



TRUST YOGA CLASS SCHEDULE (22- 28 Apr 2024) - TAMPINES

STUDIO A	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Time	22/04/2024	23/04/2024	24/04/2024	25/04/2024	26/04/2024	27/04/2024	28/04/2024
7.15am - 8.15am						WEEKENDS	
8.30am - 9.30am		Shoulder Opening <Shiou An>				Hip Opening <Suann>	Yoga Stretch <Evon>
9.45am - 10.45am	Breathe & Flow <Lilian>	Core Yoga <Lilian>	Wheel Yoga <Shiou An>	Backbend <Manoj>	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>	Hip Opening <Manoj>	Yin Yoga <Robin>	Spinal Opening <Suann>	Forward Bend <Shiou An>
12.15pm-1.15pm	Yoga Stretch <Vicky>	Hatha Intermediate <Manoj>	Hatha Basic <Vicky>	Hatha Basic <Suann>	Hatha Flow <Vicky>	Basic Inversion <Suann>	Hatha Basic <Vicky>
1.30pm - 2.30pm	Yoga Flow <Vicky>	Sun Salutaion <Vicky>	Shoulder Opening <Suann>	Trataka Meditation <Shiou An>	Hatha Advance <Vicky>	Yoga Flow <Vicky>	Hatha Advance <Vicky>
2.45pm - 3.45 pm	Chair Yoga <Shiou An>		Yoga Stretch <Suann>			Hip Opening & Backbend <Vicky>	Yoga Stretch <Suann>
4.00pm - 5.00pm	Backbend <Suann>	Chair Yoga <Suann>	Yoga Balance <Shiou An>			Chair Yoga <Shiou An>	Wheel Yoga <Suann>
5.15pm - 6.15pm	Hip Opening <Suann>	Backbend <Suann>	Forward Bend <Suann>			Inversion <Shiou An>	
6.30pm - 7.30pm	Hatha Basic <Vicky>	Stretch & Twist <Shiou An>	Sun Salutation <Vicky>	Hip Opening <Shiou An>	Gentle Yoga <Eddie>		
7.45pm - 8.45pm	Splits <Shiou An>	Yoga Balance <Suann>	Yoga Stretch <Vicky>	Inversion <Shiou An>	Yoga Stretch <Eddie>		
9.00pm - 10.00pm							
STUDIO B (HOT)	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Time	22/04/2024	23/04/2024	24/04/2024	25/04/2024	26/04/2024	27/04/2024	28/04/2024
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	YTTC THEORY EXAMS	YTTC PRACTICAL EXAMS	YTTC PRACTICAL EXAMS	Hot Yoga <Suann>			
8.00pm - 9.00pm				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.

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