

TRUST YOGA CLASS SCHEDULE (STANLEY STREET)

(20- 26 Apr 2026)

	Monday 20/4/2026	Tuesday 21/4/2026	Wednesday 22/4/2026	Thursday 23/4/2026	Friday 24/4/2026	Saturday 25/4/2026	Sunday 26/4/2026
8 30- 9 30am		Body Opening <Rahul>				Hip Opening <Nava>	Yoga Stretch <Nava>
9 45- 10 45am	Hatha Yoga <Rahul>	Yoga Stretch <Rahul>		Yoga Stretch <Nikki>	Hip Opening <Nikki>	Neck, Back & Shoulder <Nava>	Hatha Yoga <Nava>
11 00- 12 00pm	Yoga Stretch <Rahul>	Shoulder & Hips <Nikki>	Yoga Stretch <Suann>	Hip Opening <Suann>	Yoga Flow <Nikki>	Wheel Yoga <Nava>	Neck, Back & Shoulder <Nava>
12 15- 1 15pm	Backbend <Manoj>	Hatha Intermediate <Manoj>	Hatha Yoga <Suann>	Shoulder Opening <Suann>		Basic Yoga <Nava>	
4 00- 5 00pm							
5 15- 6 15pm	Hip Opening <Rahul>						
6 30- 7 30pm	Shoulder Opening <Rahul>	Hip Opening <Manoj>	Wheel Yoga <Suann>	Backbend <Suann>	Yoga Stretch <Nava>		
7 45- 8 45pm	Backbend <Rahul>	Backbend <Manoj>		Basic Inversion <Suann>	Hip Opening <Nava>		

FOR RESERVATIONS, WHATSAPP 97687133/97887936

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