

TRUST YOGA CLASS SCHEDULE (STANLEY STREET)

(13- 19 Apr 2026)

	Monday 13/4/2026	Tuesday 14/4/2026	Wednesday 15/4/2026	Thursday 16/4/2026	Friday 17/4/2026	Saturday 18/4/2026	Sunday 19/4/2026
8 30- 9 30am	Yoga Stretch <Rahul>	Body Opening <Rahul>				Hip Opening <Nava>	Yoga Stretch <Nava>
9 45- 10 45am	Hatha Yoga <Rahul>	Yoga Stretch <Rahul>		Yoga Stretch <Nikki>	Hip Opening <Trudy>	Neck, Back & Shoulder <Nava>	Hatha Yoga <Nava>
11 00- 12 00pm	Inversion <Shiou An>	Shoulder & Hips <Nikki>	Yoga Stretch <Suann>	Hip Opening <Suann>	Yoga Flow <Trudy>	Wheel Yoga <Nava>	Neck, Back & Shoulder <Nava>
12 15- 1 15pm	Backbend <Manoj>	Hatha Intermediate <Manoj>	Basic Inversion <Suann>	Shoulder Opening <Suann>	Body Opening <Shiou An>	Yoga Stretch <Rahul>	
4 00- 5 00pm						Hatha Yoga (1 30- 2 30pm) <Rahul>	Hatha Intermediate (1 30- 2 30pm) <Trudy>
5 15- 6 15pm	Hip Opening <Rahul>	Yoga Stretch <Rahul>				Vinyasa (2 45- 3 45pm) <Rahul>	Hip Opening (2 45- 3 45pm) <Trudy>
6 30- 7 30pm	Shoulder Opening <Manoj>	Hip Opening <Manoj>	Wheel Yoga <Suann>	Backbend <Suann>	Splits <Shiou An>	Body Opening (4-5pm) <Rahul>	
7 45- 8 45pm	Backbend <Rahul>	Backbend <Manoj>	Yoga Flow <Trudy>	Yoga Twist <Suann>	Inversion <Shiou An>		

FOR RESERVATIONS, WHATSAPP 97687133/97887936

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