

TRUST YOGA CLASS SCHEDULE (STANLEY STREET)

(09- 15 Mar 2026)

|                | Monday                        | Tuesday                          | Wednesday                  | Thursday                    | Friday                     | Saturday                                | Sunday  |
|----------------|-------------------------------|----------------------------------|----------------------------|-----------------------------|----------------------------|---|---|
|                | 9/3/2026                      | 10/3/2026                        | 11/3/2026                  | 12/3/2026                   | 13/3/2026                  | 14/3/2026                               | 15/3/2026                                       |
| 8 30- 9 30am   |                               |                                  |                            |                             |                            | Hip Opening<br><Nava>                   | Yoga Stretch<br><Shiou An>                      |
| 9 45- 10 45am  |                               |                                  |                            |                             | Hip Opening<br><Trudy>     | Neck, Back & Shoulder<br><Nava>         | Shoulder Opening<br><Shiou An>                  |
| 11 00- 12 00pm | Inversion<br><Shiou An>       | Yoga Stretch<br><Rahul>          | Hip Opening<br><Suann>     | Yoga Stretch<br><Suann>     | Yoga Flow<br><Trudy>       | Wheel Yoga<br><Nava>                    | Forward bend<br><Shiou An>                      |
| 12 15- 1 15pm  | Backbend<br><Rahul>           | Hatha Intermediate<br><Rahul>    | Basic Inversion<br><Suann> | Shoulder Opening<br><Suann> | Body Opening<br><Shiou An> | Yoga Stretch<br><Rahul>                 |   |
| 4 00- 5 00pm   |                               |                                  |                            |                             |                            | Hatha Yoga<br>(1 30- 2 30pm)<br><Rahul> | Hatha Intermediate<br>(1 30- 2 30pm)<br><Trudy> |
| 5 15- 6 15pm   |                               | CORPORATE YOGA<br>(4 30- 5 30pm) |                            |                             |                            | Vinyasa<br>(2 45- 3 45pm)<br><Rahul>    | Hip Opening<br>(2 45- 3 45pm)<br><Trudy>        |
| 6 30- 7 30pm   | Yoga Stretch<br><Rahul>       | Hip Opening<br><Rahul>           | Wheel Yoga<br><Suann>      | Backbend<br><Suann>         | Splits<br><Shiou An>       |   |   |
| 7 45- 8 45pm   | Hatha Intermediate<br><Rahul> | Backbend<br><Rahul>              | Yoga Flow<br><Trudy>       | Yoga Twist<br><Suann>       | Inversion<br><Shiou An>    |   |   |

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