

TRUST YOGA CLASS SCHEDULE (TAMPINES POINT)

	(09- 15 June 2025)						
STUDIO A	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	9/6/2025	10/6/2025	11/6/2025	12/6/2025	13/6/2025	14/6/2025	15/6/2025
8 30- 9 30am						Yoga Stretch <Suann>	Hip Opening <Manoj>
9 45- 10 45am				Yoga Stretch <Manoj>	Shoulder Opening <Manoj>	Hip Opening <Suann>	Yoga Stretch <Manoj>
11 00- 12 00pm				Hip Opening <Manoj>	Chair Yoga <Manoj>	Spinal Opening <Suann>	Trust Signature <Manoj>
12 15- 1 15pm				Chair Pilates <Vernice>	Yoga Stretch <Vernice>	Shoulder Opening <Shiou An>	Basic Yoga <Yogi>
1 30- 2 30pm				Hatha Basic <Vernice>	Pilates Mat <Vernice>	Forward Bend <Shiou An>	Dynamic Flow <Yogi>
4 00- 5 00pm						Inversion (2 45- 3 45pm) <Shiou An>	Backbend w Yoga Wheel (2 45- 3 45pm) <Yogi>
5 15- 6 15pm						Neck, Back, Shoulder (4- 5pm) <Monica>	Yoga Stretch (4- 5pm) <Li Lian>
6 30- 7 30pm				Shoulder Opening <Manoj>	Body Opening <Evon>	Detox Flow (5 15- 6 15pm) <Monica>	Shoulder Opening (5 15- 6 15pm) <Li Lian>
7 45- 8 45pm				Trust Signature <Manoj>	Yoga Stretch <Evon>		

FOR RESERVATIONS, WHATSAPP 97687133/97887936

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