

TRUST YOGA CLASS SCHEDULE (STANLEY STREET)

(09- 15 June 2025)

	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		Detox Flow (7 15- 8 15) <Monica>					
8 30- 9 30am	Hatha Basic <Shiou An>	Hatha Basic <Nava>		Wheel Yoga <Nava>		Hip Opening <Evon>	Yoga Stretch <Shiou An>
9 45- 10 45am	Wheel Yoga <Shiou An>	Shoulder, Spine, Hips (9 30- 10 30am) <Shiou An>	Hip Opening <Shiou An>			Yoga Stretch <Evon>	Shoulder Opening <Shiou An>
11 00- 12 00pm	Yoga Stretch <Suann>	Stretch & Twist (10 45- 11 45am) <Shiou An>	Yoga Balance <Shiou An>	Shoulder Opening <Suann>	Yoga Stretch <Shiou An>	Hatha Basic <Evon>	Forward bend <Shiou An>
12 15- 1 15pm	Backbend <Manoj>	Hatha Intermediate <Manoj>	Yoga Stretch <Suann>	Hip Opening <Suann>	Inversion <Shiou An>	Shoulder Opening <Manoj>	Hip Opening <Suann>
1 30- 2 30pm	Yoga Balance <Suann>	Shoulder Opening <Suann>				Back Bend <Manoj>	Backbend <Suann>
4 00- 5 00pm	Inversion <Shiou An>	Yoga Stretch <Suann>				Yoga Stretch (4-5pm) <Li Lian>	Basic Inversion (2 45- 3 45pm) <Suann>
5 15- 6 15pm	Hip Opening <Suann>	Forward Bend <Shiou An>	Body Opening <Shiou An>			Shoulder Opening (5 15- 6 15pm) <Li Lian>	
6 30- 7 30pm	Shoulder Opening <Manoj>	Hip Opening <Manoj>	Wheel Yoga <Suann>	Backbend <Suann>	Splits <Shiou An>		
7 45- 8 45pm	Arm Balance & Inversion <Manoj>	Backbend <Manoj>	Neck, Back, Shoulder <Monica>	Yoga Twist <Suann>	Inversion <Shiou An>		

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