

TRUST YOGA CLASS SCHEDULE (STANLEY STREET)

(01- 07 June 2026)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1/6/2025	2/6/2025	3/6/2025	4/6/2025	5/6/2025	6/6/2025	7/6/2025
8 30- 9 30am	PUBLIC HOLIDAY VESAK DAY					Hip Opening <Nava>	Yoga Stretch <Shiou An>
9 45- 10 45am	Shoulder Opening <Shiou An>			Yoga Stretch <Nikki>	Hip Opening <Trudy>	Neck, Back & Shoulder <Nava>	Shoulder Opening <Shiou An>
11 00- 12 00pm	Yoga Twist <Shiou An>	Shoulder & Hips <Nikki>	Yoga Stretch <Suann>	Hip Opening <Suann>	Yoga Flow <Trudy>	Wheel Yoga <Nava>	Forward Bend <Shiou An>
12 15- 1 15pm	Inversion <Shiou An>	Wheel Yoga <Nikki>	Hatha Yoga <Suann>	Shoulder Opening <Suann>	Body Opening <Shiou An>	Yoga Stretch <Rahul>	
4 00- 5 00pm	Neck, Back & Shoulder (1 30- 2 30pm) <Nava>					Hatha Yoga (1 30- 2 30pm) <Rahul>	Hatha Intermediate (1 30- 2 30pm) <Trudy>
5 15- 6 15pm	Wheel Yoga (2 45- 3 45pm) <Nava>					Vinyasa (2 45- 3 45pm) <Rahul>	Hip Opening (2 45- 3 45pm) <Trudy>
6 30- 7 30pm		Hip Opening <Nava>	Wheel Yoga <Suann>	Backbend <Suann>	Splits <Shiou An>	Body Opening (4-5pm) <Rahul>	
7 45- 8 45pm		Core Yoga <Nava>	Yoga Flow <Trudy>	Basic Inversion <Suann>	Inversion <Shiou An>		

FOR RESERVATIONS, WHATSAPP 97687133/97887936

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