



ABSOLUTE YOU CLASS SCHEDULE

AMARIN PLAZA STUDIO								
DATE		10-June	11-June	12-June	13-June	14-June	15-June	16-June
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 PAUL 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 JERALD	ESSENTIAL ABS + ARMS LILY	CIRCUIT BUTT + THIGHS RJ		
PILATES REFORMER	7:30-8:30 ROOM 2	ESSENTIAL FIT + TONE VANESSA	ESSENTIAL BUTT + THIGHS JACKIE	ESSENTIAL ABS + ARM JULIE	ESSENTIAL FIT + TONE KATE	ESSENTIAL ABS + ARM PEWEE		
PILATES REFORMER	8:00-9:00						ESSENTIAL FIT + TONE JERALD	ESSENTIAL BUTT + THIGHS VANESSA
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 TING 90 min		TWISTING* TING 90 min		TWISTING* KNOT (7:30-8:30)
CORE BLAST	8:30-9:30	CORE SUSPEND BUTT + THIGHS VANESSA		CORE BALST SCULPT JUDO		CORE SUSPEND ABS + ARM RJ		
PILATES REFORMER	8:30-9:30	ESSENTIAL BUTT + THIGHS MAE		ESSENTIAL FIT + TONE JULIE		YOGA STRETCHING ON REFORMER 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 LILY		ESSENTIAL BUTT + THIGHS JULIE	ESSENTIAL ABS + ARMS KAT
YOGA	8:45-9:45						ABSOLUTE FIT KATE 60 min	HATHA KNOT 60 min
CORE BLAST	9:15-10:15						CORE SUSPEND ABS + ARM OHM	CORE SUSPEND BUTT + THIGHS VANESSA
PILATES REFORMER	9:30-10:30 ROOM 2 (Time Changed)						ESSENTIAL FIT + TONE TERESA	ESSENTIAL BUTT + THIGHS JULIE
PILATES REFORMER	9:45-10:45	CARDIO JUMPBOARD MAE		CIRCUIT BUTT + THIGHS JULIE		ESSENTIAL FIT + TONE RJ		
YOGA	10:00-11:30	HOT (A) HARRISON 90 min	HATHA CANDY 90 min	HOT (AB) TING 90 min	HOT (A) PAUL 90 min	HOT (AB) TING 90 min	HOT (A) CANDY 90 min	HOT (A) PAUL 90 min
PILATES REFORMER	10:30-11:30						ESSENTIAL ABS + ARM JULIE	ESSENTIAL FIT + TONE KAT
PILATES REFORMER	10:30-11:00						Foundation	Foundation
	11:00-12:00 ROOM 2 (Class Added)						ESSENTIAL ABS + ARM TERESA	ESSENTIAL FIT + TONE JULIE
YOGA	11:00-12:30 CB studio						HIP OPENER* KATE 90 min	YOGA PILATES KNOT 90 min
PILATES REFORMER	11:45-12:45						ESSENTIAL FIT + TONE OHM	ESSENTIAL ABS + ARM VANESSA
YOGA	12:15-13:00	HF on the Go LUKE 45 min	HF on the Go CANDY 45 min	HF on the Go MON 45 min	HF on the Go PAUL 45 min	HF on the Go KATE 45 min		
PILATES REFORMER	12:15-13:15		ESSENTIAL FIT + TONE KAT		ESSENTIAL BUTT + THIGHS LILY			
CORE BLAST	13:45-14:00						Foundation	Foundation
	14:00-15:00						CORE SUSPEND BUTT + THIGHS OHM	CORE SUSPEND ABS + ARMS VANESSA
PILATES REFORMER	14:00-14:30			Foundation				
	14:30-15:30	ESSENTIAL ABS + ARMS MAE		ESSENTIAL FIT + TONE JULIE		CIRCUIT ABS + ARMS RJ	ESSENTIAL ABS + ARMS TERESA	ESSENTIAL FIT + TONE KAT
YOGA	14:30-16:00	ABSOLUTE FIT PAUL (14:30-15:30)	HATHA CANDY 90 min	HOT (AB) RENE 90 min	ABSOLUTE FIT PAUL (14:30-15:30)	HOT (A) HARRISON 90 min	HOT (AB) CANDY 90 min	HOT (A) PAUL 90 min
YOGA	15:15-16:45 CB studio						YIN YANG KATE 90 min	Vinyasa KNOT 90 min
PILATES REFORMER	14:30-15:00						Foundation	Foundation
	15:00-16:00 ROOM 2						ESSENTIAL BUTT + THIGHS TERESA	ESSENTIAL ABS + ARM JULIE
PILATES REFORMER	16:00-17:00						CIRCUIT BUTT + THIGHS JULIE	ESSENTIAL BUTT + THIGHS KAT
YOGA	16:30-17:30	Vinyasa PAUL 60 min	HOT (A) LUKE 60 min	GENTLE FLOW MON 60 min	INVERSION* KNOT 60 min	ABSOLUTE FIT KATE 60 min	HOT (A) CANDY 60 min	ABSOLUTE FIT PAUL 60 min
PILATES REFORMER	16:45-17:45	CIRCUIT ABS + ARMS VANESSA	ESSENTIAL FIT + TONE JERALD	ESSENTIAL BUTT + THIGHS RENE	ESSENTIAL ABS + ARM JEAB	ESSENTIAL FIT + TONE PEWEE		
PILATES REFORMER	17:00-17:30	Foundation	Foundation	Foundation	Foundation	Foundation		
	17:30-18:30 ROOM 2	ESSENTIAL BUTT + THIGHS PEWEE	ESSENTIAL ABS + ARM KLUNGKING	ESSENTIAL FIT + TONE RISSA	ESSENTIAL BUTT + THIGHS KATE	ESSENTIAL ABS + ARM RACHEL		
CORE BLAST	17:45-18:00		Foundation		Foundation			
	18:00-19:00	CORE SUSPEND BUTT + THIGHS VANESSA	CORE SUSPEND ABS + ARM JACKIE	CORE SUSPEND WHOLE BODY JUDO	CORE SUSPEND BUTT + THIGHS JULIE	CORE BLAST TONE		
PILATES REFORMER	18:00-19:00	ESSENTIAL BUTT + THIGHS MICHAEL	ESSENTIAL FIT + TONE JERALD	CIRCUIT ABS + ARMS MAE	ESSENTIAL BUTT + THIGHS JEAB	CIRCUIT BUTT + THIGHS PEWEE		
YOGA	18:00-19:30	HOT (A) HARRISON 90 min	YOGA PILATES LUKE (18:00-19:00)	HOT (A) BENZ 90 min	ABSOLUTE FIT KNOT (18:00-19:00)	HOT (AB) HARRISON 90 min		
PILATES REFORMER	18:40-19:40 ROOM 2	ESSENTIAL ABS + ARM PEWEE	ESSENTIAL FIT + TONE KLUNGKING	ESSENTIAL BUTT + THIGHS RISSA	ESSENTIAL ABS + ARM KATE	ESSENTIAL FIT + TONE RACHEL		
PILATES REFORMER	19:10-20:10	ESSENTIAL FIT + TONE MICHAEL	CIRCUIT BUTT + THIGHS JULIE	ESSENTIAL BUTT + THIGHS MAE	ESSENTIAL ABS + ARM JEAB	ESSENTIAL FIT + TONE PEWEE		
YOGA	19:15-20:45 CB/YG studio	TWISTING* PAUL 90 min	Vinyasa LUKE 90 min	BALANCING* MON 90 min	Vinyasa KNOT 90 min	HATHA KATE 90 min		
YOGA	19:15-20:15 CB/YG studio		HATHA JACKIE 60 min		YOGA PILATES LILY 60 min			
PILATES REFORMER	19:45-20:45 ROOM 2	ESSENTIAL FIT + TONE PEWEE	ESSENTIAL BUTT + THIGHS KLUNGKING	ESSENTIAL ABS + ARM RISSA	ESSENTIAL FIT + TONE KATE	ESSENTIAL BUTT + THIGHS RACHEL		
YOGA	19:45-20:45	HOT (A) HARRISON 60 min		HOT (AB) BENZ 60 min		HOT (A) HARRISON 60 min		
PILATES REFORMER	20:15-21:15	ESSENTIAL BUTT + THIGHS MICHAEL	ESSENTIAL ABS + ARM JULIE	ESSENTIAL FIT + TONE MAE	ESSENTIAL BUTT + THIGHS JEAB			



ABSOLUTE YOU CLASS SCHEDULE

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

SILOM STUDIO								
DATE		10-June	11-June	12-June	13-June	14-June	15-June	16-June
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 TING 45 min	HF on the Go PLE 45 min	HF on the Go MON 45 min	HF on the Go CAKE 45 min		
CORE BLAST	7:00-8:00	CORE SUSPEND BUTT + THIGHS JUDO		CORE SUSPEND ABS + ARM PEWEE		CORE BLAST CARDIO OHM		
PILATES REFORMER	7:00-8:00	ESSENTIAL FIT + TONE RISSA		CIRCUIT ABS + ARM CHER		ESSENTIAL BUTT + THIGHS MAE		
CORE BLAST	8:00-8:15	Foundation		Foundation		Foundation		
CORE BLAST	8:15-9:15	CORE SUSPEND ABS + ARM JUDO		CORE BLAST CARDIO PEWEE		CORE SUSPEND BUTT + THIGHS OHM	Foundation	CORE SUSPEND BUTT + THIGHS LILY
YOGA	8:15-9:15		GENTLE FLOW TING 60 min		HOT (AB) MON 60 min			
YOGA	8:30-9:30						HATHA BEBE 60 min	HOT (A) HARRISON 60 min
PILATES REFORMER	8:30-9:00			Foundation				
PILATES REFORMER	9:00-10:00	ESSENTIAL ABS + ARM RISSA	ESSENTIAL FIT + TONE MAE	ESSENTIAL BUTT + THIGHS CHER	ESSENTIAL FIT + TONE RACHEL	CIRCUIT BUTT + THIGHS MAE		
PILATES REFORMER	9:15-10:15						ESSENTIAL FIT + TONE VANESSA	ESSENTIAL ABS + ARMS LILY
YOGA	9:30-11:00	HOT (A) CANDY 90 min	HOT (AB) TING 90 min	HOT (AB) PLE 90 min	HOT (A) MON 90 min	HATHA CAKE 90 min	HOT (A) BEBE (9:45-11:15)	YOGA PILATES HARRISON (9:45-11:15)
PILATES REFORMER	10:15-10:45						Foundation	
PILATES REFORMER	10:45-11:45						ESSENTIAL ABS + ARM VANESSA	ESSENTIAL BUTT + THIGHS LILY
YOGA	12:15-13:00	HF on the Go CANDY 45 min	HF on the Go TING 45 min	HF on the Go PLE 45 min	HF on the Go MON 45 min	HF on the Go CAKE 45 min		
PILATES REFORMER	14:00-14:30				Foundation			Foundation
PILATES REFORMER	14:30-15:30		CIRCUIT BUTT + THIGHS MAE		ESSENTIAL FIT + TONE RACHEL			ESSENTIAL FIT + TONE VANESSA
YOGA	14:30-16:00	HOT (AB) KNOT 90 min		HOT (A) LEK 90 min		HOT (AB) CAKE 90 min	YIN YANG BEBE (15:30-17:00)	HOT (AB) HARRISON (15:30-17:00)
PILATES REFORMER	17:00-18:00	ESSENTIAL FIT + TONE RISSA	ESSENTIAL ABS + ARM MICHAEL	CARDIO JUMPMBOARD	ESSENTIAL BUTT + THIGHS RI	ESSENTIAL ABS + ARM RISSA		
YOGA	17:30-18:30	ABSOLUTE FIT KNOT 60 min	HOT (AB) EVE 60 min	HATHA LEK 60 min	Vinyasa LUKE 60 min	HOT (A) CAKE 60 min		
CORE BLAST	17:45-18:00	Foundation		Foundation		Foundation		
CORE BLAST	18:00-19:00	CORE SUSPEND WHOLE BODY JUDO	CORE SUSPEND ABS + ARM JUDO	CORE SUSPEND BUTT + THIGHS PEWEE	CORE SUSPEND ABS + ARM RACHEL	CORE SUSPEND BUTT + THIGHS OHM		
PILATES REFORMER	18:00-18:15		Foundation		Foundation	Foundation		
PILATES REFORMER	18:15-19:15	CIRCUIT ABS + ARM RISSA	ESSENTIAL BUTT + THIGHS MICHAEL	CIRCUIT BUTT + THIGHS ANT	ESSENTIAL ABS + ARM RI	ESSENTIAL FIT + TONE RISSA		
YOGA	18:45-20:15	Vinyasa KNOT 90 min	ARM BALANCE* EVE 90 min	HOT (AB) LEK 90 min	HOT (A) LUKE 90 min	HATHA CAKE 90 min		
CORE BLAST	19:00-19:15	Foundation		Foundation		Foundation		
CORE BLAST	19:15-20:15	CORE SUSPEND ABS + ARM JUDO	CORE SUSPEND BUTT + THIGHS JUDO	CORE BLAST CARDIO PEWEE	CORE SUSPEND BUTT + THIGHS RACHEL	CORE SUSPEND ABS + ARM OHM		
PILATES REFORMER	19:30-20:30	ESSENTIAL BUTT + THIGHS RISSA	CIRCUIT BUTT + THIGHS MICHAEL	ESSENTIAL ABS + ARM ANT	ESSENTIAL BUTT + THIGHS RI	ESSENTIAL ABS + ARM RISSA		
YOGA	20:30-21:30	HOT (A) KNOT 60 min	HOT (AB) EVE 60 min	HOT (A) LEK 60 min	HATHA LUKE 60 min			



ABSOLUTE YOU CLASS SCHEDULE

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

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



ABSOLUTE YOU CLASS SCHEDULE

LADPRAO STUDIO								
DATE		10-June	11-June	12-June	13-June	14-June	15-June	16-June
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PILATES REFORMER	8:30-9:00 9:00-10:00	Foundation ESSENTIAL FIT + THIGHS LILY	CIRCUIT ABS + ARM ART	Foundation ESSENTIAL BUTT + THIGHS KATE	Foundation ESSENTIAL FIT + TONE JACKIE	CIRCUIT ABS + ARM INK	ESSENTIAL BUTT + THIGHS KAN P	Foundation ESSENTIAL ABS + ARM AU
YOGA	8:45-9:45						Vinyasa KWANG 60 min	ABSOLUTE FIT AIR 60 min
PILATES REFORMER	9:00-9:30 9:30-10:30 ROOM 2		Foundation ESSENTIAL FIT + TONE ARM		Foundation ESSENTIAL BUTT + THIGHS JACKIE			
YOGA	10:00-11:30	HOT (A) EVE 90 min	HOT (AB) MON 90 min	HATHA KWANG 90 min	HOT (A) CANDY 90 min	BACKBEND* BENZ 90 min	HOT (AB) KWANG 90 min	HOT (A) AIR 90 min
PILATES REFORMER	10:15-11:15	ESSENTIAL BUTT + THIGHS LILY		ESSENTIAL FIT + TONE KATE		ESSENTIAL ABS + ARM JOHN	ESSENTIAL FIT + TONE KAN P	ESSENTIAL BUTT + THIGHS AU
YOGA	11:45-13:15		HATHA MON 90 min		HATHA CANDY 90 min	HATHA BENZ 90 min		
PILATES REFORMER	12:00-13:00						ESSENTIAL ABS + ARM KAN P	ESSENTIAL FIT + TONE AU
YOGA	14:30-16:00	BALANCING* EVE 90 min		Vinyasa KWANG 90 min		HOT (AB) BENZ 90 min	HATHA KWANG 90 min	YOGA PILATES AIR 90 min
PILATES REFORMER	17:15-18:15	CIRCUIT BUTT + THIGHS LILY	ESSENTIAL ABS + ARM ARM	CIRCUIT BUTT + THIGHS KATE	ESSENTIAL FIT + TONE JACKIE	CIRCUIT ABS + ARM JOHN		
YOGA	17:15-18:15	HATHA EVE 60 min	HOT (AB) MON 60 min	YOGA PILATES KWANG 60 min	HOT (A) CANDY 60 min	Vinyasa BENZ 60 min	YIN YANG KWANG (16:30-18:00)	HOT (AB) AIR (16:30-18:00)
PILATES REFORMER	17:30-18:30 ROOM 2	ESSENTIAL ABS + ARM STAMP		ESSENTIAL BUTT + THIGHS CHER				
PILATES REFORMER	18:15-18:30 18:30-19:30	Foundation ESSENTIAL ABS + ARM LILY	YOGA STRETCHING ON REFORMER ART	Foundation ESSENTIAL FIT + TONE KATE	CIRCUIT ABS + ARM INK	Foundation ESSENTIAL BUTT + THIGHS JOHN		
PILATES REFORMER	18:30-19:00 19:00-20:00 ROOM 2		Foundation ESSENTIAL ABS + ARM ARM		Foundation ESSENTIAL FIT + TONE JACKIE			
YOGA	18:30-20:00	HOT (A) EVE 90 min	ARM BALANCE* MON 90 min	HOT (AB) KWANG 90 min	Vinyasa CANDY 90 min	HOT (A) BENZ 90 min		
PILATES REFORMER	19:30-20:30	ESSENTIAL FIT + TONE STAMP	CIRCUIT BUTT + THIGHS ART	ESSENTIAL ABS + ARM CHER	ESSENTIAL BUTT + THIGHS INK	ESSENTIAL FIT + TONE JOHN		
YOGA	20:15-21:15	GENTLE FLOW EVE 60 min	HOT (A) MON 60 min	GENTLE FLOW KWANG 60 min	HOT (AB) CANDY 60 min			

CRYSTAL PARK STUDIO								
DATE		10-June	11-June	12-June	13-June	14-June	15-June	16-June
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YOGA	7:30-8:30	HATHA PLE 60 min	HOT (AB) FAI 60 min	YOGA PILATES KNOT 60 min	ABSOLUTE FIT BEBE 60 min	HOT (A) AIR 60 min	ABSOLUTE FIT LEK 60 min	HOT (A) EVE 60 min
PILATES REFORMER	8:00-9:00						ESSENTIAL FIT + TONE JEAB	ESSENTIAL ABS + ARM OHM
PILATES REFORMER	8:30-9:30	CIRCUIT ABS + ARM ART	ESSENTIAL ABS + ARM JEAB	CIRCUIT BUTT + THIGHS VANESSA	CIRCUIT ABS + ARM DHM	ESSENTIAL BUTT + THIGHS INK		
RHYTHM CYCLING	8:30-8:45 8:45-9:30	Foundation ABSOLUTE BEATS KENG [T]		Foundation ABSOLUTE BEATS TAE	Vinyasa BOAT	Foundation ABSOLUTE BEATS BOAT		
YOGA	8:45-9:45	HOT (A) PLE 60 min	FORWARD BEND* FAI (8:45-10:15)	HOT (AB) KNOT 60 min	HOT (A) BEBE (8:45-10:15)	Vinyasa AIR 60 min	HOT (A) LEK 60 min	ABSOLUTE FIT EVE 60 min
PILATES REFORMER	9:15-10:15						ESSENTIAL ABS + ARM JEAB	ESSENTIAL BUTT + THIGHS OHM
RHYTHM CYCLING	9:30-9:45 9:45-10:30		Foundation ABSOLUTE BEATS PLOY		Foundation ABSOLUTE BEATS DREAM		Foundation ABSOLUTE BEATS CHERIE	Foundation ABSOLUTE BEATS DREAM
PILATES REFORMER	9:45-10:15 10:15-11:15	Foundation ESSENTIAL FIT + TONE ART	(9:45-10:45) ESSENTIAL FIT + TONE JEAB	Foundation ESSENTIAL ABS + ARM VANESSA	(9:45-10:45) ESSENTIAL BUTT + THIGHS OHM	Foundation ESSENTIAL ABS + ARM INK		
PILATES REFORMER	10:30-11:30						CARDIO JUMPBOARD KUNGKING	ESSENTIAL FIT + TONE OHM
YOGA	10:30-12:00	Vinyasa PLE 90 min	HOT (A) FAI 90 min	HATHA KNOT 90 min	BACKBEND* BEBE 90 min	HOT (A) AIR 90 min	HOT (AB) LEK 90 min	HATHA EVE 90 min
PILATES REFORMER	11:00-11:30 11:30-12:30		(11:00-12:00) ESSENTIAL ABS + ARM JEAB		(11:00-12:00) ESSENTIAL BUTT + THIGHS VANESSA	ESSENTIAL ABS + ARM OHM	ESSENTIAL FIT + TONE INK	
PILATES REFORMER	11:45-12:15 12:15-13:15						Foundation ESSENTIAL BUTT + THIGHS KUNGKING	CIRCUIT ABS + ARM OHM
YOGA	14:00-15:30	*TWISTING* PLE 90 min		HOT (A) KNOT 90 min		Vinyasa AIR 90 min	Vinyasa LEK 90 min	YIN YANG EVE 90 min
RHYTHM CYCLING	15:30-15:45 15:45-16:30						Foundation ABSOLUTE ESSENTIALS CHERIE	Foundation ABSOLUTE BEATS DREAM
PILATES REFORMER	15:30-16:00 16:00-17:00						CIRCUIT ABS + ARM KUNGKING	ESSENTIAL BUTT + THIGHS OHM
YOGA	17:30-18:30	HOT (A) PLE 60 min	Vinyasa KWANG 60 min	HOT (AB) KNOT 60 min	HATHA BEBE 60 min	GENTLE FLOW AIR 60 min		
PILATES REFORMER	17:00-17:30 17:30-18:30		Foundation ESSENTIAL FIT + TONE ART	Foundation ESSENTIAL BUTT + THIGHS JEAB	Foundation ESSENTIAL FIT + TONE VANESSA	Foundation ESSENTIAL ABS + ARM DHM	Foundation ESSENTIAL BUTT + THIGHS INK	
RHYTHM CYCLING	18:30-18:45 18:45-19:30	Foundation ABSOLUTE BEATS KENG [T]	Foundation ABSOLUTE ESSENTIALS PLOY	Foundation ABSOLUTE BEATS TAE	Foundation ABSOLUTE BEATS DREAM	Foundation ABSOLUTE BEATS PAT		
PILATES REFORMER	18:30-19:00 19:00-20:00	Foundation ESSENTIAL BUTT + THIGHS ART	Foundation CIRCUIT ABS + ARM JEAB	Foundation ESSENTIAL ABS + ARM VANESSA	Foundation ESSENTIAL BUTT + THIGHS DHM	Foundation ESSENTIAL FIT + TONE INK		
YOGA	19:00-20:15	HATHA PLE 75 min	HOT (AB) KWANG (19:00-20:00)	Vinyasa KNOJ 75 min	HOT (A) BEBE (19:00-20:00)	HOT (A) AIR 75 min		
YOGA	20:10-21:10		HOT (A) KWANG 60 min		HATHA BEBE 60 min			



ABSOLUTE YOU CLASS SCHEDULE

COMMONS STUDIO								
DATE		10-June	11-June	12-June	13-June	14-June	15-June	16-June
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 MEK	ESSENTIAL FIT + TONE GUBGIB	ESSENTIAL ABS + ARM KAT	ESSENTIAL BUTT + THIGHS TERESA	ESSENTIAL FIT + TONE GIFT	ESSENTIAL ABS + ARM KATE
RHYTHM CYCLING	9:00-9:15	Foundation			Foundation	(9:15-10:15)	Foundation	Foundation
	9:15-10:00	ABSOLUTE BEATS ARIS	ABSOLUTE BEATS MEK	ABSOLUTE BEATS DAN	ABSOLUTE BEATS DAN	ABSOLUTE 60 ARIS	ABSOLUTE BEATS GIFT	ABSOLUTE BEATS FLYNN
PILATES REFORMER	10:15-11:15	ESSENTIAL BUTT + THIGHS RACHEL	ESSENTIAL FIT + TONE RJ	ESSENTIAL ABS + ARM GUBGIB	ESSENTIAL FIT + TONE KAT	ESSENTIAL ABS + ARM TERESA	CIRCUIT BUTT + THIGHS ART	ESSENTIAL FIT + TONE KATE
	10:15-10:30	Foundation			Foundation		Foundation	Foundation
RHYTHM CYCLING	10:30-11:15	ABSOLUTE BEATS ARIS	ABSOLUTE BEATS MEK	ABSOLUTE BEATS DAN	ABSOLUTE BEATS CHRISNA	ABSOLUTE BEATS DAN	ABSOLUTE BEATS GIFT	ABSOLUTE BEATS FLYNN
	15:00-15:15						Foundation	Foundation
PILATES REFORMER	15:15-16:00						ABSOLUTE BEATS ARIS	ABSOLUTE BEATS CHRISNA
	15:00-16:00						ESSENTIAL ABS + ARM ART	ESSENTIAL BUTT + THIGHS KATE
RHYTHM CYCLING	16:30-16:45						Foundation	(16:30-17:30)
	16:45-17:30						ABSOLUTE BEATS ARIS	ABSOLUTE 60 CHRISNA
RHYTHM CYCLING	17:15-17:30			Foundation				
	17:30-18:15	ABSOLUTE BEATS ADM		ABSOLUTE BEATS ARIS				
RHYTHM CYCLING	18:15-18:30		Foundation	(18:30-19:30)	Foundation	Foundation		
	18:30-19:15	ABSOLUTE BURN DAN	ABSOLUTE BEATS FLYNN	ABSOLUTE 60 MEK	ABSOLUTE BEATS DAN	ABSOLUTE BEATS ARIS		
PILATES REFORMER	18:00-18:30	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						
	19:45-20:30	ABSOLUTE BEATS GIFT	ABSOLUTE BEATS FLYNN	ABSOLUTE BEATS MEK	ABSOLUTE BEATS DAN			
PILATES REFORMER	19:45-20:45		ESSENTIAL FIT + TONE RJ		ESSENTIAL BUTT + THIGHS KAT			

JAS URBAN STUDIO								
DATE		10-June	11-June	12-June	13-June	14-June	15-June	16-June
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 ARM	ESSENTIAL BUTT + THIGHS STAMP	ESSENTIAL FIT + TONE AU	ESSENTIAL FIT + TONE GUBGIB	ESSENTIAL BUTT + THIGHS KAN P	ESSENTIAL FIT + TONE CHER	ESSENTIAL ABS + ARM BENZ
YOGA	8:30-9:30	GENTLE FLOW LEK 60 min		HATHA HARRISON 60 min		HOT (A) BEBE 60 min		
RHYTHM CYCLING	8:45-9:00	Foundation	Foundation	Foundation	Foundation	Foundation	Foundation	Foundation
	9:00-9:45	ABSOLUTE ESSENTIALS KATIE	ABSOLUTE BEATS DAN	ABSOLUTE BEATS SADIA	ABSOLUTE BEATS PLA (T)	ABSOLUTE BEATS FAI	ABSOLUTE BEATS BOAT	ABSOLUTE BEATS JUNE
PILATES REFORMER	9:30-10:00			Foundation				
	10:00-11:00	ESSENTIAL FIT + TONE ARM	ESSENTIAL ABS + ARM STAMP	ESSENTIAL BUTT + THIGHS AU	ESSENTIAL FIT + TONE GUBGIB	ESSENTIAL ABS + ARM KAN P	ESSENTIAL ABS + ARM CHER	ESSENTIAL BUTT + THIGHS BENZ
YOGA	10:00-11:30	ABSOLUTE FIT LEK (10:00-11:00)	HATHA CAKE 90 min	HOT (A) HARRISON 90 min	Vinyasa KWANG 90 min	HATHA BEBE (10:00-11:00)	HOT (A) FAR 90 min	HOT (AB) CANDY 90 min
RHYTHM CYCLING	10:00-10:15						Foundation	Foundation
	10:15-11:00						ABSOLUTE BEATS BOAT	ABSOLUTE ESSENTIALS JUNE
YOGA	14:30-16:00	HOT (AB) LEK 90 min			GENTLE FLOW KWANG (14:30-15:30)		HATHA FAR 90 min	YIN YANG CANDY 90 min
PILATES REFORMER	14:30-15:00						Foundation	Foundation
	15:00-16:00						ESSENTIAL BUTT + THIGHS CHER	ESSENTIAL FIT + TONE BENZ
PILATES REFORMER	17:45-18:15	Foundation	Foundation	Foundation	Foundation	Foundation		
	18:15-19:15	ESSENTIAL BUTT + THIGHS ARM	ESSENTIAL FIT + TONE STAMP	ESSENTIAL ABS + ARM AU	ESSENTIAL BUTT + THIGHS GUBGIB	ESSENTIAL ABS + ARM KAN P		
YOGA	18:00-19:30	Vinyasa LEK 90 min	HOT (A) CAKE 90 min	HOT (AB) HARRISON 90 min	HATHA KWANG 90 min	HOT (AB) BEBE 90 min		
RHYTHM CYCLING	18:30-18:45	Foundation	Foundation	Foundation	Foundation	Foundation		
	18:45-19:30	ABSOLUTE BEATS SAFIYA	ABSOLUTE BEATS KENG (T)	ABSOLUTE BEATS SADIA	ABSOLUTE BEATS D.GIFT	ABSOLUTE BEATS FAI		
PILATES REFORMER	19:15-19:45	Foundation		Foundation				
	19:45-20:45	ESSENTIAL FIT + TONE ARM	ESSENTIAL BUTT + THIGHS STAMP	ESSENTIAL BUTT + THIGHS AU	ESSENTIAL ABS + ARM GUBGIB			
RHYTHM CYCLING	19:45-20:30		ABSOLUTE BEATS KENG (T)		ABSOLUTE BEATS D.GIFT			
YOGA	19:45-20:45		ARM BALANCE* CAKE 60 min		HOT (A) KWANG 60 min			



ABSOLUTE YOU CLASS SCHEDULE

G TOWER STUDIO								
DATE		10-June	11-June	12-June	13-June	14-June	15-June	16-June
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 AU		
RHYTHM CYCLING	7:00-7:15	Foundation	Foundation	Foundation	Foundation	Foundation		
	7:15-8:00	ABSOLUTE BEATS SADIA	ABSOLUTE BEATS PLA(T)	ABSOLUTE BEATS MADIA	ABSOLUTE BEATS BOAT	ABSOLUTE BEATS PLA(T)		
RHYTHM CYCLING	9:00-9:15						Foundation	Foundation
	9:15-10:00						ABSOLUTE BEATS DNE/AM	ABSOLUTE BEATS BOAT
PILATES REFORMER	9:30-10:00						Foundation	Foundation
	10:00-11:00						ESSENTIAL FIT + TONE INK	ESSENTIAL ABS + ARM KAN P
PILATES REFORMER	11:45-12:00	Foundation		Foundation		Foundation		
	12:00-13:00	ESSENTIAL ABS + ARM JEAB	ESSENTIAL BUTT + THIGHS LILY	ESSENTIAL BUTT + THIGHS INK	ESSENTIAL FIT + TONE CHER	ESSENTIAL FIT + TONE AU		
RHYTHM CYCLING	12:00-12:15		Foundation		Foundation			
	12:15-13:00		LUNCH BEATS TAE		LUNCH BEATS PLA(T)			
RHYTHM CYCLING	14:00-14:15						Foundation	Foundation
	14:15-15:00						ABSOLUTE ESSENTIALS DREAM	ABSOLUTE BEATS MAE D
PILATES REFORMER	14:30-15:00						Foundation	Foundation
	15:00-16:00						ESSENTIAL ABS + ARM INK	ESSENTIAL FIT + TONE KAN P
PILATES REFORMER	17:30-18:30	ESSENTIAL FIT + TONE JEAB		ESSENTIAL BUTT + THIGHS INK				
PILATES REFORMER	17:45-18:15	(18:45-19:45)		(18:45-19:45)		Foundation		
	18:15-19:15	ESSENTIAL BUTT + THIGHS JEAB	ESSENTIAL ABS + ARM LILY	ESSENTIAL FIT + TONE INK	ESSENTIAL ABS + ARM CHER	ESSENTIAL BUTT + THIGHS AU		
RHYTHM CYCLING	18:15-18:30	Foundation	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	19:15-19:45		Foundation		Foundation			
	19:45-20:45	ESSENTIAL ABS + ARM JEAB	BUTT + THIGHS LILY	ESSENTIAL FIT + TONE INK	ESSENTIAL ABS + ARM CHER			
RHYTHM CYCLING	19:30-19:45	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		10-June	11-June	12-June	13-June	14-June	15-June	16-June
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YOGA	7:15-8:15	HATHA MON 60 min		GENTLE FLOW PAUL 60 min		HOT (A) EVE 60 min		
PILATES REFORMER	7:15-8:15		ESSENTIAL BUTT + THIGHS VANESSA		ESSENTIAL ABS + ARM			
RHYTHM CYCLING	7:15-8:00		ABSOLUTE BEATS KATIE		ABSOLUTE BEATS FERN			
YOGA	8:30-9:30						ABSOLUTE FIT FAI 60 min	GENTLE FLOW LEK 60 min
PILATES REFORMER	8:30-9:00	Foundation		Foundation		Foundation	Foundation	Foundation
	9:00-10:00	ESSENTIAL FIT + TONE JACKIE	ESSENTIAL ABS + ARM VANESSA	ESSENTIAL BUTT + THIGHS STAMP	ESSENTIAL FIT + TONE ARM	ESSENTIAL ABS + ARM KUNGKING	ESSENTIAL BUTT + THIGHS RISSA	ESSENTIAL FIT + TONE JOHN
RHYTHM CYCLING	9:00-9:15	Foundation		Foundation		Foundation	Foundation	Foundation
	9:15-10:00	ABSOLUTE BEATS PLA(T)		ABSOLUTE BEATS KENG(T)		ABSOLUTE BEATS SADIA	ABSOLUTE BEATS CHRISNA	ABSOLUTE BEATS D.GIFT
YOGA	10:00-11:15	HOT (A) MON 75 min	HATHA PLE 75 min	HOT (AB) PAUL 75 min	HATHA TING 75 min	Vinysa EVE 75 min	HOT (A) FAI 75 min	HATHA LEK 75 min
PILATES REFORMER	10:00-10:30							Foundation
	10:30-11:30						ESSENTIAL ABS + ARM RISSA	ESSENTIAL BUTT + THIGHS JOHN
PILATES REFORMER	13:30-14:00	Foundation		Foundation		Foundation	Foundation	Foundation
	14:00-15:00	ESSENTIAL ABS + ARM JACKIE		ESSENTIAL FIT + TONE STAMP		ESSENTIAL BUTT + THIGHS KUNGKING	ESSENTIAL FIT + TONE RISSA	ESSENTIAL ABS + ARM JOHN
YOGA	14:00-15:00		HOT (A) PLE 60 min		GENTLE FLOW TING 60 min		HOT (AB) FAI (14:00-15:30)	HOT (A) LEK (14:00-15:30)
RHYTHM CYCLING	14:45-15:00						Foundation	Foundation
	15:00-15:45						ABSOLUTE BEATS CHRISNA	ABSOLUTE ESSENTIALS D.GIFT
PILATES REFORMER	17:45-18:15	Foundation		Foundation		Foundation		
	18:15-19:15	ESSENTIAL FIT + TONE JACKIE	ESSENTIAL BUTT + THIGHS VANESSA	ESSENTIAL ABS + ARM STAMP	ESSENTIAL BUTT + THIGHS ARM	ESSENTIAL FIT + TONE KUNGKING		
YOGA	18:00-19:30	HOT (A) MON 90 min	HATHA PLE 90 min	HOT (A) PAUL 90 min	Vinysa TING 90 min	HOT (AB) EVE 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 PLOY	ABSOLUTE BEATS SADIA		
PILATES REFORMER	19:15-19:30		Foundation		Foundation			
	19:30-20:30	ESSENTIAL ABS + ARM JACKIE	ESSENTIAL FIT + TONE VANESSA	ESSENTIAL BUTT + THIGHS STAMP	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 PLOY			
YOGA	19:45-20:45	GENTLE FLOW MON 60 min	HOT (A) PLE 60 min	HATHA PAUL 60 min	HOT (AB) TING 60 min			



ABSOLUTE YOU CLASS SCHEDULE

NANG-LIN-CHEE STUDIO								
DATE		10-June	11-June	12-June	13-June	14-June	15-June	16-June
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YOGA	7:30-8:15		HF on the Go PAUL 45 min		HF on the Go FAI 45 min			
PILATES REFORMER	7:30-8:30	ESSENTIAL BUTT + THIGHS ANT	ESSENTIAL ABS + ARM TERESA	ESSENTIAL FIT + TONE RJ	ESSENTIAL BUTT + THIGHS AU	ESSENTIAL FIT + TONE ARM		
YOGA	8:30-9:30						ABSOLUTE FIT HARRISON 60 min	GENTLE FLOW FAI 60 min
PILATES REFORMER	8:30-9:00	Foundation		Foundation		Foundation	Foundation	Foundation
	9:00-10:00	ESSENTIAL FIT + TONE ANT	ESSENTIAL ABS + ARM TERESA	ESSENTIAL BUTT + THIGHS RJ	ESSENTIAL FIT + TONE AU	ESSENTIAL ABS + ARM ARM	ESSENTIAL BUTT + THIGHS PEWEE	ESSENTIAL FIT + TONE CHER
RHYTHM CYCLING	9:00-9:15	Foundation	Foundation	Foundation	Foundation	Foundation	Foundation	Foundation
	9:15-10:00	ABSOLUTE BEATS FLOY	ABSOLUTE BEATS PAT	ABSOLUTE ESSENTIALS MAE D.	ABSOLUTE BEATS TAE	ABSOLUTE BEATS DREAM	ABSOLUTE BEATS MAE D.	ABSOLUTE BEATS MARIA
YOGA	10:00-11:15	HOT (A) ARTIE 75 min	HATHA PAUL 75 min	HOT (AB) JOHN 75 min	HATHA FAI 75 min	Vinyasa LUKE 75 min	HOT (A) HARRISON 75 min	HATHA FAI 75 min
PILATES REFORMER	10:00-10:30						Foundation	Foundation
	10:30-11:30						ESSENTIAL ABS + ARM PEWEE	ESSENTIAL BUTT + THIGHS CHER
PILATES REFORMER	13:30-14:00						Foundation	Foundation
	14:00-15:00	ESSENTIAL BUTT + THIGHS ANT		ESSENTIAL ABS + ARM RJ			ESSENTIAL FIT + TONE PEWEE	ESSENTIAL ABS + ARM CHER
YOGA	14:00-15:30						HOT (AB) HARRISON 90 min	HOT (A) FAI 90 min
RHYTHM CYCLING	14:45-15:00						Foundation	Foundation
	15:00-15:45						ABSOLUTE ESSENTIALS MAE D.	ABSOLUTE BEATS MARIA
PILATES REFORMER	17:15-18:15	ESSENTIAL BUTT + THIGHS KUNGKING		ESSENTIAL FIT + TONE JOHN				
RHYTHM CYCLING	17:30-18:15	ABSOLUTE BEATS FERN		ABSOLUTE BEATS MAE D.				
PILATES REFORMER	17:45-18:15		Foundation		Foundation	Foundation		
	18:15-19:15	ESSENTIAL FIT + TONE KUNGKING	ESSENTIAL BUTT + THIGHS TERESA	ESSENTIAL ABS + ARM JOHN	ESSENTIAL BUTT + THIGHS ARM	ESSENTIAL FIT + TONE ARM		
YOGA	18:00-19:30	HOT (AB) ARTIE 90 min	HATHA PAUL 90 min	HOT (A) JOHN 90 min	Vinyasa FAI 90 min	HOT (AB) LUKE 90 min		
RHYTHM CYCLING	18:15-18:30	Foundation	Foundation	Foundation	Foundation	Foundation		
	18:30-19:15	ABSOLUTE BEATS FLOY	ABSOLUTE BEATS PAT	ABSOLUTE BEATS JUSTIN	ABSOLUTE BEATS TAE	ABSOLUTE BEATS DREAM		
PILATES REFORMER	19:15-19:30		Foundation		Foundation			
	19:30-20:30	ESSENTIAL FIT + TONE KUNGKING	ESSENTIAL FIT + TONE TERESA	ESSENTIAL BUTT + THIGHS JOHN	ESSENTIAL ABS + ARM AU			
RHYTHM CYCLING	19:30-20:15	ABSOLUTE BEATS FLOY	ABSOLUTE BEATS SAFIYA	ABSOLUTE BEATS DINI	ABSOLUTE BEATS MARIA			
YOGA	19:45-20:45	GENTLE FLOW ARTIE 60 min		HATHA CAKE 60 min				

ARI STUDIO								
DATE		10-June	11-June	12-June	13-June	14-June	15-June	16-June
CLASS TYPE	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YOGA	7:00-7:45	HF on the Go CAKE 45 min		HF on the Go FAI 45 min		HF on the Go FAR 45 min		
PILATES REFORMER	7:30-8:30	ESSENTIAL BUTT + THIGHS TERESA		ESSENTIAL FIT + TONE JACKIE		ESSENTIAL ABS + ARM CHER		
YOGA	8:30-9:30						ABSOLUTE FIT AIR 60 min	GENTLE FLOW CAKE 60 min
PILATES REFORMER	8:30-9:00	Foundation		Foundation		Foundation	Foundation	Foundation
	9:00-10:00	ESSENTIAL FIT + TONE TERESA	ESSENTIAL ABS + ARM RISSA	ESSENTIAL BUTT + THIGHS JACKIE	ESSENTIAL FIT + TONE STAMP	ESSENTIAL ABS + ARM CHER	ESSENTIAL BUTT + THIGHS JOHN	ESSENTIAL FIT + TONE TERESA
YOGA	10:00-11:15	HOT (A) CAKE 75 min	HATHA BEBE 75 min	HOT (AB) FAI 75 min	HOT (A) HARRISON 75 min	Vinyasa FAR 75 min	HOT (A) AIR 75 min	HATHA CAKE 75 min
PILATES REFORMER	10:00-10:30						Foundation	Foundation
	10:30-11:30		ESSENTIAL FIT + TONE RISSA		ESSENTIAL ABS + ARM STAMP		ESSENTIAL ABS + ARM JOHN	ESSENTIAL BUTT + THIGHS TERESA
YOGA	11:30-13:00	Vinyasa CAKE 90 min		HATHA FAI 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 TERESA		ESSENTIAL FIT + TONE JACKIE		ESSENTIAL ABS + ARM CHER	ESSENTIAL FIT + TONE JOHN	ESSENTIAL ABS + ARM TERESA
YOGA	14:00-15:30		HATHA BEBE 90 min		ARM BALANCE* HARRISON 90 min		HOT (AB) AIR 90 min	HOT (A) CAKE 90 min
PILATES REFORMER	17:15-17:45	Foundation	(17:30-18:30)	Foundation	(17:30-18:30)	Foundation		
	17:45-18:45	ESSENTIAL FIT + TONE JULIE	ESSENTIAL BUTT + THIGHS RISSA	ESSENTIAL ABS + ARM LILY	ESSENTIAL BUTT + THIGHS JOHN	ESSENTIAL FIT + TONE CHER		
YOGA	18:00-19:30	HOT (AB) CAKE 90 min	HOT (A) BEBE 90 min	HOT (A) FAI 90 min	Vinyasa HARRISON 90 min	HOT (AB) FAR 90 min		
PILATES REFORMER	18:45-19:00		Foundation		Foundation			
	19:00-20:00	ESSENTIAL BUTT + THIGHS JULIE	ESSENTIAL ABS + ARM RISSA	ESSENTIAL FIT + TONE LILY	ESSENTIAL FIT + TONE LILY			
PILATES REFORMER	20:15-21:15	ESSENTIAL ABS + ARM RISSA	ESSENTIAL FIT + TONE RISSA	ESSENTIAL BUTT + THIGHS LILY	ESSENTIAL ABS + ARM JOHN			
YOGA	19:45-20:45	GENTLE FLOW CAKE 60 min	YIN YANG BEBE 60 min	GENTLE FLOW FAI 60 min	HOT (AB) HARRISON 60 min			

CLASS SCHEDULE (Boat Avenue)

10-16 JUNE 2019



JUNE	TIME	10 - MON	11 - TUE	12 - WED	13 - THU	14 - FRI	15 - SAT	16 - SUN
YOGA	08.30-10.00	YOGA VINYASA AM		YOGA ARM BALANCE AM		YOGA GENTLE FLOW MIKE		
YOGA	09.00-10.15		YOGA YOGA PILATES MIKE		YOGA HOT A MIKE			
YOGA	09.30-10.30						YOGA HOT AB AM	YOGA HATHA AM
PILATES REFORMER	8.30-9.00	Foundation		Foundation		Foundation		Foundation
	9.00-10.00	PILATES REFORMER ESSENTIAL BUTT + THIGHS JP		PILATES REFORMER ESSENTIAL FIT+ TONE JP		PILATES REFORMER ESSENTIAL BUTT + THIGHS YING		PILATES REFORMER ESSENTIAL BUTT + THIGHS NUI
CYCLING	9.00-9.15		Foundation		Foundation		Foundation	
	9.15-10.00		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 AM		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 JP	PILATES REFORMER ESSENTIAL ABS + ARMS MIKE	PILATES REFORMER ESSENTIAL BUTT + THIGHS JP	PILATES REFORMER ESSENTIAL ABS + ARMS MIKE	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 NUI
CYCLING	14.00-14.15						Foundation	
	14.15-15.00						RHYTHM CYCLING ABSOLUTE BEATS JP	
YOGA	15.30-16.30						YOGA YOGA PILATES AM	YOGA BACKBEND AM
PILATES REFORMER	17.30-18.00	Foundation		Foundation				
	18.00-19.00	PILATES REFORMER ESSENTIAL FIT+ TONE JP		PILATES REFORMER ESSENTIAL ABS + ARMS JP		PILATES REFORMER ESSENTIAL BUTT + THIGHS YING		
CYCLING	18.00-18.15		Foundation		Foundation			
	18.15-19.00		RHYTHM CYCLING ABSOLUTE BEATS NUI		RHYTHM CYCLING ABSOLUTE BEATS NUI			
YOGA	18.00-19.15	YOGA HOT A AM		YOGA GENTLE FLOW AM		YOGA HATHA MIKE		
YOGA	19.30-20.30		YOGA FORWARD BEND MIKE		YOGA YIN YANG MIKE			
PILATES REFORMER	19.15-19.30				Foundation			
	19.30-20.30		PILATES REFORMER ESSENTIAL BUTT + THIGHS YING		PILATES REFORMER ESSENTIAL FIT+ TONE NUI			
CYCLING	19.15-19.30	Foundation				Foundation		
	19.30-20.15	RHYTHM CYCLING ABSOLUTE BEATS JP		RHYTHM CYCLING ABSOLUTE BEATS AM		RHYTHM CYCLING ABSOLUTE BEATS NUI		