

## TRUST YOGA CLASS SCHEDULE (TAMPINES POINT)

|                | (16- 22 June 2025)                                                 |                                                              |                                                       |                                                             | INTERNATIONAL DAY OF YOGA WEEK |                                                                                 |                                                                  |
|----------------|--------------------------------------------------------------------|--------------------------------------------------------------|-------------------------------------------------------|-------------------------------------------------------------|--------------------------------|---------------------------------------------------------------------------------|------------------------------------------------------------------|
| STUDIO A       | 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   |                                                                    |                                                              |                                                       |                                                             |                                | <b>IDY - Free Class for ALL</b><br>Yoga Stretch<br><Xiao Xuan>                  | <b>IDY - Free Class for ALL</b><br>Sun Salutation<br><Xiao Xuan> |
| 9 45- 10 45am  | Yoga Stretch<br><Vernice>                                          |                                                              | Hatha Basic<br><Manoj>                                |                                                             | Yoga Stretch<br><Vernice>      | <b>IDY - Free Class for ALL</b><br>Yoga Flow<br><Xiao Xuan>                     | <b>IDY - Free Class for ALL</b><br>Yoga Stretch<br><Xiao Xuan>   |
| 11 00- 12 00pm | Pilates Mat<br><Vernice>                                           | Shoulder Opening<br><Suann>                                  | Yoga Therapy<br><Manoj>                               | Yoga Stretch<br><Shiou An>                                  | Pilates Mat<br><Vernice>       | <b>IDY - Free Class for ALL</b><br>Spinal Opening<br><Xiao Xuan>                | <b>IDY - Free Class for ALL</b><br>Hatha Basic<br><Xiao Xuan>    |
| 12 15- 1 15pm  | <b>IDY - Free Class for ALL</b><br>Shoulder Opening<br><Shiou An>  | <b>IDY - Free Class for ALL</b><br>Yoga Stretch<br><Suann>   |                                                       |                                                             |                                | Shoulder Opening<br><Shiou An>                                                  | Basic Yoga<br><Yogi>                                             |
| 1 30- 2 30pm   |                                                                    |                                                              |                                                       | <b>IDY - Free Class for ALL</b><br>Hatha Basic<br><Vernice> |                                | Forward Bend<br><Shiou An>                                                      | Dynamic Flow<br><Yogi>                                           |
| 4 00- 5 00pm   |                                                                    |                                                              |                                                       |                                                             |                                | Inversion<br>(2 45- 3 45pm)<br><Shiou An>                                       | Backbend w Yoga Wheel<br>(2 45- 3 45pm)<br><Yogi>                |
| 5 15- 6 15pm   | Backbend<br><Suann>                                                | Forward Bend<br><Shiou An>                                   |                                                       |                                                             |                                | <b>IDY - Free Class for ALL</b><br>Neck, Back, Shoulder<br>(4- 5pm)<br><Monica> |                                                                  |
| 6 30- 7 30pm   | Yoga Stretch<br><Shiou An>                                         | Hip Opening<br><Suann>                                       | Body Opening<br><Evon>                                | Splits<br><Shiou An>                                        |                                | <b>IDY - Free Class for ALL</b><br>Detox Flow<br>(5 15- 6 15pm)<br><Monica>     |                                                                  |
| 7 45- 8 45pm   | Hip Opening<br><Shiou An>                                          | Wheel Yoga<br><Suann>                                        | <b>IDY - Free Class for ALL</b><br>Backbend<br><Evon> | <b>IDY - Free Class for ALL</b><br>Inversion<br><Shiou An>  |                                |                                                                                 |                                                                  |
|                |                                                                    |                                                              |                                                       |                                                             |                                |                                                                                 |                                                                  |
| STUDIO B       | 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                                                        |
| 6 45- 7 45pm   | Hot Yoga<br><Suann>                                                | Hot Slimming Yoga<br><Shiou An>                              |                                                       | Hot Stretch<br><Vernice>                                    |                                |                                                                                 |                                                                  |
| 8 00 - 9.00pm  | <b>IDY - Free Class for ALL</b><br>Hot Shoulder Opening<br><Suann> | <b>IDY - Free Class for ALL</b><br>Hot Stretch<br><Shiou An> |                                                       | Hot Pilates Mat<br><Vernice>                                |                                |                                                                                 |                                                                  |

FOR RESERVATIONS, WHATSAPP 97687133/97887936

ADDRESS: INCOME @ TAMPINES JUNCTION, 300 TAMPINES AVENUE 5, 09-01A, SINGAPORE 529653