



TRUST YOGA CLASS SCHEDULE (29- 05 May 2024) - TAMPINES

STUDIO A	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Time	29/04/2024	30/04/2024	01/05/2024	02/05/2024	03/05/2024	04/05/2024	05/05/2024
7.15am - 8.15am						WEEKENDS	
8.30am - 9.30am			PUBLIC HOLIDAY – LABOUR DAY			Hip Opening <Evon>	Yoga Stretch <Evon>
9.45am - 10.45am	Yoga Twist <Shiou An>	Yoga Stretch <Suann>	Chair Yoga <Shiou An>	Backbend <Shiou An>	Hatha Flow <Robin>	Yoga Stretch <Evon>	Shoulder Opening <Evon>
11.00 am - 12.00pm	Hip Opening <Shiou An>	Chair Yoga <Suann>	Shoulder, Spine & Hips <Shiou An>	Yoga Stretch <Shiou An>	Yin Yoga <Robin>	Splits <Shiou An>	Forward Bend <Shiou An>
12.15pm-1.15pm	Yoga Stretch <Vicky>	Sun Salutaion <Vicky>	Yoga Balance <Shiou An>		Hatha Flow <Vicky>	Yin Yoga <Shiou An>	Hatha Basic <Vicky>
1.30pm - 2.30pm	Yoga Flow <Vicky>		Hatha Basic <Vicky>		Hatha Advance <Vicky>	Yoga Flow <Vicky>	Hatha Advance <Vicky>
2.45pm - 3.45 pm			Sun Saluation <Vicky>			Hip Opening & Backbend <Vicky>	Hip Opening <Shiou An>
4.00pm - 5.00pm	Backbend <Suann>		Yoga Stretch <Vicky>			Inversion <Shiou An>	Yoga Balance <Shiou An>
5.15pm - 6.15pm	Hip Opening <Suann>	Backbend <Suann>					
6.30pm - 7.30pm	Hatha Basic <Vicky>	Stretch & Twist <Shiou An>		Hip Opening <Shiou An>	Yoga Balance <Evon>		
7.45pm - 8.45pm	Shoulder Opening <Suann>	Wheel Yoga <Shiou An>		Inversion <Shiou An>	Backbend <Evon>		
9.00pm - 10.00pm							
STUDIO B (HOT)	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Time	29/04/2024	30/04/2024	01/05/2024	02/05/2024	03/05/2024	04/05/2024	05/05/2024
7.30am - 8.30am						WEEKENDS	
8.45am - 9.45am							
10.00- 11. 00am							
11 15am- 12 15pm							
12 30- 1 30pm							
1 30- 2 30pm							
2 45 - 3 45pm							
4 00 - 5 00pm							
5 30pm - 6 30pm							
6.45pm - 7.45pm	Hot Slimming Yoga <Shiou An>	Hot Shoulder Opening <Suann>		Hot Backbend <Evon>			
8.00pm - 9.00pm	Hot Stretch <Eddie>	Hot Flow <Vicky>		Hot Stretch <Evon>			

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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