

TRUST YOGA CLASS SCHEDULE (STANLEY STREET)

(16- 22 June 2025) INTERNATIONAL DAY OF YOGA WEEK							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	16/6/2025	17/6/2025	18/6/2025	19/6/2025	20/6/2025	21/6/2025	22/6/2025
8 30- 9 30am		Detox Flow (7 15- 8 15) <Monica>					
8 30- 9 30am		Hatha Basic <Nava>		Wheel Yoga <Nava>		IDY - Free Class for ALL Hip Opening <Hoi Yen>	Yoga Stretch <Shiou An>
9 45- 10 45am						IDY - Free Class for ALL Vinyasa Flow <Hoi Yen>	Shoulder Opening <Shiou An>
11 00- 12 00pm	Yoga Stretch <Manoj>	Stretch & Twist <Manoj>			Yoga Stretch <Shiou An>	IDY - Free Class for ALL Backbend <Zahidah>	Forward bend <Shiou An>
12 15- 1 15pm	IDY - Free Class for ALL Backbend <Manoj>	IDY - Free Class for ALL Hatha Intermediate <Manoj>			IDY - Free Class for ALL Inversion <Shiou An>	IDY - Free Class for ALL Hip Opening <Zahidah>	IDY - Free Class for ALL Backbend <Zahidah>
1 30- 2 30pm							IDY - Free Class for ALL Hip Opening <Zahidah>
4 00- 5 00pm							
5 15- 6 15pm							
6 30- 7 30pm	Shoulder Opening <Manoj>	Hip Opening <Manoj>	Shoulder Opening <Nava>	Backbend <Evon>	Splits <Shiou An>		
7 45- 8 45pm	IDY - Free Class for ALL Arm Balance & Inversion <Manoj>	IDY - Free Class for ALL Backbend <Manoj>	IDY - Free Class for ALL Neck, Back, Shoulder <Monica>	IDY - Free Class for ALL Yoga Twist <Evon>	IDY - Free Class for ALL Inversion <Shiou An>		

FOR RESERVATIONS, WHATSAPP 97687133/97887936

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