

TRUST YOGA CLASS SCHEDULE (STANLEY STREET)

(05- 11 May 2025)							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	05/05/2025	06/05/2025	07/05/2025	08/05/2025	09/05/2025	10/05/2025	11/05/2025
8. 30am - 9.30am	Hatha Basic <Shiou An>					Hatha Basic <Suann>	Yoga Twist <Shiou An>
9.45am - 10.45am	Wheel Yoga <Shiou An>	Shoulder, Spine, Hips (9 30- 10 30am) <Shiou An>	Hip Opening <Manoj>	Hatha Basic <Suann>	Yoga Stretch <Vernice>	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 <Manoj>	Shoulder Opening <Suann>	Pilates Mat <Vernice>	Backbend <Suann>	Forward Bend <Shiou An>
12.15pm-1.15pm	Backbend <Manoj>	Hatha Intermediate <Manoj>	Backbend <Manoj>	Hip Opening <Shiou An>	Body Opening <Shiou An>	Inversion <Shiou An>	Basic Yoga <Yogi>
1.30pm- 2. 30pm	Yoga Balance <Suann>					Shoulder Opening <Shiou An>	Dynamic Flow <Yogi>
4.00pm- 5.00pm	Inversion <Shiou An>					Yoga Functional Training (2 45- 3 45pm) <Shiou An>	Backbend (2 45- 3 45pm) <Suann>
5.15pm- 6 15pm	Hip Opening <Suann>	Forward Bend <Shiou An>	Shoulder Opening <Suann>	Yoga Twist <Shiou An>			Yoga Stretch (4-5pm) <Suann>
6.30pm - 7.30pm	Shoulder Opening <Manoj>	Hip Opening <Manoj>	Wheel Yoga <Suann>	Hatha Vinyasa <Shiou An>	Splits <Shiou An>		
7.45pm - 8.45pm	Arm Balance & Inversion <Manoj>	Backbend <Manoj>	Spinal Opening <Suann>	Yoga Stretch <Suann>	Inversion <Shiou An>		

FOR RESERVATIONS, WHATSAPP 97687133/ 97887936

ADDRESS: 17B STANLEY STREET, SINGAPORE 068736