min
PILATES REFORMER	11:30-12:00	Foundation		Foundation		Foundation		
	12:00-13:00	ESSENTIAL FIT + TONE RJ		ESSENTIAL ABS + ARM JULIE		ESSENTIAL BUTT + THIGHS MHE ANN	CIRCUIT ABS + ARM RACHEL	ESSENTIAL FIT + TONE ART
RHYTHM CYCLING	12:15-13:00	LUNCH BEATS MAE D.		LUNCH BEATS JUSTIN		LUNCH BEATS D.GIFT		
YOGA	12:15-13:00			HF on the Go LUKE 45 min		HF on the Go PAUL 45 min		
YOGA	14:00-15:30						HOT (A) CANDY 90 min	HATHA TING 90 min
RHYTHM CYCLING	14:00-14:15						Foundation	Foundation
	14:15-15:00						ABSOLUTE BEATS JUSTIN	ABSOLUTE BEATS MEW
RHYTHM CYCLING	15:30-16:15						ABSOLUTE BEATS JUSTIN	
PILATES REFORMER	15:00-15:30						Foundation	
	15:30-16:30						ESSENTIAL BUTT + THIGHS RACHEL	CIRCUIT ABS + ARM ART
PILATES REFORMER	17:00-18:00		CIRCUIT BUTT + THIGHS VANESSA		ESSENTIAL ABS + ARM RISSA			
RHYTHM CYCLING	17:15-17:30	Foundation		Foundation		Foundation		
	17:30-18:15	ABSOLUTE ESSENTIALS TAE		ABSOLUTE BEATS KATIE		ABSOLUTE BEATS PLOU		
YOGA	17:30-18:30	FAT BURNING BEBE 60 min	HATHA MON 60 min	HOT (AB) LUKE 60 min	HOT (A) HARRISON 60 min	OFFICE SYNDROME PAUL 60 min	ANTI-AGING CANDY (16:30-17:30)	HOT (A) TING (16:30-17:30)
PILATES REFORMER	17:30-18:00	Foundation		Foundation		Foundation		
	18:00-19:00	ESSENTIAL BUTT + THIGHS STAMP	ESSENTIAL FIT + TONE VANESSA	ESSENTIAL ABS + ARM MICHAEL	ESSENTIAL BUTT + THIGHS RISSA	ESSENTIAL ABS + ARM MHE ANN		
RHYTHM CYCLING	18:30-18:45	Foundation		Foundation		Foundation		
	18:45-19:30	ABSOLUTE BEATS MEI	ABSOLUTE BEATS BOAT	ABSOLUTE BEATS DREAM	ABSOLUTE BEATS JUSTIN	ABSOLUTE BEATS PLOU		
YOGA	18:45-20:00	HATHA BEBE 75 min	HOT (A) MON 75 min	HATHA LUKE 75 min	HOT (AB) HARRISON 75 min	HOT (A) PAUL 75 min		
PILATES REFORMER	19:00-19:15		Foundation		Foundation			
	19:15-20:15	ESSENTIAL ABS + ARM STAMP	ESSENTIAL BUTT + THIGHS VANESSA	ESSENTIAL FIT + TONE MICHAEL	ESSENTIAL ABS + ARM RISSA	ESSENTIAL FIT + TONE MHE ANN		
RHYTHM CYCLING	19:45-20:30	ABSOLUTE BEATS TAE	ABSOLUTE BEATS BOAT	ABSOLUTE BEATS DREAM	ABSOLUTE BEATS JUSTIN			
YOGA	20:15-21:15	HOT (AB) BEBE 60 min	Vinysa MON 60 min	HOT (A) LUKE 60 min		DEEP SLEEP HARRISON 60 min		
PILATES REFORMER	20:20-21:20	ESSENTIAL BUTT + THIGHS STAMP	ESSENTIAL ABS + ARM VANESSA			ESSENTIAL FIT + TONE RISSA		

ABSOLUTE YOU CLASS SCHEDULE

THE CIRCLE STUDIO								
DATE		9-March	10-March	11-March	12-March	13-March	14-March	15-March
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YOGA	7:45-8:45						Vinyasa KWANG 60 min	
RHYTHM CYCLING	8:00-8:15	Foundation		Foundation		Foundation		
	8:15-9:00	ABSOLUTE BEATS PAT		ABSOLUTE BEATS CHERIE		ABSOLUTE BEATS PLOU		
PILATES REFORMER	8:30-9:00		Foundation		Foundation			
	9:00-10:00	ESSENTIAL ABS + ARM KAN P	ESSENTIAL BUTT + THIGHS FERN	ESSENTIAL FIT + TONE GUBGIB	ESSENTIAL ABS + ARM PANG	ESSENTIAL BUTT + THIGHS KAN P	ESSENTIAL FIT + TONE GUBGIB	ESSENTIAL ABS + ARM CHER
RHYTHM CYCLING	9:00-9:45						ABSOLUTE BEATS D.GIFT	ABSOLUTE BEATS KENG (T)
RHYTHM CYCLING	10:00-10:15	Foundation	Foundation	Foundation	Foundation	Foundation	Foundation	Foundation
	10:15-11:00	ABSOLUTE BEATS PAT	ABSOLUTE BEATS BOAT	ABSOLUTE BEATS CHERIE	ABSOLUTE ESSENTIALS KENG (T)	ABSOLUTE BEATS D.GIFT	ABSOLUTE BEATS KENG (T)	ABSOLUTE BEATS KENG (T)
YOGA	9:00-10:30	HOT (A) LEK 90 min	Vinyasa PLE 90 min	STRETCH & DESTRESS EVE (9:00-10:00)	HATHA KNOT 90 min	HOT (A) ARTIE 90 min	HOT (AB) KWANG 90 min	HATHA OAT 90 min
PILATES REFORMER	10:00-10:30	Foundation	Foundation	Foundation	Foundation	Foundation	Foundation	Foundation
	10:30-11:30	ESSENTIAL FIT + TONE KAN P	ESSENTIAL ABS + ARM FERN	ESSENTIAL BUTT + THIGHS GUBGIB	ESSENTIAL FIT + TONE PANG	ESSENTIAL ABS + ARM KAN P	ESSENTIAL BUTT + THIGHS GUBGIB	ESSENTIAL FIT + TONE CHER
YOGA	11:00-12:30		HOT (A) PLE 90 min		HOT (AB) KNOT 90 min		HOT (A) KWANG 90 min	HOT (A) OAT 90 min
RHYTHM CYCLING	12:15-13:00						ABSOLUTE BEATS PLA (T)	
YOGA	14:00-15:30	FAT BURNING LEK (14:00-15:00)	HATHA PLE 90 min	HOT (AB) EVE 90 min	ANTI-AGING KNOT (14:00-15:00)	HOT (A) ARTIE 90 min	HATHA KWANG 90 min	YIN YANG OAT 90 min
RHYTHM CYCLING	14:00-14:15						Foundation	Foundation
	14:15-15:00						ABSOLUTE ESSENTIALS PLA (T)	ABSOLUTE BEATS FERN
PILATES REFORMER	14:00-14:30	Foundation	Foundation	Foundation	Foundation	Foundation	Foundation	Foundation
	14:30-15:30	ESSENTIAL BUTT + THIGHS PAT	ESSENTIAL ABS + ARM FERN	ESSENTIAL FIT + TONE GUBGIB	ESSENTIAL BUTT + THIGHS PANG	ESSENTIAL FIT + TONE KAN P	ESSENTIAL ABS + ARM ART	ESSENTIAL BUTT + THIGHS CHER
PILATES REFORMER	15:45-16:45						ESSENTIAL BUTT + THIGHS ART	ESSENTIAL ABS + ARMS FERN
YOGA	16:30-18:00						YOGA PILATES KWANG 90 min	HOT (AB) OAT 90 min
PILATES REFORMER	17:00-17:30						Foundation	
	17:30-18:30						ESSENTIAL ABS + ARM ART	
PILATES REFORMER	17:00-18:00	ESSENTIAL ABS + ARM FAI		ESSENTIAL BUTT + THIGHS ART		ESSENTIAL FIT + TONE KAN P		
RHYTHM CYCLING	17:30-18:15	ABSOLUTE BEATS PAT	ABSOLUTE BEATS AE (T)	ABSOLUTE BEATS D.GIFT	ABSOLUTE BEATS KENG (T)	ABSOLUTE BEATS CHERIE		
YOGA	17:45-19:00	YOGA PILATES LEK 75 min	HATHA PLE 75 min	Vinyasa EVE 75 min	HATHA KNOT 75 min	OFFICE SYNDROME ARTIE 75 min		
PILATES REFORMER	17:45-18:15	Foundation	Foundation	Foundation	Foundation	Foundation		
	18:15-19:15	ESSENTIAL BUTT + THIGHS KAN P	ESSENTIAL FIT + TONE BENZ	ESSENTIAL ABS + ARM ART	ESSENTIAL FIT + TONE LILY	ESSENTIAL BUTT + THIGHS KAN P		
RHYTHM CYCLING	18:30-18:45	Foundation	Foundation	Foundation	Foundation	Foundation	Foundation	Foundation
	18:45-19:30	ABSOLUTE BEATS FAI	ABSOLUTE BEATS AE (T)	ABSOLUTE BEATS D.GIFT	ABSOLUTE BEATS KENG (T)	ABSOLUTE BEATS CHERIE		
YOGA	19:15-20:30	HOT (AB) LEK 75 min	DEEP SLEEP PLE 75 min	HOT (A) EVE 75 min	Vinyasa KNOT 75 min	HOT (AB) ARTIE 75 min		
RHYTHM CYCLING	19:45-20:30	ABSOLUTE BEATS FAI	ABSOLUTE BEATS AE (T)	ABSOLUTE BEATS D.GIFT	ABSOLUTE BEATS KENG (T)			
PILATES REFORMER	19:30-20:30	ESSENTIAL ABS + ARM KAN P	ESSENTIAL BUTT + THIGHS BENZ	ESSENTIAL BUTT + THIGHS ART	ESSENTIAL ABS + ARM LILY	ESSENTIAL FIT + TONE KAN P		

LADPRAO STUDIO								
DATE		9-March	10-March	11-March	12-March	13-March	14-March	15-March
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 BUTT + THIGHS PANG	ESSENTIAL BUTT + THIGHS KWANG	CIRCUIT ABS + ARM ANT P	ESSENTIAL FIT + TONE FAI	ESSENTIAL BUTT + THIGHS OHM	ESSENTIAL ABS + ARM GUBGIB
YOGA	8:45-9:45						Vinyasa OAT 60 min	FAT BURNING ARTIE 60 min
PILATES REFORMER	9:00-9:30		Foundation		Foundation			
	9:30-10:30 ROOM 2		ESSENTIAL FIT + TONE ARM		ESSENTIAL BUTT + THIGHS LUKE			
YOGA	10:00-11:30	HOT (A) CAKE 90 min	HOT (AB) KNOT 90 min	HATHA ARTIE 90 min	HOT (A) CANDY 90 min	HATHA MON 90 min	HOT (AB) OAT 90 min	HOT (A) ARTIE 90 min
PILATES REFORMER	10:15-11:15	ESSENTIAL BUTT + THIGHS LILY		ESSENTIAL FIT + TONE KWANG		ESSENTIAL ABS + ARM FAI	ESSENTIAL FIT + TONE OHM	ESSENTIAL BUTT + THIGHS GUBGIB
YOGA	11:45-13:15	Vinyasa CAKE 90 min	HATHA KNOT 90 min	Vinyasa ARTIE 90 min	HATHA CANDY 90 min	Vinyasa MON 90 min		
PILATES REFORMER	12:00-13:00						ESSENTIAL ABS + ARM OHM	ESSENTIAL FIT + TONE GUBGIB
YOGA	14:30-16:00						HATHA OAT 90 min	YOGA PILATES ARTIE 90 min
PILATES REFORMER	17:15-18:15	CIRCUIT BUTT + THIGHS LILY	ESSENTIAL ABS + ARM PANG	CIRCUIT BUTT + THIGHS KWANG	ESSENTIAL FIT + TONE ANT P	CIRCUIT ABS + ARM FAI		
YOGA	17:15-18:15	OFFICE SYNDROME CAKE 60 min	HOT (AB) KNOT 60 min	ANTI-AGING ARTIE 60 min	HOT (A) CANDY 60 min	Vinyasa MON 60 min	YIN YANG OAT (16:30-18:00)	HOT (AB) ARTIE (16:30-18:00)
PILATES REFORMER	17:30-18:30 ROOM 2	ESSENTIAL ABS + ARM KATE		ESSENTIAL BUTT + THIGHS STAMP				
PILATES REFORMER	18:15-18:30					Foundation		
	18:30-19:30	ESSENTIAL ABS + ARM LILY	STRETCH & DESTRESS ARM	ESSENTIAL FIT + TONE KWANG	CIRCUIT ABS + ARM LUKE	ESSENTIAL BUTT + THIGHS FAI		
PILATES REFORMER	18:30-19:00		Foundation		Foundation			
	19:00-20:00 ROOM 2		ESSENTIAL BUTT + THIGHS PANG		ESSENTIAL FIT + TONE ANT P			
YOGA	18:30-20:00	HOT (A) CAKE 90 min	HATHA KNOT 90 min	HOT (AB) ARTIE 90 min	Vinyasa CANDY 90 min	HOT (A) MON 90 min		
PILATES REFORMER	19:30-20:30	ESSENTIAL FIT + TONE KATE	CIRCUIT BUTT + THIGHS ARM	ESSENTIAL ABS + ARM STAMP	ESSENTIAL BUTT + THIGHS LUKE			
YOGA	20:15-21:15	STRETCH & DESTRESS CAKE 60 min	HOT (A) KNOT 60 min	DEEP SLEEP ARTIE 60 min	HOT (AB) CANDY 60 min			

ABSOLUTE YOU CLASS SCHEDULE

CRYSTAL PARK STUDIO								
DATE		9-March	10-March	11-March	12-March	13-March	14-March	15-March
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YOGA	7:30-8:30	HATHA PLE 60 min	HOT (AB) CAKE 60 min	YOGA PILATES KNOT 60 min	STRETCH & DESTRESS OAT 60 min	HOT (A) AIR 60 min	FAT BURNING ARTIE 60 min	HOT (A) LEK 60 min
PILATES REFORMER	8:00-9:00						ESSENTIAL FIT + TONE PANG	CIRCUIT ABS + ARM OHM
PILATES REFORMER	8:30-9:30	CIRCUIT ABS + ARM CHER	ESSENTIAL ABS + ARM TERESA	CIRCUIT BUTT + THIGHS VANESSA	CIRCUIT ABS + ARM OHM	ESSENTIAL BUTT + THIGHS GUBGIB		
RHYTHM CYCLING	8:30-8:45	Foundation		Foundation		Foundation		
	8:45-9:30	ABSOLUTE BEATS KENG (T)		ABSOLUTE BEATS TAE		ABSOLUTE BEATS BOAT		
YOGA	8:45-9:45	HOT (A) PLE 60 min	HATHA CAKE (8:45-10:15)	HOT (AB) KNOT 60 min	HOT (A) OAT (8:45-10:15)	Vinyasa AIR 60 min	HOT (A) ARTIE 60 min	OFFICE SYNDROME LEK 60 min
PILATES REFORMER	9:15-10:15						ESSENTIAL ABS + ARM PANG	ESSENTIAL BUTT + THIGHS OHM
RHYTHM CYCLING	9:30-9:45		Foundation		Foundation		Foundation	Foundation
	9:45-10:30		ABSOLUTE BEATS PLOY		ABSOLUTE BEATS PAT		ABSOLUTE BEATS AE (T)	ABSOLUTE BEATS CHERIE
PILATES REFORMER	9:45-10:15	Foundation	(9:45-10:45)	Foundation	(9:45-10:45)	Foundation		
	10:15-11:15	ESSENTIAL BUTT + THIGHS CHER	ESSENTIAL FIT + TONE TERESA	ESSENTIAL ABS + ARM VANESSA	ESSENTIAL BUTT + THIGHS OHM	ESSENTIAL ABS + ARM GUBGIB		
PILATES REFORMER	10:30-11:30						CARDIO JUMPBOARD PANG	ESSENTIAL FIT + TONE LILY
YOGA	10:30-12:00	Vinyasa PLE 90 min	HOT (A) CAKE 90 min	HATHA KNOT 90 min	Vinyasa OAT 90 min	HOT (A) AIR 90 min	HOT (AB) ARTIE 90 min	HATHA LEK 90 min
RHYTHM CYCLING	10:45-11:30						ABSOLUTE BEATS AE (T)	ABSOLUTE BEATS CHERIE
PILATES REFORMER	11:00-11:30		(11:00-12:00)		(11:00-12:00)			
	11:30-12:30	ESSENTIAL FIT + TONE CHER	ESSENTIAL ABS + ARM TERESA	ESSENTIAL BUTT + THIGHS VANESSA	ESSENTIAL ABS + ARM PAT	ESSENTIAL FIT + TONE GUBGIB		
PILATES REFORMER	11:45-12:15						Foundation	
	12:15-13:15						ESSENTIAL BUTT + THIGHS PANG	ESSENTIAL ABS + ARM LILY
YOGA	14:00-15:30	HATHA PLE 90 min		Vinyasa KNOT 90 min		HATHA AIR 90 min	Vinyasa ARTIE 90 min	YIN YANG LEK 90 min
RHYTHM CYCLING	15:30-15:45						Foundation	Foundation
	15:45-16:30						ABSOLUTE ESSENTIALS AE (T)	ABSOLUTE BEATS CHERIE
PILATES REFORMER	15:30-16:00							Foundation
	16:00-17:00						CIRCUIT ABS + ARM PANG	ESSENTIAL BUTT + THIGHS LILY
YOGA	17:30-18:30	HOT (A) PLE 60 min	Vinyasa CAKE 60 min	HOT (AB) KNOT 60 min	HATHA OAT 60 min	ANTI-AGING AIR 60 min		
PILATES REFORMER	17:00-17:30		Foundation					
	17:30-18:30	ESSENTIAL FIT + TONE ART	ESSENTIAL BUTT + THIGHS CHER	ESSENTIAL FIT + TONE VANESSA	ESSENTIAL ABS + ARM AIR	ESSENTIAL BUTT + THIGHS GUBGIB		
RHYTHM CYCLING	18:30-18:45	Foundation	Foundation	Foundation	Foundation	Foundation		
	18:45-19:30	ABSOLUTE BEATS KENG (T)	ABSOLUTE ESSENTIALS PLOY	ABSOLUTE BEATS TAE	ABSOLUTE BEATS PAT	ABSOLUTE BEATS AE (T)		
PILATES REFORMER	18:30-19:00	Foundation		Foundation	Foundation			
	19:00-20:00	ESSENTIAL BUTT + THIGHS ART	CIRCUIT ABS + ARM CHER	ESSENTIAL ABS + ARM VANESSA	ESSENTIAL BUTT + THIGHS AIR	ESSENTIAL FIT + TONE GUBGIB		
YOGA	19:00-20:15	HATHA PLE 75 min	HOT (AB) CAKE (19:00-20:00)	Vinyasa KNOT 75 min	HOT (A) OAT (19:00-20:00)	HOT (A) AIR 75 min		
YOGA	20:10-21:10		HOT (A) CAKE 60 min		DEEP SLEEP OAT 60 min			

COMMONS STUDIO								
DATE		9-March	10-March	11-March	12-March	13-March	14-March	15-March
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 RISSA	ESSENTIAL ABS + ARM KAT	ESSENTIAL BUTT + THIGHS PANG	ESSENTIAL FIT + TONE VANESSA	ESSENTIAL ABS + ARM KAN P
RHYTHM CYCLING	9:00-9:15	Foundation			Foundation	(9:15-10:15)	Foundation	
	9:15-10:00	ABSOLUTE BEATS DINI	ABSOLUTE BEATS MEK	ABSOLUTE BEATS DINI	ABSOLUTE BEATS PLOY	ABSOLUTE 60 MAE D.	ABSOLUTE BEATS GIFT	ABSOLUTE BEATS MEK
PILATES REFORMER	10:15-11:15	ESSENTIAL BUTT + THIGHS RACHEL	ESSENTIAL FIT + TONE RJ	ESSENTIAL ABS + ARM RISSA	ESSENTIAL FIT + TONE KAT	ESSENTIAL ABS + ARM PANG	CIRCUIT BUTT + THIGHS VANESSA	ESSENTIAL FIT + TONE KAN P
RHYTHM CYCLING	10:15-10:30		Foundation		Foundation			Foundation
	10:30-11:15	ABSOLUTE BEATS DINI	ABSOLUTE BEATS MEK	ABSOLUTE BEATS DINI	ABSOLUTE BEATS MEI	ABSOLUTE BEATS MAE D.	ABSOLUTE BURN GIFT	ABSOLUTE BEATS MEK
PILATES REFORMER	11:30-12:30	ESSENTIAL ABS + ARM RACHEL	ESSENTIAL BUTT + THIGHS RJ	ESSENTIAL FIT + TONE RISSA				
RHYTHM CYCLING	15:00-15:15						Foundation	Foundation
	15:15-16:00						ABSOLUTE BEATS BETH	ABSOLUTE BEATS DINI
PILATES REFORMER	15:00-16:00						ESSENTIAL ABS + ARM VANESSA	ESSENTIAL BUTT + THIGHS KAN P
RHYTHM CYCLING	16:30-16:45						Foundation	(16:30-17:30)
	16:45-17:30						ABSOLUTE BEATS BETH	ABSOLUTE 60 DINI
RHYTHM CYCLING	17:15-17:30			Foundation				
	17:30-18:15	ABSOLUTE BEATS CIN		ABSOLUTE BEATS MAE D.				
RHYTHM CYCLING	18:15-18:30		Foundation	(18:30-19:30)	Foundation	Foundation		
	18:30-19:15	ABSOLUTE BURN GIFT	ABSOLUTE BEATS FLYNN	ABSOLUTE 60 MEK	ABSOLUTE BEATS MEI	ABSOLUTE BEATS D.GIFT		
PILATES REFORMER	18:00-18:30	Foundation		Foundation		Foundation		
	18:30-19:30	ESSENTIAL ABS + ARM RACHEL	ESSENTIAL BUTT + THIGHS RJ	ESSENTIAL FIT + TONE RISSA	ESSENTIAL ABS + ARM KAT	ESSENTIAL FIT + TONE PANG		
RHYTHM CYCLING	19:30-19:45	Foundation						
	19:45-20:30	ABSOLUTE BEATS GIFT	ABSOLUTE BEATS FLYNN	ABSOLUTE BEATS MEK	ABSOLUTE BEATS JUNE			
PILATES REFORMER	19:45-20:45	ESSENTIAL BUTT + THIGHS RACHEL	ESSENTIAL FIT + TONE RJ	ESSENTIAL ABS + ARM RISSA	ESSENTIAL BUTT + THIGHS KAT			

ABSOLUTE YOU CLASS SCHEDULE

JAS URBAN STUDIO								
DATE		9-March	10-March	11-March	12-March	13-March	14-March	15-March
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>
	8:30-9:30	ESSENTIAL ABS + ARM ARM	ESSENTIAL BUTT + THIGHS ART	ESSENTIAL FIT + TONE ARM	ESSENTIAL ABS + ARM BENZ	ESSENTIAL BUTT + THIGHS EVE	ESSENTIAL FIT + TONE KAN P	ESSENTIAL ABS + ARM ANT P
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 ESSENTIALS KATIE	ABSOLUTE BEATS PAT	ABSOLUTE BEATS AE (T)	ABSOLUTE BEATS PLA (T)	ABSOLUTE BEATS PAT	ABSOLUTE BEATS BOAT	ABSOLUTE BEATS DREAM
PILATES REFORMER	9:30-10:00			<i>Foundation</i>				
	10:00-11:00	ESSENTIAL FIT + TONE ARM	ESSENTIAL ABS + ARM ART	ESSENTIAL BUTT + THIGHS ARM	ESSENTIAL FIT + TONE BENZ	ESSENTIAL ABS + ARM EVE	ESSENTIAL ABS + ARM KAN P	ESSENTIAL BUTT + THIGHS ANT P
RHYTHM CYCLING	10:00-10:15						<i>Foundation</i>	<i>Foundation</i>
	10:15-11:00						ABSOLUTE BEATS BOAT	ABSOLUTE ESSENTIALS DREAM
PILATES REFORMER	11:15-12:15						ESSENTIAL FIT + TONE KAN P	ESSENTIAL ABS + ARM ANT P
PILATES REFORMER	14:30-15:00						<i>Foundation</i>	<i>Foundation</i>
	15:00-16:00						ESSENTIAL BUTT + THIGHS KAN P	ESSENTIAL FIT + TONE ANT P
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 ARM	ESSENTIAL FIT + TONE ART	ESSENTIAL ABS + ARM ARM	ESSENTIAL BUTT + THIGHS BENZ	ESSENTIAL ABS + ARM EVE		
RHYTHM CYCLING	18:30-18:45	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>		
	18:45-19:30	ABSOLUTE BEATS AE (T)	ABSOLUTE BEATS KENG (T)	ABSOLUTE BEATS AE (T)	ABSOLUTE BEATS DREAM	ABSOLUTE BEATS PAT		
PILATES REFORMER	19:15-19:45	<i>Foundation</i>		<i>Foundation</i>				
	19:45-20:45	ESSENTIAL FIT + TONE ARM	ESSENTIAL BUTT + THIGHS ART	ESSENTIAL BUTT + THIGHS ARM	ESSENTIAL ABS + ARM BENZ			
RHYTHM CYCLING	19:45-20:30		ABSOLUTE BEATS KENG (T)		ABSOLUTE BEATS DREAM			

G TOWER STUDIO								
DATE		9-March	10-March	11-March	12-March	13-March	14-March	15-March
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PILATES REFORMER	7:00-7:15	<i>Foundation</i>		<i>Foundation</i>				
	7:15-8:15	ESSENTIAL BUTT + THIGHS AU		ESSENTIAL ABS + ARM ANT P		ESSENTIAL FIT + TONE FERN		
RHYTHM CYCLING	7:00-7:15	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>		
	7:15-8:00	ABSOLUTE BEATS CHERIE	ABSOLUTE BEATS PLA (T)	ABSOLUTE BEATS FERN	ABSOLUTE BEATS BOAT	ABSOLUTE BEATS PLA (T)		
PILATES REFORMER	8:30-9:00						<i>Foundation</i>	<i>Foundation</i>
	9:00-10:00						ESSENTIAL BUTT + THIGHS BENZ	ESSENTIAL FIT + TONE VANESSA
RHYTHM CYCLING	9:00-9:15						<i>Foundation</i>	<i>Foundation</i>
	9:15-10:00						ABSOLUTE BEATS JUNE	ABSOLUTE BEATS BOAT
PILATES REFORMER	10:15-11:15						ESSENTIAL FIT + TONE BENZ	ESSENTIAL ABS + ARM VANESSA
PILATES REFORMER	11:30-12:00	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>		
	12:00-13:00	ESSENTIAL ABS + ARM AU <i>(Foundation Added)</i>	ESSENTIAL BUTT + THIGHS LILY	ESSENTIAL BUTT + THIGHS ANT P	ESSENTIAL FIT + TONE GUBGIB	ESSENTIAL FIT + TONE FERN		
RHYTHM CYCLING	12:00-12:15		<i>Foundation</i>		<i>Foundation</i>			
	12:15-13:00		LUNCH BEATS TAE		LUNCH BEATS PLA (T)			
RHYTHM CYCLING	14:00-14:15						<i>Foundation</i>	<i>Foundation</i>
	14:15-15:00						ABSOLUTE ESSENTIALS JUNE	ABSOLUTE BEATS BOAT
PILATES REFORMER	14:30-15:00						<i>Foundation</i>	<i>Foundation</i>
	15:00-16:00						ESSENTIAL ABS + ARM BENZ	ESSENTIAL FIT + TONE VANESSA
PILATES REFORMER	17:00-17:30	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>		
	17:30-18:30	ESSENTIAL FIT + TONE AU	ESSENTIAL ABS + ARM LILY	ESSENTIAL BUTT + THIGHS ANT P	ESSENTIAL FIT + TONE GUBGIB	ESSENTIAL BUTT + THIGHS FERN		
PILATES REFORMER	18:45-19:45	ESSENTIAL BUTT + THIGHS AU	ESSENTIAL ABS + ARM LILY	ESSENTIAL FIT + TONE ANT P	ESSENTIAL ABS + ARM GUBGIB	ESSENTIAL BUTT + THIGHS FERN		
RHYTHM CYCLING	18:15-18:30					<i>Foundation</i>		
	18:30-19:15	ABSOLUTE BEATS PLA (T)	ABSOLUTE BEATS JUSTIN	ABSOLUTE BEATS FERN	ABSOLUTE BEATS KATIE	ABSOLUTE BEATS BOAT		
PILATES REFORMER	19:45-20:45	ESSENTIAL ABS + ARM AU	ESSENTIAL BUTT + THIGHS LILY	ESSENTIAL FIT + TONE ANT P	ESSENTIAL ABS + ARM GUBGIB			
RHYTHM CYCLING	19:30-19:45	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>	<i>Foundation</i>			
	19:45-20:30	ABSOLUTE BEATS PLA (T)	ABSOLUTE BEATS TAE	ABSOLUTE BEATS FERN	ABSOLUTE BEATS KATIE			

ABSOLUTE YOU CLASS SCHEDULE

ON-NUT STUDIO								
DATE		9-March	10-March	11-March	12-March	13-March	14-March	15-March
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PILATES REFORMER	7:15-8:15		ESSENTIAL BUTT + THIGHS RISSA		ESSENTIAL ABS + ARM ARM			
YOGA	8:30-9:30	HATHA MON 60 min		FAT-BURNING LEK 60 min		HOT (A) OAT 60 min	ANTI-AGING BEBE 60 min	STRETCH & DESTRESS CAKE 60 min
PILATES REFORMER	8:30-9:00	Foundation		Foundation		Foundation	Foundation	
	9:00-10:00	ESSENTIAL FIT + TONE TERESA	ESSENTIAL ABS + ARM RISSA	ESSENTIAL BUTT + THIGHS PANG	ESSENTIAL FIT + TONE ARM	ESSENTIAL ABS + ARM LUKE	ESSENTIAL BUTT + THIGHS MHE ANN	ESSENTIAL FIT + TONE FAI
RHYTHM CYCLING	9:00-9:15	Foundation		Foundation		Foundation	Foundation	Foundation
	9:15-10:00	ABSOLUTE BEATS PLAT	ABSOLUTE BEATS KATIE	ABSOLUTE BEATS KENG (T)	ABSOLUTE BEATS AE (T)	ABSOLUTE BEATS TAE	ABSOLUTE BEATS DREAM	ABSOLUTE BEATS MARIA
YOGA	10:00-11:15	HOT (A) MON 75 min	HATHA PAUL 75 min	HOT (AB) LEK 75 min	HATHA PAUL 75 min	Vinyasa OAT 75 min	HOT (A) BEBE 75 min	HATHA CAKE 75 min
PILATES REFORMER	10:00-10:30							Foundation
	10:30-11:30						ESSENTIAL ABS + ARM MHE ANN	ESSENTIAL BUTT + THIGHS FAI
PILATES REFORMER	13:30-14:00	Foundation		Foundation		Foundation	Foundation	Foundation
	14:00-15:00	ESSENTIAL ABS + ARM TERESA		ESSENTIAL FIT + TONE PANG		ESSENTIAL BUTT + THIGHS LUKE	ESSENTIAL FIT + TONE MHE ANN	ESSENTIAL ABS + ARM FAI
YOGA	14:00-15:00		HOT (A) PAUL 60 min		STRETCH & DESTRESS PAUL 60 min		HOT (AB) BEBE (14:00-15:30)	HOT (A) CAKE (14:00-15:30)
RHYTHM CYCLING	14:45-15:00						Foundation	Foundation
	15:00-15:45						ABSOLUTE BEATS DREAM	ABSOLUTE ESSENTIALS MARIA
PILATES REFORMER	17:45-18:15	Foundation		Foundation		Foundation		
	18:15-19:15	ESSENTIAL FIT + TONE TERESA	ESSENTIAL BUTT + THIGHS RISSA	ESSENTIAL ABS + ARM PANG	ESSENTIAL BUTT + THIGHS ARM	ESSENTIAL FIT + TONE LUKE		
YOGA	18:00-19:30	HOT (A) MON 90 min	HATHA PAUL 90 min	HOT (A) LEK 90 min	Vinyasa PAUL 90 min	HOT (AB) OAT 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 D.GIFT	ABSOLUTE BEATS TAE		
PILATES REFORMER	19:15-19:30	Foundation	Foundation	Foundation	Foundation			
	19:30-20:30	ESSENTIAL ABS + ARM TERESA	ESSENTIAL FIT + TONE RISSA	ESSENTIAL BUTT + THIGHS PANG	ESSENTIAL ABS + ARM ARM			
RHYTHM CYCLING	19:30-19:45	Foundation	Foundation	Foundation	Foundation			
	19:45-20:30	ABSOLUTE BEATS BOAT	ABSOLUTE BEATS KATIE	ABSOLUTE ESSENTIALS KENG (T)	ABSOLUTE BEATS D.GIFT			
YOGA	19:45-20:45	DEEP SLEEP MON 60 min	HOT (A) PAUL 60 min	OFFICE SYNDROME LEK 60 min	HOT (AB) PAUL 60 min			

NANG-LIN-CHEE STUDIO								
DATE		9-March	10-March	11-March	12-March	13-March	14-March	15-March
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 BEBE 45 min	HF on the Go CAKE 45 min	HF on the Go ARTIE 45 min	HF on the Go KWANG 45 min		
PILATES REFORMER	7:30-8:30	ESSENTIAL BUTT + THIGHS FERN	ESSENTIAL ABS + ARM FAI	ESSENTIAL FIT + TONE RJ	ESSENTIAL BUTT + THIGHS KWANG	ESSENTIAL FIT + TONE OHM		
YOGA	8:30-9:30						FAT BURNING LEK 60 min	OFFICE SYNDROME AIR 60 min
PILATES REFORMER	8:30-9:00	Foundation		Foundation		Foundation	Foundation	Foundation
	9:00-10:00	ESSENTIAL FIT + TONE FERN	ESSENTIAL ABS + ARM FAI	ESSENTIAL BUTT + THIGHS RJ	ESSENTIAL FIT + TONE KWANG	ESSENTIAL ABS + ARM OHM	ESSENTIAL BUTT + THIGHS RISSA	ESSENTIAL FIT + TONE PEWEE
RHYTHM CYCLING	9:00-9:15	Foundation	Foundation	Foundation	Foundation	Foundation	Foundation	Foundation
	9:15-10:00	ABSOLUTE BEATS PLOU	ABSOLUTE BEATS JUSTIN	ABSOLUTE ESSENTIALS FLYNN	ABSOLUTE BEATS TAE	ABSOLUTE BEATS DREAM	ABSOLUTE BEATS MAE D	ABSOLUTE BEATS D.GIFT
YOGA	10:00-11:15	HOT (A) EVE 75 min	ANTI-AGING BEBE 75 min	HOT (AB) CAKE 75 min	HATHA ARTIE 75 min	Vinyasa KWANG 75 min	HOT (A) LEK 75 min	HATHA AIR 75 min
PILATES REFORMER	10:00-10:30		Foundation		Foundation		Foundation	Foundation
	10:30-11:30		ESSENTIAL FIT + TONE FAI		ESSENTIAL BUTT + THIGHS KWANG		ESSENTIAL ABS + ARM RISSA	ESSENTIAL BUTT + THIGHS PEWEE
YOGA	12:15-13:00	HF on the Go EVE 45 min	HF on the Go BEBE 45 min	HF on the Go CAKE 45 min	HF on the Go ARTIE 45 min	HF on the Go KWANG 45 min		
PILATES REFORMER	13:30-14:00						Foundation	Foundation
	14:00-15:00	ESSENTIAL BUTT + THIGHS FERN		ESSENTIAL ABS + ARM PAT			ESSENTIAL FIT + TONE RISSA	ESSENTIAL ABS + ARM PEWEE
YOGA	14:00-15:30						HOT (AB) LEK 90 min	HOT (A) AIR 90 min
RHYTHM CYCLING	14:45-15:00						Foundation	Foundation
	15:00-15:45						ABSOLUTE ESSENTIALS MAE D.	ABSOLUTE BEATS D.GIFT
PILATES REFORMER	17:15-18:15	ESSENTIAL BUTT + THIGHS VANESSA		ESSENTIAL FIT + TONE PAT				
RHYTHM CYCLING	17:30-18:15	ABSOLUTE BEATS FERN	ABSOLUTE BEATS MEI	ABSOLUTE BEATS FLYNN	ABSOLUTE BEATS TAE			
PILATES REFORMER	17:45-18:15		Foundation		Foundation	Foundation		
	18:15-19:15	ESSENTIAL FIT + TONE VANESSA	ESSENTIAL BUTT + THIGHS FAI	ESSENTIAL ABS + ARM PAT	ESSENTIAL BUTT + THIGHS RJ	ESSENTIAL FIT + TONE OHM		
YOGA	18:00-19:30	HOT (AB) EVE 90 min	HATHA BEBE 90 min	HOT (A) CAKE 90 min	Vinyasa ARTIE 90 min	HOT (AB) KWANG 90 min		
RHYTHM CYCLING	18:30-18:45	Foundation	Foundation	Foundation	Foundation	Foundation		
	18:45-19:30	ABSOLUTE BEATS PLOU	ABSOLUTE BEATS MEI	ABSOLUTE BEATS JUSTIN	ABSOLUTE BEATS TAE	ABSOLUTE BEATS DREAM		
PILATES REFORMER	19:15-19:30	Foundation	Foundation	Foundation	Foundation			
	19:30-20:30	ESSENTIAL ABS + ARM VANESSA	ESSENTIAL FIT + TONE FAI	ESSENTIAL BUTT + THIGHS PAT	ESSENTIAL ABS + ARM RJ			
RHYTHM CYCLING	19:45-20:30	ABSOLUTE BEATS PLOU	ABSOLUTE BEATS JUNE	ABSOLUTE BEATS FLYNN	ABSOLUTE BEATS AE (T)			
YOGA	19:45-20:45	STRETCH & DESTRESS EVE 60 min	Vinyasa BEBE 60 min	HATHA CAKE 60 min	DEEP SLEEP ARTIE 60 min			



ABSOLUTE YOU CLASS SCHEDULE

ARI STUDIO								
DATE		9-March	10-March	11-March	12-March	13-March	14-March	15-March
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YOGA	7:00-7:45	HF on the Go OAT 45 min		HF on the Go BEBE 45 min		HF on the Go BEBE 45 min	FAT BURNING HARRISON (8:30-9:30)	STRETCH & DESTRESS FAR (8:30-9:30)
PILATES REFORMER	7:30-8:30	ESSENTIAL BUTT + THIGHS MHE ANN		ESSENTIAL FIT + TONE TERESA		ESSENTIAL ABS + ARM RISSA		
PILATES REFORMER	8:30-9:00	Foundation		Foundation		Foundation	Foundation	
	9:00-10:00	ESSENTIAL FIT + TONE MHE ANN	ESSENTIAL ABS + ARM KWANG	ESSENTIAL BUTT + THIGHS TERESA	ESSENTIAL FIT + TONE EVE	ESSENTIAL BUTT + THIGHS RISSA	ESSENTIAL BUTT + THIGHS AIR	ESSENTIAL FIT + TONE PAT
YOGA	10:00-11:15	HOT (A) OAT 75 min	ANTI-AGING LEK 75 min	HOT (AB) BEBE 75 min	HOT (A) CAKE 75 min	Vinyasa BEBE 75 min	HOT (A) HARRISON 75 min	HATHA FAR 75 min
PILATES REFORMER	10:00-10:30							Foundation
	10:30-11:30		ESSENTIAL FIT + TONE KWANG		ESSENTIAL ABS + ARM EVE		ESSENTIAL ABS + ARM AIR	ESSENTIAL BUTT + THIGHS PAT
YOGA	11:30-13:00	Vinyasa OAT 90 min		HATHA BEBE 90 min				
PILATES REFORMER	13:30-14:00	(13:30-14:30)		(13:30-14:30)		(13:30-14:30)	Foundation	Foundation
	14:00-15:00	ESSENTIAL BUTT + THIGHS MHE ANN		ESSENTIAL FIT + TONE TERESA		ESSENTIAL ABS + ARM RISSA	ESSENTIAL FIT + TONE AIR	ESSENTIAL ABS + ARM PAT
YOGA	14:00-15:30						HATHA HARRISON 90 min	HOT (A) FAR 90 min
PILATES REFORMER	15:15-16:15						ESSENTIAL BUTT + THIGHS AIR	ESSENTIAL FIT + TONE PAT
PILATES REFORMER	17:15-17:45	Foundation	(17:30-18:30)	Foundation	(17:30-18:30)	Foundation		
	17:45-18:45	ESSENTIAL FIT + TONE AIR	ESSENTIAL BUTT + THIGHS KWANG	ESSENTIAL ABS + ARM PEWEE	ESSENTIAL BUTT + THIGHS EVE	ESSENTIAL FIT + TONE RISSA		
YOGA	18:00-19:30	HOT (AB) OAT 90 min	HOT (A) LEK 90 min	HOT (A) BEBE 90 min	Vinyasa CAKE 90 min	HOT (AB) BEBE 90 min		
PILATES REFORMER	18:45-19:00		Foundation		Foundation			
	19:00-20:00	ESSENTIAL BUTT + THIGHS AIR	ESSENTIAL ABS + ARM KWANG	ESSENTIAL FIT + TONE PEWEE	ESSENTIAL FIT + TONE EVE			
PILATES REFORMER	20:15-21:15	ESSENTIAL ABS + ARM AIR	ESSENTIAL FIT + TONE KWANG	ESSENTIAL BUTT + THIGHS PEWEE	ESSENTIAL ABS + ARM EVE			
YOGA	19:45-20:45	OFFICE SYNDROME OAT 60 min	YIN YANG LEK 60 min	DEEP SLEEP BEBE 60 min	HOT (AB) CAKE 60 min			

CLASS SCHEDULE (Boat Avenue)

9 - 15 March 2020



JAN/FEB	TIME	9 - MON	10 - TUE	11 - WED	12 - THU	13 - FRI	14 - SAT	15 - SUN
PILATES REFORMER	08.30-09.00	Foundation	Foundation	Foundation	Foundation	Foundation		Foundation
	09.00-10.00	PILATES REFORMER ESSENTIAL BUTT + THIGHS JP	PILATES REFORMER ESSENTIAL ABS + ARMS NUI	PILATES REFORMER ESSENTIAL FIT+ TONE YING	PILATES REFORMER ESSENTIAL BUTT + THIGHS JP	PILATES REFORMER ESSENTIAL FIT+ TONE JP		PILATES REFORMER ESSENTIAL ABS + ARMS JP
CYCLING	09.00-09.15		Foundation		Foundation		Foundation	
	09.15-10.00		RHYTHM CYCLING ABSOLUTE BEATS AM		RHYTHM CYCLING ABSOLUTE BEATS NUI		RHYTHM CYCLING ABSOLUTE BEATS AM	
CYCLING	10.00-10.15	Foundation		Foundation		Foundation		
	10.15-11.00	RHYTHM CYCLING ABSOLUTE BEATS AM		RHYTHM CYCLING ABSOLUTE BEATS JP		RHYTHM CYCLING ABSOLUTE BEATS NUI		
CYCLING	10.30-10.45							Foundation
	10.45-11.30							RHYTHM CYCLING ABSOLUTE BEATS AM
PILATES REFORMER	10.00-10.30	Foundation		Foundation		Foundation		
	10.30-11.30	PILATES REFORMER ESSENTIAL ABS + ARMS JP	PILATES REFORMER ESSENTIAL FIT+ TONE NUI	PILATES REFORMER ESSENTIAL BUTT + THIGHS YING	PILATES REFORMER ESSENTIAL ABS + ARMS JP	PILATES REFORMER ESSENTIAL BUTT + THIGHS JP	PILATES REFORMER ESSENTIAL FIT+ TONE NUI	
PILATES REFORMER	14.00-14.30							Foundation
	14.30-15.30							PILATES REFORMER ESSENTIAL FIT+ TONE JP
CYCLING	14.00-14.15						Foundation	
	14.15-15.00						RHYTHM CYCLING ABSOLUTE BEATS AM	
PILATES REFORMER	17.30-18.00	Foundation		Foundation		Foundation		
	18.00-19.00	PILATES REFORMER ESSENTIAL FIT+ TONE JP		PILATES REFORMER ESSENTIAL ABS + ARMS YING		PILATES REFORMER ESSENTIAL ABS + ARMS JP		
CYCLING	18.00-18.15		Foundation		Foundation			
	18.15-19.00		RHYTHM CYCLING ABSOLUTE BEATS AM		RHYTHM CYCLING ABSOLUTE BEATS NUI			
PILATES REFORMER	19.15-19.30		Foundation		Foundation			
	19.30-20.30		PILATES REFORMER ESSENTIAL BUTT + THIGHS NUI		PILATES REFORMER ESSENTIAL FIT+ TONE JP			
CYCLING	19.15-19.30	Foundation		Foundation		Foundation		
	19.30-20.15	RHYTHM CYCLING ABSOLUTE BEATS AM		RHYTHM CYCLING ABSOLUTE BEATS JP		RHYTHM CYCLING ABSOLUTE BEATS NUI		