



ABSOLUTE YOU CLASS SCHEDULE

AMARIN PLAZA STUDIO								
DATE		9-September	10-September	11-September	12-September	13-September	14-September	15-September
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YOGA	7:00-7:45	HF on the Go LUKE 45 min	HF on the Go CANDY 45 min	HF on the Go BIG 45 min	HF on the Go CAKE 45 min	HF on the Go TING 45 min		
PILATES REFORMER	7:15-8:15	CIRCUIT ABS + ARMS MAE	ESSENTIAL FIT + TONE KAT	REFORMER BLEND	ESSENTIAL ABS + ARMS RACHEL	CIRCUIT BUTT + THIGHS RJ		
PILATES REFORMER	7:30-8:30 ROOM 2	ESSENTIAL FIT + TONE PEWEE	ESSENTIAL BUTT + THIGHS ART	ESSENTIAL ABS + ARM JACKIE	ESSENTIAL FIT + TONE JOHN	ESSENTIAL ABS + ARM PEWEE		
PILATES REFORMER	8:00-9:00						ESSENTIAL FIT + TONE JOHN	ESSENTIAL BUTT + THIGHS KAT
PILATES REFORMER	8:15-9:15 ROOM 2						ESSENTIAL ABS + ARM CHER	ESSENTIAL FIT + TONE PEWEE
YOGA	8:15-9:45	HATHA LUKE 90 min		Vinyasa BIG 90 min		SPINE* TING 90 min		SPINE* KNOT (7:30-8:30)
PILATES REFORMER	8:30-9:30	ESSENTIAL BUTT + THIGHS MAE		ESSENTIAL FIT + TONE JACKIE		STRETCH & DESTRESS PEWEE		
PILATES REFORMER	8:30-9:00		Foundation		Foundation		(9:15-10:15)	(9:15-10:15)
	9:00-10:00		ESSENTIAL ABS + ARMS KAT		ESSENTIAL BUTT + THIGHS RACHEL		ESSENTIAL BUTT + THIGHS JOHN	CIRCUIT ABS + ARMS KAT
YOGA	8:45-9:45						ABSOLUTE FIT PAUL 60 min	HATHA KNOT 60 min
PILATES REFORMER	9:30-10:30 ROOM 2						ESSENTIAL FIT + TONE CHER	ESSENTIAL BUTT + THIGHS PEWEE
PILATES REFORMER	9:45-10:45	CARDIO JUMPBOARD MAE		CIRCUIT BUTT + THIGHS JACKIE		ESSENTIAL FIT + TONE RJ		
YOGA	10:00-11:30	HOT (A) PAUL 90 min	HATHA CANDY 90 min	HOT (AB) BIG 90 min	HOT (A) CAKE 90 min	HOT (AB) TING 90 min	HOT (A) FAI 90 min	HOT (A) PAUL 90 min
PILATES REFORMER	10:30-11:30						ESSENTIAL ABS + ARM JOHN	ESSENTIAL FIT + TONE KAT
PILATES REFORMER	10:30-11:00						Foundation	Foundation
	11:00-12:00 ROOM 2						ESSENTIAL ABS + ARM CHER	ESSENTIAL FIT + TONE JULIE
YOGA	11:00-12:30 CB studio						SPINE* PAUL 90 min	YOGA PILATES KNOT 90 min
PILATES REFORMER	11:45-12:45						ESSENTIAL FIT + TONE KATE	ESSENTIAL ABS + ARM PEWEE
YOGA	12:15-13:00	HF on the Go PAUL 45 min	HF on the Go CANDY 45 min	HF on the Go MON 45 min	HF on the Go CAKE 45 min	HF on the Go MON 45 min		
PILATES REFORMER	12:15-13:15		ESSENTIAL FIT + TONE KAT		ESSENTIAL BUTT + THIGHS RACHEL			
PILATES REFORMER	14:00-14:30			Foundation				
	14:30-15:30	ESSENTIAL ABS + ARMS MAE		ESSENTIAL FIT + TONE JACKIE		CIRCUIT ABS + ARMS RJ	ESSENTIAL ABS + ARMS KATE	ESSENTIAL FIT + TONE JULIE
YOGA	14:30-16:00	ABSOLUTE FIT MARVIN (14:30-15:30)	HATHA CANDY 90 min	HOT (AB) KNOT 90 min	ABSOLUTE FIT KNOT (14:30-15:30)	HOT (A) FAI 90 min	HOT (AB) MON 90 min	HOT (A) PAUL 90 min
YOGA	15:15-16:45 CB studio						YIN YANG PAUL 90 min	Vinyasa KNOT 90 min
PILATES REFORMER	14:30-15:00						Foundation	Foundation
	15:00-16:00 ROOM 2						ESSENTIAL BUTT + THIGHS CHER	ESSENTIAL ABS + ARM PEWEE
PILATES REFORMER	16:00-17:00						CIRCUIT BUTT + THIGHS KATE	ESSENTIAL BUTT + THIGHS JULIE
YOGA	16:30-17:30	Vinyasa MARVIN 60 min	HOT (A) LUKE 60 min	GENTLE FLOW EVE 60 min	SPINE* KNOT 60 min	ABSOLUTE FIT MON 60 min	HOT (A) FAI 60 min	ABSOLUTE FIT PAUL 60 min
PILATES REFORMER	16:45-17:45	CIRCUIT ABS + ARMS PEWEE	ESSENTIAL FIT + TONE JERALD	ESSENTIAL BUTT + THIGHS JACKIE	ESSENTIAL ABS + ARM RACHEL	ESSENTIAL FIT + TONE MICHAEL		
PILATES REFORMER	17:00-17:30	Foundation	Foundation	Foundation	Foundation	Foundation		
	17:30-18:30 ROOM 2	ESSENTIAL BUTT + THIGHS VANESSA	ESSENTIAL ABS + ARM ART	ESSENTIAL FIT + TONE KATE	ESSENTIAL BUTT + THIGHS JOHN	ESSENTIAL ABS + ARM PEWEE		
PILATES REFORMER	18:00-19:00	ESSENTIAL BUTT + THIGHS JULIE	ESSENTIAL FIT + TONE JERALD	CIRCUIT ABS + ARMS MAE	ESSENTIAL BUTT + THIGHS JEAB	CIRCUIT BUTT + THIGHS MICHAEL		
YOGA	18:00-19:30	HOT (A) PAUL 90 min	YOGA PILATES LUKE (18:00-19:00)	HOT (A) MON 90 min	ABSOLUTE FIT KNOT (18:00-19:00)	HOT (AB) EVE 90 min		
PILATES REFORMER	18:40-19:40 ROOM 2	ESSENTIAL ABS + ARM VANESSA	ESSENTIAL FIT + TONE ART	ESSENTIAL BUTT + THIGHS KATE	ESSENTIAL ABS + ARM JOHN	ESSENTIAL FIT + TONE PEWEE		
PILATES REFORMER	19:10-20:10	ESSENTIAL FIT + TONE JULIE	CIRCUIT BUTT + THIGHS KAN P	ESSENTIAL BUTT + THIGHS MAE	ESSENTIAL ABS + ARM JEAB	ESSENTIAL FIT + TONE MICHAEL		
YOGA	19:15-20:45 CB/YG studio	PRANA VASHYA* MARVIN 90 min	Vinyasa LUKE 90 min	SPINE* EVE 90 min	Vinyasa KNOT 90 min	HATHA MON 90 min		
YOGA	19:15-20:15 CB/YG studio		HATHA CANDY 60 min		YOGA PILATES CAKE 60 min			
PILATES REFORMER	19:45-20:45 ROOM 2	ESSENTIAL FIT + TONE VANESSA	ESSENTIAL BUTT + THIGHS ART	ESSENTIAL ABS + ARM KATE	ESSENTIAL FIT + TONE JOHN	ESSENTIAL BUTT + THIGHS PEWEE		
YOGA	19:45-20:45	HOT (A) PAUL 60 min		HOT (AB) MON 60 min		HOT (A) EVE 60 min		
PILATES REFORMER	20:15-21:15	ESSENTIAL BUTT + THIGHS JULIE	ESSENTIAL ABS + ARM KAN P	ESSENTIAL FIT + TONE MAE	ESSENTIAL BUTT + THIGHS JEAB			



ABSOLUTE YOU CLASS SCHEDULE

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

SILOM STUDIO								
DATE		9-September	10-September	11-September	12-September	13-September	14-September	15-September
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 TING 45 min	HF on the Go PLE 45 min	HF on the Go ARTIE 45 min	HF on the Go BIG 45 min		
PILATES REFORMER	7:00-8:00	ESSENTIAL FIT + TONE JOHN		CIRCUIT ABS + ARM CHER		ESSENTIAL BUTT + THIGHS MAE		
YOGA	8:30-9:30						HATHA BEBE 60 min	HOT (A) FAR 60 min
PILATES REFORMER	8:30-9:00			Foundation				
	9:00-10:00	ESSENTIAL ABS + ARM JOHN	ESSENTIAL FIT + TONE MAE	ESSENTIAL BUTT + THIGHS CHER	ESSENTIAL FIT + TONE KAN P	CIRCUIT BUTT + THIGHS MAE		
PILATES REFORMER	9:15-10:15						ESSENTIAL FIT + TONE STAMP	ESSENTIAL ABS + ARMS AU
YOGA	9:30-11:00	HOT (A) LEK 90 min	HOT (AB) TING 90 min	Vinyasa PLE 90 min	HOT (A) ARTIE 90 min	HATHA BIG 90 min	HOT (A) BEBE (9:45-11:15) STAMP	YOGA PILATES FAR (9:45-11:15)
PILATES REFORMER	10:15-10:45						Foundation	
	10:45-11:45						ESSENTIAL ABS + ARM STAMP	ESSENTIAL BUTT + THIGHS AU
YOGA	12:15-13:00	HF on the Go LEK 45 min	HF on the Go TING 45 min	HF on the Go PLE 45 min	HF on the Go ARTIE 45 min	HF on the Go BIG 45 min		
PILATES REFORMER	14:00-14:30				Foundation			Foundation
	14:30-15:30		CIRCUIT BUTT + THIGHS MAE		ESSENTIAL FIT + TONE KAN P		CIRCUIT BUTT + THIGHS STAMP	ESSENTIAL FIT + TONE AU
YOGA	15:30-17:00						YIN YANG BEBE 90 min	HOT (AB) FAR 90 min
PILATES REFORMER	17:00-18:00	ESSENTIAL FIT + TONE JOHN	ESSENTIAL ABS + ARM JULIE	CARDIO JUMPBOARD PLE CHER	ESSENTIAL BUTT + THIGHS RJ	ESSENTIAL ABS + ARM KATE		
YOGA	17:30-18:30	ABSOLUTE FIT KNOT 60 min	HOT (AB) EVE 60 min	HATHA KWANG 60 min	Vinyasa LUKE 60 min	HOT (A) AIR 60 min		
PILATES REFORMER	18:00-18:15		Foundation		Foundation	Foundation		
	18:15-19:15	CIRCUIT ABS + ARM JOHN	ESSENTIAL BUTT + THIGHS JULIE	CIRCUIT BUTT + THIGHS CHER	ESSENTIAL ABS + ARM RJ	ESSENTIAL FIT + TONE KATE		
YOGA	18:45-20:15	Vinyasa KNOT 90 min	SPINE* EVE 90 min	HOT (AB) KWANG 90 min	HOT (A) LUKE 90 min	HATHA AIR 90 min		
PILATES REFORMER	19:30-20:30	ESSENTIAL BUTT + THIGHS JOHN	CIRCUIT BUTT + THIGHS JULIE	ESSENTIAL ABS + ARM CHER	ESSENTIAL BUTT + THIGHS RJ	ESSENTIAL ABS + ARM KATE		
YOGA	20:30-21:30	HOT (A) KNOT 60 min	HOT (AB) EVE 60 min	HOT (A) KWANG 60 min	HATHA LUKE 60 min			

ABSOLUTE YOU CLASS SCHEDULE

EXCHANGE TOWER STUDIO								
DATE		9-September	10-September	11-September	12-September	13-September	14-September	15-September
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YOGA	7:00-7:45		HF on the Go BIG 45 min		HF on the Go AIR 45 min			
RHYTHM CYCLING	7:15-8:00	ABSOLUTE BEATS JUNE	ABSOLUTE BEATS CHERIE	ABSOLUTE BEATS PLOY	ABSOLUTE BEATS ARIS	ABSOLUTE BEATS JUNE		
PILATES REFORMER	7:00-7:15	Foundation		Foundation				
	7:15-8:15	ESSENTIAL ABS + ARM RJ RACHEL	ESSENTIAL FIT + TONE RACHEL	ESSENTIAL BUTT + THIGHS JULIE	ESSENTIAL ABS + ARM MAE	ESSENTIAL BUTT + THIGHS JERALD		
YOGA	8:30-9:30	GENTLE FLOW MONICA 60 min	ABSOLUTE FIT BIG 60 min	HATHA JUSTIN 60 min	HOT (A) AIR 60 min	ABSOLUTE FIT PAUL 60 min	HOT (AB) CANDY 60 min	GENTLE FLOW CAKE 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 JOHN
RHYTHM CYCLING	9:00-9:15		Foundation	Foundation	Foundation		Foundation	Foundation
	9:15-10:00		ABSOLUTE BEATS CHERIE	ABSOLUTE ESSENTIALS PLOY	ABSOLUTE BEATS ARIS		ABSOLUTE BEATS MARIA	ABSOLUTE BEATS MAE D.
PILATES REFORMER	9:30-10:00		Foundation		Foundation		(10:15-11:15)	(10:15-11:15)
	10:00-11:00	CIRCUIT BUTT + THIGHS RJ RACHEL	ESSENTIAL ABS + ARM RACHEL	CIRCUIT BUTT + THIGHS RJ RACHEL	ESSENTIAL FIT + TONE JULIE	ESSENTIAL ABS + ARM JERALD	ESSENTIAL FIT + TONE RACHEL	ESSENTIAL BUTT + THIGHS JOHN
YOGA	10:00-11:30	Vinyasa MONICA 90 min	HATHA BIG 90 min	YOGA PILATES JUSTIN 90 min	Vinyasa AIR 90 min	HOT (A) PAUL 90 min	SPINE* CANDY 90 min	HOT (A) CAKE 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 JACKIE	ESSENTIAL ABS + ARM RACHEL	ESSENTIAL FIT + TONE JOHN
RHYTHM CYCLING	12:15-13:00	LUNCH BEATS MAE D.		LUNCH BEATS DREAM		LUNCH BEATS D.GIFT		
YOGA	12:15-13:00			HF on the Go JUSTIN 45 min		HF on the Go PAUL 45 min		
YOGA	14:00-15:30						HOT (A) CANDY 90 min	HATHA CAKE 90 min
RHYTHM CYCLING	14:00-14:15						Foundation	Foundation
	14:15-15:00						ABSOLUTE BEATS JUSTIN	ABSOLUTE BEATS MAE D.
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 JOHN
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 CHERIE		
YOGA	17:30-18:30	ABSOLUTE FIT EVE 60 min	HATHA BIG 60 min	HOT (AB) LUKE 60 min	HOT (A) MON 60 min	Vinyasa PAUL 60 min	ABSOLUTE FIT CANDY (16:30-17:30)	HOT (A) CAKE (16:30-17:30)
PILATES REFORMER	17:30-18:00	Foundation		Foundation		Foundation		
	18:00-19:00	ESSENTIAL BUTT + THIGHS RJ VANESSA	ESSENTIAL FIT + TONE VANESSA	ESSENTIAL ABS + ARM MICHAEL	ESSENTIAL BUTT + THIGHS RISSA	ESSENTIAL ABS + ARM JACKIE		
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 CHERIE		
YOGA	18:45-20:00	HATHA EVE 75 min	HOT (A) BIG 75 min	HATHA LUKE 75 min	HOT (AB) MON 75 min	HOT (A) PAUL 75 min		
PILATES REFORMER	19:00-19:15	Foundation		Foundation		Foundation		
	19:15-20:15	ESSENTIAL ABS + ARM RJ VANESSA	ESSENTIAL BUTT + THIGHS VANESSA	ESSENTIAL FIT + TONE MICHAEL	ESSENTIAL ABS + ARM RISSA	ESSENTIAL FIT + TONE JACKIE		
RHYTHM CYCLING	19:45-20:30	ABSOLUTE BEATS TAE	ABSOLUTE BEATS BOAT	ABSOLUTE BEATS DREAM	ABSOLUTE BEATS JUSTIN	ESSENTIAL FIT + TONE JACKIE		
YOGA	20:15-21:15	HOT (AB) EVE 60 min	Vinyasa BIG 60 min	HOT (A) LUKE 60 min	HATHA / VINYASA MON 60 min			
PILATES REFORMER	20:20-21:20	ESSENTIAL BUTT + THIGHS RJ	ESSENTIAL ABS + ARM VANESSA	ESSENTIAL BUTT + THIGHS MICHAEL	ESSENTIAL FIT + TONE RISSA	ESSENTIAL ABS + ARM JACKIE		

THE CIRCLE STUDIO								
DATE		9-September	10-September	11-September	12-September	13-September	14-September	15-September
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YOGA	7:45-8:45						Vinyasa LEK 60 min	
RHYTHM CYCLING	8:00-8:15	Foundation		Foundation		Foundation		
	8:15-9:00	ABSOLUTE BEATS PAT		ABSOLUTE BEATS SADIA		ABSOLUTE BEATS PLOY		
PILATES REFORMER	8:30-9:00	Foundation		Foundation		Foundation		
	9:00-10:00	ESSENTIAL ABS + ARM ANT P	ESSENTIAL BUTT + THIGHS STAMP	ESSENTIAL FIT + TONE KAN P	ESSENTIAL ABS + ARM KUNGKING	ESSENTIAL BUTT + THIGHS AU	ESSENTIAL FIT + TONE OHM	ESSENTIAL ABS + ARM ART
RHYTHM CYCLING	9:00-9:45						ABSOLUTE BEATS SADIA	ABSOLUTE BEATS KENG (T)
RHYTHM CYCLING	10:00-10:15	Foundation		Foundation		Foundation		Foundation
	10:15-11:00	ABSOLUTE BEATS PAT	ABSOLUTE BEATS AE (T)	ABSOLUTE BEATS SADIA	ABSOLUTE ESSENTIALS KENG (T)		ABSOLUTE BEATS SADIA	ABSOLUTE BEATS KENG (T)
YOGA	9:00-10:30	HOT (A) BEBE 90 min	Vinyasa PLE 90 min	ABSOLUTE FIT CANDY (9:00-10:00)	HATHA BIG 90 min	HOT (A) ARTIE 90 min	HOT (AB) LEK 90 min	HATHA KWANG 90 min
PILATES REFORMER	10:00-10:30	Foundation		Foundation		Foundation		Foundation
	10:30-11:30	ESSENTIAL FIT + TONE ANT P	ESSENTIAL ABS + ARM STAMP	ESSENTIAL BUTT + THIGHS KAN P	ESSENTIAL FIT + TONE KUNGKING	ESSENTIAL ABS + ARM AU	ESSENTIAL BUTT + THIGHS OHM	ESSENTIAL FIT + TONE ART
YOGA	11:00-12:30	HOT (A) PLE 90 min			HOT (AB) BIG 90 min		HOT (A) LEK 90 min	HOT (A) KWANG 90 min
RHYTHM CYCLING	12:15-13:00						ABSOLUTE BEATS D.GIFT	
YOGA	14:00-15:30	ABSOLUTE FIT BEBE (14:00-15:00)	HATHA PLE 90 min	HOT (AB) CANDY 90 min	ABSOLUTE FIT BIG (14:00-15:00)	HOT (A) ARTIE 90 min	HATHA LEK 90 min	YIN YANG KWANG 90 min
RHYTHM CYCLING	14:00-14:15						Foundation	Foundation
	14:15-15:00						ABSOLUTE ESSENTIALS D.GIFT	ABSOLUTE BEATS FERN
PILATES REFORMER	14:00-14:30	Foundation		Foundation		Foundation		Foundation
	14:30-15:30	ESSENTIAL BUTT + THIGHS ANT P	ESSENTIAL ABS + ARM STAMP	ESSENTIAL FIT + TONE KAN P	ESSENTIAL BUTT + THIGHS KUNGKING	ESSENTIAL ABS + ARM AU	ESSENTIAL ABS + ARM OHM	ESSENTIAL BUTT + THIGHS ART
PILATES REFORMER	16:00-17:00						ESSENTIAL BUTT + THIGHS OHM	ESSENTIAL ABS + ARMS ART
YOGA	16:30-18:00						YOGA PILATES LEK 90 min	HOT (AB) KWANG 90 min
PILATES REFORMER	17:00-18:00	ESSENTIAL ABS + ARM ANT P		ESSENTIAL BUTT + THIGHS KAN P		ESSENTIAL FIT + TONE AU		
YOGA	17:45-19:00	YOGA PILATES BEBE 75 min	SPINE* PLE 75 min	Vinyasa CANDY 75 min	SPINE* BIG 75 min	HATHA ARTIE 75 min		
PILATES REFORMER	17:45-18:15	Foundation		Foundation		Foundation		
	18:15-19:15	ESSENTIAL BUTT + THIGHS ANT P	ESSENTIAL FIT + TONE STAMP	ESSENTIAL ABS + ARM KAN P	ESSENTIAL FIT + TONE KUNGKING	ESSENTIAL BUTT + THIGHS AU		
RHYTHM CYCLING	18:15-18:30	Foundation		Foundation		Foundation		
	18:30-19:15	ABSOLUTE BEATS FAI	ABSOLUTE BEATS AE (T)	ABSOLUTE BEATS D.GIFT	ABSOLUTE BEATS KENG (T)	ABSOLUTE BEATS PLOY		
YOGA	19:15-20:30	HOT (AB) BEBE 75 min	HATHA PLE 75 min	HOT (A) CANDY 75 min	Vinyasa BIG 75 min	HOT (AB) ARTIE 75 min		
RHYTHM CYCLING	19:30-20:15	ABSOLUTE BEATS FAI	ABSOLUTE BEATS FERN	ABSOLUTE BEATS D.GIFT	ABSOLUTE BEATS KENG (T)			
PILATES REFORMER	19:30-20:30	ESSENTIAL ABS + ARM ANT P	ESSENTIAL BUTT + THIGHS STAMP	ESSENTIAL BUTT + THIGHS KAN P	ESSENTIAL ABS + ARM KUNGKING	ESSENTIAL FIT + TONE AU		

ABSOLUTE YOU CLASS SCHEDULE

LADPRO STUDIO								
DATE		9-September	10-September	11-September	12-September	13-September	14-September	15-September
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PILATES REFORMER	8:30-9:00	<i>Foundation</i>		<i>Foundation</i>			<i>Foundation</i>	<i>Foundation</i>
	9:00-10:00	ESSENTIAL FIT + TONE LILY	CIRCUIT ABS + ARM ANT P	ESSENTIAL BUTT + THIGHS TERESA	CIRCUIT ABS + ARM ART	ESSENTIAL FIT + TONE STAMP	RISSA ESSENTIAL BUTT + THIGHS RISSA	ESSENTIAL ABS + ARM CHER
YOGA	8:45-9:45						Vinysa AIR 60 min	ABSOLUTE FIT OAT 60 min
PILATES REFORMER	9:00-9:30		<i>Foundation</i>		<i>Foundation</i>			
	9:30-10:30 ROOM 2		ESSENTIAL FIT + TONE ARM		ESSENTIAL BUTT + THIGHS ANT P			
YOGA	10:00-11:30	HOT (A) MON 90 min	HOT (AB) KNOT 90 min	HATHA LEK 90 min	HOT (A) PLE 90 min	SPINE* CAKE 90 min	HOT (AB) AIR 90 min	HOT (A) OAT 90 min
PILATES REFORMER	10:15-11:15	ESSENTIAL BUTT + THIGHS LILY		ESSENTIAL FIT + TONE TERESA		ESSENTIAL ABS + ARM STAMP	ESSENTIAL FIT + TONE RISSA	ESSENTIAL BUTT + THIGHS CHER
YOGA	11:45-13:15		HATHA KNOT 90 min		HATHA PLE 90 min	HATHA CAKE 90 min		
PILATES REFORMER	12:00-13:00						ESSENTIAL ABS + ARM RISSA	ESSENTIAL FIT + TONE CHER
YOGA	14:30-16:00	SPINE* MON 90 min		Vinysa LEK 90 min		HOT (AB) CAKE 90 min	HATHA AIR 90 min	YOGA PILATES OAT 90 min
PILATES REFORMER	17:15-18:15	CIRCUIT BUTT + THIGHS LILY	ESSENTIAL ABS + ARM	CIRCUIT BUTT + THIGHS	ESSENTIAL FIT + TONE ART	CIRCUIT ABS + ARM STAMP		
YOGA	17:15-18:15	HATHA MON 60 min	HOT (AB) KNOT 60 min	YOGA PILATES LEK 60 min	HOT (A) PLE 60 min	Vinysa CAKE 60 min	YIN YANG AIR (16:30-18:00)	HOT (AB) OAT (16:30-18:00)
PILATES REFORMER	17:30-18:30 ROOM 2	ESSENTIAL ABS + ARM KATE		ESSENTIAL BUTT + THIGHS BENZ				
PILATES REFORMER	18:15-18:30					<i>Foundation</i>		
	18:30-19:30	ESSENTIAL ABS + ARM LILY	STRETCH & DESTRESS ARM	ESSENTIAL FIT + TONE TERESA	CIRCUIT ABS + ARM ANT P	ESSENTIAL BUTT + THIGHS STAMP		
PILATES REFORMER	18:30-19:00		<i>Foundation</i>		<i>Foundation</i>			
	19:00-20:00 ROOM 2		ESSENTIAL ABS + ARM ANT P		ESSENTIAL FIT + TONE ART			
YOGA	18:30-20:00	HOT (A) MON 90 min	SPINE* KNOT 90 min	HOT (AB) LEK 90 min	Vinysa PLE 90 min	HOT (A) CAKE 90 min		
PILATES REFORMER	19:30-20:30	ESSENTIAL FIT + TONE KATE	CIRCUIT BUTT + THIGHS ARM	ESSENTIAL ABS + ARM BENZ	ESSENTIAL BUTT + THIGHS ANT P			
YOGA	20:15-21:15	GENTLE FLOW MON 60 min	HOT (A) KNOT 60 min	GENTLE FLOW LEK 60 min	HOT (AB) PLE 60 min			

CRYSTAL PARK STUDIO								
DATE		9-September	10-September	11-September	12-September	13-September	14-September	15-September
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YOGA	7:30-8:30	HATHA BIG 60 min	HOT (AB) OAT 60 min	YOGA PILATES KNOT 60 min	ABSOLUTE FIT TING 60 min	HOT (A) BEBE 60 min	ABSOLUTE FIT 60 min	HOT (A) AIR 60 min
PILATES REFORMER	8:00-9:00						ESSENTIAL FIT + TONE JACKIE	ESSENTIAL ABS + ARM OHM
PILATES REFORMER	8:30-9:30	CIRCUIT ABS + ARM CHER	ESSENTIAL ABS + ARM JEAB	CIRCUIT BUTT + THIGHS VANESSA	CIRCUIT ABS + ARM OHM	ESSENTIAL BUTT + THIGHS TERESA		
	8:30-8:45	<i>Foundation</i>		<i>Foundation</i>		<i>Foundation</i>		
RHYTHM CYCLING	8:45-9:30	ABSOLUTE BEATS KENG [T]		ABSOLUTE BEATS TAE		ABSOLUTE BEATS BOAT		
YOGA	8:45-9:45	HOT (A) BIG 60 min	SPINE* OAT (8:45-10:15)	HOT (AB) KNOT 60 min	HOT (A) TING (8:45-10:15)	Vinysa BEBE 60 min	HOT (A) ARTIE 60 min	ABSOLUTE FIT AIR 60 min
PILATES REFORMER	9:15-10:15						ESSENTIAL ABS + ARM JACKIE	ESSENTIAL BUTT + THIGHS OHM
RHYTHM CYCLING	9:30-9:45		<i>Foundation</i>		<i>Foundation</i>		<i>Foundation</i>	<i>Foundation</i>
	9:45-10:30		ABSOLUTE BEATS PLOY		ABSOLUTE BEATS FAI		ABSOLUTE BEATS PAT	ABSOLUTE BEATS DREAM
PILATES REFORMER	9:45-10:15	<i>Foundation</i>		<i>Foundation</i>		<i>Foundation</i>		
	10:15-11:15	ESSENTIAL BUTT + THIGHS CHER	(9:45-10:45) ESSENTIAL FIT + TONE JEAB	ESSENTIAL ABS + ARM VANESSA	ESSENTIAL BUTT + THIGHS OHM	ESSENTIAL ABS + ARM TERESA		
PILATES REFORMER	10:30-11:30						CARDIO JUMPBOARD JACKIE	ESSENTIAL FIT + TONE OHM
YOGA	10:30-12:00	Vinysa BIG 90 min	HOT (A) OAT 90 min	HATHA KNOT 90 min	SPINE* TING 90 min	HOT (A) BEBE 90 min	HOT (AB) ARTIE 90 min	HATHA AIR 90 min
RHYTHM CYCLING	10:45-11:30						ABSOLUTE BEATS PAT	ABSOLUTE BEATS DREAM
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 JEAB	ESSENTIAL BUTT + THIGHS VANESSA	ESSENTIAL ABS + ARM OHM	ESSENTIAL FIT + TONE TERESA		
PILATES REFORMER	11:45-12:15						<i>Foundation</i>	
	12:15-13:15						ESSENTIAL BUTT + THIGHS JACKIE	CIRCUIT ABS + ARM OHM
YOGA	14:00-15:30	SPINE* BIG 90 min		YOGA PILATES KNOT 90 min		Vinysa BEBE 90 min	Vinysa ARTIE 90 min	YIN YANG AIR 90 min
RHYTHM CYCLING	15:30-15:45						<i>Foundation</i>	<i>Foundation</i>
	15:45-16:30						ABSOLUTE ESSENTIALS PAT	ABSOLUTE BEATS DREAM
PILATES REFORMER	15:30-16:00							<i>Foundation</i>
	16:00-17:00						CIRCUIT ABS + ARM JACKIE	ESSENTIAL BUTT + THIGHS OHM
YOGA	17:30-18:30	HOT (A) BIG 60 min	Vinysa KWANG 60 min	HOT (AB) KNOT 60 min	HATHA EVE 60 min	GENTLE FLOW BEBE 60 min		
PILATES REFORMER	17:00-17:30							
	17:30-18:30	ESSENTIAL FIT + TONE RISSA	ESSENTIAL BUTT + THIGHS CHER	ESSENTIAL FIT + TONE VANESSA	ESSENTIAL ABS + ARM OHM	ESSENTIAL BUTT + THIGHS INK		
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 KENG [T]	ABSOLUTE ESSENTIALS PLOY	ABSOLUTE BEATS TAE	ABSOLUTE BEATS FAI	ABSOLUTE BEATS AE [T]		
PILATES REFORMER	18:30-19:00	<i>Foundation</i>		<i>Foundation</i>	<i>Foundation</i>			
	19:00-20:00	ESSENTIAL BUTT + THIGHS RISSA	CIRCUIT ABS + ARM CHER	ESSENTIAL ABS + ARM VANESSA	ESSENTIAL BUTT + THIGHS OHM	ESSENTIAL FIT + TONE INK		
YOGA	19:00-20:15	HATHA BIG 75 min	HOT (AB) KWANG (19:00-20:00)	Vinysa KNOT 75 min	HOT (A) EVE (19:00-20:00)	HOT (A) BEBE 75 min		
YOGA	20:10-21:10		HOT (A) KWANG 60 min		HATHA EVE 60 min			

ABSOLUTE YOU CLASS SCHEDULE

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

JAS URBAN STUDIO								
DATE		9-September	10-September	11-September	12-September	13-September	14-September	15-September
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PILATES REFORMER	8:00-8:30	Foundation			Foundation		Foundation	Foundation
	8:30-9:30	ESSENTIAL ABS + ARM STAMP	ESSENTIAL BUTT + THIGHS AU	ESSENTIAL FIT + TONE KUNGKING	ESSENTIAL ABS + ARM PANG	ESSENTIAL BUTT + THIGHS ARM	ESSENTIAL FIT + TONE AU	ESSENTIAL ABS + ARM ANT P
YOGA	8:30-9:30			HATHA OAT 60 min		HOT (A) PLE 60 min		
RHYTHM CYCLING	9:00-9:45	Foundation	Foundation	Foundation	Foundation	Foundation	Foundation	Foundation
	9:30-10:00	ABSOLUTE ESSENTIALS KATIE	ABSOLUTE BEATS PAT	ABSOLUTE BEATS AE (T)	ABSOLUTE BEATS PLA (T)	ABSOLUTE BEATS PAT	ABSOLUTE BEATS BOAT	ABSOLUTE BEATS CHERIE
PILATES REFORMER	10:00-11:00	ESSENTIAL FIT + TONE STAMP	ESSENTIAL ABS + ARM AU	ESSENTIAL BUTT + THIGHS KUNGKING	ESSENTIAL FIT + TONE PANG	ESSENTIAL ABS + ARM ARM	ESSENTIAL ABS + ARM AU	ESSENTIAL BUTT + THIGHS ANT P
	10:00-11:30	ABSOLUTE FIT CAKE (10:00-11:00)	HATHA ARTIE 90 min	HOT (A) OAT 90 min	Vinyasa CANDY 90 min	HATHA PLE 90 min	HOT (A) FAR 90 min	HOT (AB) LEK 90 min
RHYTHM CYCLING	10:00-10:15						Foundation	Foundation
	10:15-11:00						ABSOLUTE BEATS BOAT	ABSOLUTE ESSENTIALS CHERIE
PILATES REFORMER	11:15-12:15						ESSENTIAL FIT + TONE AU	ESSENTIAL ABS + ARM ANT P
	14:30-16:00	HOT (AB) CAKE 90 min			GENTLE FLOW CANDY (14:30-15:30)		HATHA FAR 90 min	YIN YANG LEK 90 min
PILATES REFORMER	14:30-15:00						Foundation	Foundation
	15:00-16:00						ESSENTIAL BUTT + THIGHS AU	ESSENTIAL FIT + TONE ANT P
PILATES REFORMER	17:45-18:15	Foundation	Foundation	Foundation	Foundation	Foundation		
	18:15-19:15	ESSENTIAL BUTT + THIGHS STAMP	ESSENTIAL FIT + TONE AU	ESSENTIAL ABS + ARM KUNGKING	ESSENTIAL BUTT + THIGHS PANG	ESSENTIAL ABS + ARM ARM		
YOGA	18:00-19:30	Vinyasa CAKE 90 min	HOT (A) ARTIE 90 min	HOT (AB) OAT 90 min	HOT (A) CANDY 90 min	HOT (AB) PLE 90 min		
	18:30-18:45	Foundation	Foundation	Foundation	Foundation	Foundation		
RHYTHM CYCLING	18:45-19:30	ABSOLUTE BEATS SAFIYA	ABSOLUTE BEATS KENG (T)	ABSOLUTE BEATS AE (T)	ABSOLUTE BEATS DREAM	ABSOLUTE BEATS PAT		
	19:15-19:45	Foundation	Foundation	Foundation	Foundation	Foundation		
PILATES REFORMER	19:45-20:45	ESSENTIAL FIT + TONE STAMP	ESSENTIAL BUTT + THIGHS AU	ESSENTIAL BUTT + THIGHS KUNGKING	ESSENTIAL ABS + ARM PANG			
	19:45-20:30		ABSOLUTE BEATS KENG (T)		ABSOLUTE BEATS DREAM			
YOGA	19:45-20:45		SPINE* ARTIE 60 min		YIN YANG CANDY 60 min			

ABSOLUTE YOU CLASS SCHEDULE

G TOWER STUDIO								
DATE		9-September	10-September	11-September	12-September	13-September	14-September	15-September
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PILATES REFORMER	7:00-7:35	Foundation		Foundation				
	7:15-8:15	ABSOLUTE BEATS SADIA		ESSENTIAL ABS + ARM BENZ		ESSENTIAL FIT + TONE PANG		
RHYTHM CYCLING	7:00-7:15	Foundation	Foundation	Foundation	Foundation	Foundation		
	7:15-8:00	ABSOLUTE BEATS SADIA	ABSOLUTE BEATS PLA (T)	ABSOLUTE BEATS JUNE	ABSOLUTE BEATS BOAT	ABSOLUTE BEATS PLA (T)		
PILATES REFORMER	8:30-9:00						Foundation	Foundation
	9:00-10:00						ESSENTIAL BUTT + THIGHS INK	ESSENTIAL FIT + TONE LILY
RHYTHM CYCLING	9:00-9:15						Foundation	Foundation
	9:15-10:00						ABSOLUTE BEATS AE (T)	ABSOLUTE BEATS BOAT
PILATES REFORMER	10:15-11:15						ESSENTIAL FIT + TONE INK	ESSENTIAL ABS + ARM LILY
PILATES REFORMER	11:45-12:00	Foundation		Foundation		Foundation		
	12:00-13:00	ESSENTIAL ABS + ARM ART	ESSENTIAL BUTT + THIGHS LILY	ESSENTIAL BUTT + THIGHS BENZ	ESSENTIAL FIT + TONE ARM	ESSENTIAL FIT + TONE PANG		
RHYTHM CYCLING	12:00-12:15		Foundation		Foundation			
RHYTHM CYCLING	12:15-13:00		LUNCH BEATS SADIA		LUNCH BEATS PLA (T)			
RHYTHM CYCLING	14:00-14:15						Foundation	Foundation
RHYTHM CYCLING	14:15-15:00						ABSOLUTE ESSENTIALS AE (T)	ABSOLUTE BEATS SADIA
PILATES REFORMER	14:30-15:00						Foundation	Foundation
	15:00-16:00						ESSENTIAL ABS + ARM INK	ESSENTIAL FIT + TONE LILY
PILATES REFORMER	17:00-17:30	Foundation	Foundation	Foundation	Foundation	Foundation		
	17:30-18:30	ESSENTIAL FIT + TONE ART	ESSENTIAL ABS + ARM LILY	ESSENTIAL BUTT + THIGHS INK	ESSENTIAL FIT + TONE ARM	ESSENTIAL BUTT + THIGHS PANG		
PILATES REFORMER	18:45-19:45	ESSENTIAL BUTT + THIGHS ART	ESSENTIAL ABS + ARM LILY	ESSENTIAL FIT + TONE INK	ESSENTIAL ABS + ARM ARM	ESSENTIAL BUTT + THIGHS PANG		
RHYTHM CYCLING	18:15-18:30		Foundation	Foundation	Foundation	Foundation		
	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 ART	ESSENTIAL BUTT + THIGHS LILY	ESSENTIAL FIT + TONE INK	ESSENTIAL ABS + ARM ARM			
RHYTHM CYCLING	19:30-19:45	Foundation	Foundation	Foundation	Foundation	Foundation		
	19:45-20:30	ABSOLUTE BEATS PLA (T)	ABSOLUTE BEATS TAE	ABSOLUTE BEATS FERN	ABSOLUTE BEATS SAFIYA			

ON-NUT STUDIO								
DATE		9-September	10-September	11-September	12-September	13-September	14-September	15-September
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PILATES REFORMER	7:15-8:15		ESSENTIAL BUTT + THIGHS PANG		ESSENTIAL ABS + ARM TERESA			
YOGA	8:30-9:30	HATHA PLE 60 min		GENTE FLOW FAI 60 min		HOT (A) KWANG 60 min	ABSOLUTE FIT 60 min	GENTE FLOW EVE 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 PANG	ESSENTIAL BUTT + THIGHS RISSA	ESSENTIAL FIT + TONE TERESA	ESSENTIAL ABS + ARM KUNGKING	ESSENTIAL BUTT + THIGHS ANT P	ESSENTIAL FIT + TONE TERESA
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 FERN	ABSOLUTE BEATS TAE	ABSOLUTE BEATS DREAM	ABSOLUTE BEATS MARIA
YOGA	10:00-11:15	HOT (A) PLE 75 min	HATHA MON 75 min	HOT (AB) FAI 75 min	HATHA PAUL 75 min	Vinvasa KWANG 75 min	HOT (A) PANG 75 min	HATHA EVE 75 min
PILATES REFORMER	10:00-10:30							Foundation
	10:30-11:30						ESSENTIAL ABS + ARM ANT P	ESSENTIAL BUTT + THIGHS TERESA
PILATES REFORMER	13:30-14:00	Foundation	Foundation	Foundation	Foundation	Foundation	Foundation	Foundation
	14:00-15:00	ESSENTIAL ABS + ARM AU		ESSENTIAL FIT + TONE RISSA		ESSENTIAL BUTT + THIGHS KUNGKING	ESSENTIAL FIT + TONE ANT P	ESSENTIAL ABS + ARM TERESA
YOGA	14:00-15:00		HOT (A) MON 60 min		GENTE FLOW PAUL 60 min		HOT (AB) PANG (14:00-15:30)	HOT (A) EVE (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	Foundation	Foundation		
	18:15-19:15	ESSENTIAL FIT + TONE AU	ESSENTIAL BUTT + THIGHS PANG	ESSENTIAL ABS + ARM RISSA	ESSENTIAL BUTT + THIGHS TERESA	ESSENTIAL FIT + TONE KUNGKING		
YOGA	18:00-19:30	HOT (A) PLE 90 min	HATHA MON 90 min	HOT (A) FAI 90 min	Vinvasa PAUL 90 min	HOT (AB) KWANG 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			
	19:30-20:30	ESSENTIAL ABS + ARM AU	ESSENTIAL FIT + TONE PANG	ESSENTIAL BUTT + THIGHS RISSA	ESSENTIAL ABS + ARM TERESA			
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	GENTE FLOW PLE 60 min	HOT (A) MON 60 min	HATHA FAI 60 min	HOT (AB) PAUL 60 min			

ABSOLUTE YOU CLASS SCHEDULE

NANG-LIN-CHEE STUDIO								
DATE		9-September	10-September	11-September	12-September	13-September	14-September	15-September
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YOGA	7:30-8:15		HF on the Go LEK 45 min		HF on the Go OAT 45 min			
PILATES REFORMER	7:30-8:30	ESSENTIAL BUTT + THIGHS JACKIE	ESSENTIAL ABS + ARM RISSA	ESSENTIAL FIT + TONE RJ	ESSENTIAL BUTT + THIGHS INK	ESSENTIAL FIT + TONE RACHEL		
YOGA	8:30-9:30						ABSOLUTE FIT TING 60 min	GENTLE FLOW BEBE 60 min
PILATES REFORMER	8:30-9:00	Foundation	Foundation	Foundation	Foundation	Foundation	Foundation	Foundation
	9:00-10:00	ESSENTIAL FIT + TONE JACKIE	ESSENTIAL ABS + ARM RISSA	ESSENTIAL BUTT + THIGHS RJ	ESSENTIAL FIT + TONE INK	ESSENTIAL ABS + ARM RACHEL	ESSENTIAL BUTT + THIGHS BENZ	ESSENTIAL FIT + TONE STAMP
RHYTHM CYCLING	9:00-9:15	Foundation	Foundation	Foundation	Foundation	Foundation	Foundation	Foundation
	9:15-10:00	ABSOLUTE BEATS PLOY	ABSOLUTE BEATS JUSTIN	ABSOLUTE ESSENTIALS FERN	ABSOLUTE BEATS TAE	ABSOLUTE BEATS ARIS	ABSOLUTE BEATS MAE D.	ABSOLUTE BEATS D. GIFT
YOGA	10:00-11:15	HOT (A) AIR 75 min	HATHA LEK 75 min	HOT (AB) PAUL 75 min	HATHA OAT 75 min	Vinyasa FAI 75 min	HOT (A) TING 75 min	HATHA BEBE 75 min
PILATES REFORMER	10:00-10:30		Foundation		Foundation		Foundation	Foundation
	10:30-11:30		ESSENTIAL FIT + TONE RISSA		ESSENTIAL BUTT + THIGHS INK		ESSENTIAL ABS + ARM BENZ	ESSENTIAL BUTT + THIGHS STAMP
PILATES REFORMER	13:30-14:00			ESSENTIAL ABS + ARM LILY			ESSENTIAL FIT + TONE BENZ	ESSENTIAL ABS + ARM STAMP
YOGA	14:00-15:30						HOT (AB) TING 90 min	HOT (A) BEBE 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 KUNGKING		ESSENTIAL FIT + TONE LILY				
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	Foundation	Foundation	Foundation	Foundation
	18:15-19:15	ESSENTIAL FIT + TONE KUNGKING	ESSENTIAL BUTT + THIGHS RISSA	ESSENTIAL ABS + ARM LILY	ESSENTIAL BUTT + THIGHS INK	ESSENTIAL FIT + TONE RACHEL		
YOGA	18:00-19:30	HOT (AB) AIR 90 min	HATHA LEK 90 min	HOT (A) PAUL 90 min	Vinyasa OAT 90 min	HOT (AB) FAI 90 min		
RHYTHM CYCLING	18:15-18:30	Foundation	Foundation	Foundation	Foundation	Foundation	Foundation	Foundation
	18:30-19:15	ABSOLUTE BEATS PLOY	ABSOLUTE BEATS MEI	ABSOLUTE BEATS JUSTIN	ABSOLUTE BEATS TAE	ABSOLUTE BEATS SADIA		
PILATES REFORMER	19:15-19:30	Foundation	Foundation	Foundation	Foundation	Foundation	Foundation	Foundation
	19:30-20:30	ESSENTIAL ABS + ARM KUNGKING	ESSENTIAL FIT + TONE RISSA	ESSENTIAL BUTT + THIGHS LILY	ESSENTIAL ABS + ARM INK			
RHYTHM CYCLING	19:30-20:15	ABSOLUTE BEATS PLOY	ABSOLUTE BEATS SADIA	ABSOLUTE BEATS FLYNN	ABSOLUTE BEATS ARIS			
YOGA	19:45-20:45	GENTLE FLOW AIR 60 min	Vinyasa LEK 60 min	HATHA PAUL 60 min	GENTLE FLOW OAT 60 min			

ARI STUDIO								
DATE		9-September	10-September	11-September	12-September	13-September	14-September	15-September
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PILATES REFORMER	7:30-8:30	ESSENTIAL BUTT + THIGHS ARM		ESSENTIAL FIT + TONE PANG		ESSENTIAL ABS + ARM JOHN		
YOGA	8:30-9:15	HF on the Go OAT 45 min		HF on the Go ARTIE 45 min		HF on the Go CANDY 45 min	HOT (AB) CAKE (8:30-9:30)	GENTLE FLOW FAI (8:30-9:30)
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 PANG	ESSENTIAL FIT + TONE LILY	ESSENTIAL BUTT + THIGHS JOHN	ESSENTIAL BUTT + THIGHS TERESA	ESSENTIAL FIT + TONE VANESSA
YOGA	10:00-11:15	HOT (A) OAT 75 min	HATHA BEBE 75 min	HOT (AB) ARTIE 75 min	HOT (A) KWANG 75 min	Vinyasa CANDY 75 min	HOT (A) CAKE 75 min	HATHA FAI 75 min
PILATES REFORMER	10:00-10:30				ESSENTIAL ABS + ARM LILY			Foundation
	10:30-11:30		ESSENTIAL FIT + TONE KUNGKING				ESSENTIAL ABS + ARM TERESA	ESSENTIAL BUTT + THIGHS VANESSA
YOGA	11:30-13:00	Vinyasa OAT 90 min		HATHA ARTIE 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 ARM		ESSENTIAL FIT + TONE PANG		ESSENTIAL ABS + ARM JOHN	ESSENTIAL FIT + TONE TERESA	ESSENTIAL ABS + ARM VANESSA
YOGA	14:00-15:30						HATHA CAKE	HOT (A) FAI
PILATES REFORMER	15:15-16:15						ESSENTIAL BUTT + THIGHS TERESA	ESSENTIAL FIT + TONE VANESSA
PILATES REFORMER	17:15-17:45	Foundation	(17:30-18:30)	Foundation	(17:30-18:30)	Foundation		
	17:45-18:45	ESSENTIAL FIT + TONE ARM	ESSENTIAL BUTT + THIGHS KUNGKING	ESSENTIAL ABS + ARM ART	ESSENTIAL BUTT + THIGHS LILY	ESSENTIAL FIT + TONE JOHN		
YOGA	18:00-19:30	HOT (AB) OAT 90 min	HOT (A) BEBE 90 min	HOT (A) ARTIE 90 min	Vinyasa KWANG 90 min	HOT (AB) CANDY 90 min		
PILATES REFORMER	18:45-19:00	Foundation	Foundation	Foundation	Foundation	Foundation	Foundation	Foundation
	19:00-20:00	ESSENTIAL BUTT + THIGHS ARM	ESSENTIAL ABS + ARM KUNGKING	ESSENTIAL FIT + TONE ART	ESSENTIAL FIT + TONE LILY			
PILATES REFORMER	20:15-21:15	ESSENTIAL ABS + ARM ARM	ESSENTIAL FIT + TONE KUNGKING	ESSENTIAL BUTT + THIGHS ART	ESSENTIAL ABS + ARM LILY			
YOGA	19:45-20:45	GENTLE FLOW OAT 60 min	VIN YANG BEBE 60 min	GENTLE FLOW ARTIE 60 min	HOT (AB) KWANG 60 min			

CLASS SCHEDULE (Boat Avenue)

9-15 September 2019



AUGUST	TIME	9 - MON	10 - TUE	11 - WED	12 - THU	13 - FRI	14 - SAT	15 - SUN
YOGA	08.30-10.00	YOGA VINYASA MIKE		YOGA ARM BALANCE AM		YOGA GENTLE FLOW MIKE		
YOGA	09.00-10.15		YOGA YOGA PILATES AM		YOGA HOT A MIKE			
YOGA	09.30-10.30						YOGA HOT AB MIKE	YOGA HATHA AM
PILATES REFORMER	08.30-09.00	Foundation		Foundation		Foundation		Foundation
	09.00-10.00	PILATES REFORMER ESSENTIAL BUTT + THIGHS JP		PILATES REFORMER ESSENTIAL FIT+ TONE YING		PILATES REFORMER ESSENTIAL BUTT + THIGHS YING		PILATES REFORMER ESSENTIAL BUTT + THIGHS JP
CYCLING	09.00-09.15		Foundation		Foundation		Foundation	
	09.15-10.00		RHYTHM CYCLING ABSOLUTE BEATS NUI		RHYTHM CYCLING ABSOLUTE BEATS JP		RHYTHM CYCLING ABSOLUTE BEATS JP	
CYCLING	10.00-10.15	Foundation		Foundation		Foundation		
	10.15-11.00	RHYTHM CYCLING ABSOLUTE BEATS JP		RHYTHM CYCLING ABSOLUTE BEATS AM		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		
	10.30-11.30	PILATES REFORMER ESSENTIAL ABS + ARMS YING	PILATES REFORMER ESSENTIAL ABS + ARMS NUI	PILATES REFORMER ESSENTIAL BUTT + THIGHS YING	PILATES REFORMER ESSENTIAL ABS + ARMS JP	PILATES REFORMER ESSENTIAL FIT+ TONE YING	PILATES REFORMER ESSENTIAL FIT+ TONE JP	
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 JP	
YOGA	15.30-16.30						YOGA YOGA PILATES MIKE	YOGA INVERSION AM
PILATES REFORMER	17.30-18.00	Foundation		Foundation				
	18.00-19.00	PILATES REFORMER ESSENTIAL FIT+ TONE JP		PILATES REFORMER ESSENTIAL ABS + ARMS NUI		PILATES REFORMER ESSENTIAL BUTT + THIGHS YING		
CYCLING	18.00-18.15		Foundation		Foundation			
	18.15-19.00		RHYTHM CYCLING ABSOLUTE BEATS AM		RHYTHM CYCLING ABSOLUTE BEATS JP			
YOGA	18.00-19.15	YOGA HOT A MIKE		YOGA GENTLE FLOW AM		YOGA HATHA MIKE		
YOGA	19.30-20.30		YOGA VINYASA AM		YOGA YIN YANG MIKE			
PILATES REFORMER	19.15-19.30				Foundation			
	19.30-20.30		PILATES REFORMER ESSENTIAL BUTT + THIGHS NUI		PILATES REFORMER ESSENTIAL FIT+ TONE JP			
CYCLING	19.15-19.30	Foundation				Foundation		
	19.30-20.15	RHYTHM CYCLING ABSOLUTE BEATS NUI		RHYTHM CYCLING ABSOLUTE BEATS NUI		RHYTHM CYCLING ABSOLUTE BEATS NUI		