



**TRUST YOGA CLASS SCHEDULE ( 06- 12 May 2024) - TAMPINES**

TRUST YOGA CLASS SCHEDULE ( 06- 12 May 2024) - TAMPINES							
STUDIO A	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Time	06/05/2024	07/05/2024	08/05/2024	09/05/2024	10/05/2024	11/05/2024	12/05/2024
7.15am - 8.15am						WEEKENDS	
8.30am - 9.30am						Hip Opening <Evon>	Yoga Stretch <Evon>
9.45am - 10.45am	Breathe & Flow <Lilian>	Core Yoga <Lilian>	Wheel Yoga <Shiou An>	Yoga Stretch <Shiou An>	Hatha Flow <Robin>	Yoga Stretch <Suann>	Shoulder Opening <Shiou An>
11.00 am - 12.00pm	Hip Opening & Mobility <Lilian>	Mindful Stretch & Twist <Lilian>	Shoulder, Spine & Hips <Shiou An>	Backbend <Suann>	Yin Yoga <Robin>	Spinal Opening <Suann>	Forward Bend <Shiou An>
12.15pm-1.15pm	Yoga Stretch <Vicky>	Sun Salutation <Vicky>	Hatha Basic <Vicky>	Hatha Basic <Suann>	Hatha Flow <Vicky>	Basic Inversion <Suann>	Hatha Basic <Vicky>
1.30pm - 2.30pm	Yoga Flow <Vicky>				Hatha Advance <Vicky>	Yoga Flow <Vicky>	Hatha Advance <Vicky>
2.45pm - 3.45 pm						Hip Opening & Backbend <Vicky>	Yoga Stretch <Suann>
4.00pm - 5.00pm						Chair Yoga <Shiou An>	Wheel Yoga <Suann>
5.15pm - 6.15pm	Chair Yoga <Shiou An>		Yoga Balance <Shiou An>			Inversion <Shiou An>	
6.30pm - 7.30pm	Hatha Basic <Vicky>	Stretch & Twist <Shiou An>	Sun Salutation <Vicky>	Hip Opening <Shiou An>	Basic Yoga <Sally Tee>		
7.45pm - 8.45pm	Yoga Stretch <Sally Tee>	Wheel Yoga <Shiou An>	Yoga Stretch <Vicky>	Inversion <Shiou An>	Yoga Stretch <Sally Tee>		
9.00pm - 10.00pm							
STUDIO B (HOT)	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Time	06/05/2024	07/05/2024	08/05/2024	09/05/2024	10/05/2024	11/05/2024	12/05/2024
7.30am - 8.30am						WEEKENDS	
8.45am - 9.45am							
10.00- 11. 00am							Hot Mobility <Evon>
11 15am- 12 15pm							Hot Yoga <Evon>
12 30- 1 30pm							Hot Yin Yoga <Shiou An>
1 30- 2 30pm							Hot Backbend (1 40 - 2 40pm) <Suann>
2 45 - 3 45pm							
4 00 - 5 00pm							
5 30pm - 6 30pm							
6.45pm - 7.45pm	Hot Slimming Yoga <Shiou An>	Hot Yin Yoga <Robin>	Hot Core <Lilian>	Hot Yoga <Suann>			
8.00pm - 9.00pm	Hot Splits <Shiou An>	Hot Flow <Vicky>	Hot Mindful Stretch & Twist <Lilian>	Hot Stretch <Suann>			

**Note:**

1. Kindly book your class maximum 2 days in advance. Booking after 10pm will only be answered the next day. Booking cancellation must be made 4 hrs in advance.
2. Keep a habit to arrive on time or earlier in order not to disturb the class that has commenced.
3. Book your class each time to avoid disappointment. Walk-ins will be put on waitlist if a class is fully booked.
4. No one is allowed to join the class 10 mins after class commencement.
5. Mat Towel is mandatory for Hot Studio (Studio B).
6. Classes and instructors may change without prior notice due to unforeseen circumstances.

[customerservice@trustyoga.com.sg](mailto:customerservice@trustyoga.com.sg)

[www.trustyoga.com.sg](http://www.trustyoga.com.sg)

Address: Income @ Tampines Point, 2 Tampines Central 6, #06-02, S529483

Telephone: 69087498