

TRUST YOGA CLASS SCHEDULE (STANLEY STREET)

(28 Apr- 04 May 2025)							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	28/04/2025	29/04/2025	30/04/2025	01/05/2025	02/05/2025	03/05/2025	04/05/2025
8. 30am - 9.30am	Hatha Basic <Shiou An>			Yoga Stretch <Evon>		Hatha Basic <Evon>	Yoga Twist <Shiou An>
9.45am - 10.45am	Wheel Yoga <Shiou An>	Shoulder, Spine, Hips (9 30- 10 30am) <Shiou An>	Spinal Opening <Suann>	Hatha Basic <Evon>	Body Opening <Manoj>	Yoga Stretch <Suann>	Shoulder Opening <Shiou An>
11.00 am - 12.00pm	Yoga Stretch <Suann>	Stretch & Twist (10 45- 11 45am) <Shiou An>	Yoga Stretch <Shiou An>	Trust Signature <Manoj>	Hatha Intermediate <Manoj>	Hip Opening <Suann>	Trust Signature <Manoj>
12.15pm-1.15pm	Backbend <Manoj>	Hatha Intermediate <Manoj>	Yoga Balance <Shiou An>	Backbend <Manoj>	Yoga Twist <Shiou An>	Backbend <Manoj>	Hip Opening <Manoj>
1.30pm- 2. 30pm	Yoga Balance <Suann>			Hip Opening <Suann>		Inversion <Manoj>	Backbend <Suann>
4.00pm- 5.00pm	Inversion <Shiou An>			Basic Inversion (2 45- 3 45pm) <Suann>		Shoulder Opening (2 45- 3 45pm) <Shiou An>	Yoga Stretch (2 45- 3 45pm) <Suann>
5.15pm- 6 15pm	Hip Opening <Suann>	Forward Bend <Shiou An>	Shoulder Opening <Suann>	HAPPY LABOUR DAY		Forward Bend (4-5pm) <Shiou An>	Basic Inversion (4-5pm) <Suann>
6.30pm - 7.30pm	Shoulder Opening <Manoj>	Hip Opening <Manoj>	Wheel Yoga <Suann>		Splits <Shiou An>		
7.45pm - 8.45pm	Arm Balance & Inversion <Manoj>	Backbend <Manoj>	Yoga Functional Training <Shiou An>		Inversion <Shiou An>		

FOR RESERVATIONS, WHATSAPP 97687133/ 97887936

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