

TRUST YOGA CLASS SCHEDULE (STANLEY STREET)

(13- 19 July 2026)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	13/7/2025	14/7/2025	15/7/2025	16/7/2025	17/7/2025	18/7/2025	19/7/2025
8 30- 9 30am						Hip Opening <Nava>	Yoga Stretch <Shiou An>
9 45- 10 45am	Stretch & Twist <Shiou An>					Neck, Back & Shoulder <Nava>	Shoulder Opening <Shiou An>
11 00- 12 00pm	Hatha Intermediate <Manoj>	Yoga Flow <Nikki>	Yoga Stretch <Suann>	Hip Opening <Suann>		Wheel Yoga <Nava>	Forward Bend <Shiou An>
12 15- 1 15pm	Backbend <Manoj>	Shoulder Opening <Nikki>	Hatha Yoga <Suann>	Shoulder Opening <Suann>	Body Opening <Shiou An>	Trust Signature <Manoj>	Yoga Twist <Suann>
4 00- 5 00pm						Hatha Intermediate (1 30- 2 30pm) <Manoj>	Spinal Opening (1 30- 2 30pm) <Suann>
5 15- 6 15pm							Basic Inversion (2 45- 3 45pm) <Suann>
6 30- 7 30pm	Shoulder Opening <Nava>	Hip Opening <Manoj>	Wheel Yoga <Suann>	Backbend <Suann>	Splits <Shiou An>		
7 45- 8 45pm	Core Yoga <Nava>	Backbend <Manoj>	Body Opening <Eddie>	Basic Inversion <Suann>	Inversion <Shiou An>		

FOR RESERVATIONS, WHATSAPP 97687133/97887936

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