

## TRUST YOGA CLASS SCHEDULE (TAMPINES JUNCTION)

**(01- 07 June 2026)**

STUDIO A	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1/6/2026	2/6/2026	3/6/2026	4/6/2026	5/6/2026	6/6/2026	7/6/2026
7 15- 8 15am	<b>PUBLIC HOLIDAY VESAK DAY</b>		Yoga Stretch <Vernice>				
8 30- 9 30am	Yoga Stretch <Manoj>	Healing & Relaxation Yoga <Vernice>	Shoulder Opening <Vernice>	Release & Reconnect <Lynn>	Release & Reconnect <Lynn>	Yoga Stretch <Suann>	Hip Opening <Rahul>
9 45- 10 45am	Hip Opening <Manoj>	Chair Pilates <Vernice>	Hatha Yoga <Vernice>	Hatha Yoga <Rahul>	Yoga Stretch <Rahul>	Hip Opening <Suann>	Yoga Stretch <Rahul>
11 00- 12 00pm	Shoulder Opening <Vernice>	Shoulder Opening <Vernice>	Indian Traditional <Shiou An>	Hip Opening <Rahul>	Shoulder Opening <Rahul>	Shoulder Opening <Shiou An>	Hatha Yoga <Rahul>
12 15- 1 15pm	Hatha Yoga <Vernice>	Yoga Stretch <Suann>	Iyengar Yoga <Shiou An>	Body Opening <Rahul>	Inversion <Rahul>	Rhythmic Yoga <Shiou An>	Yoga Twist <Suann>
1 30- 2 30pm	Yoga Stretch <Vernice>					Inversion <Shiou An>	Spinal Opening <Suann>
5 15- 6 15pm		Forward Bend <Shiou An>		Shoulder Opening <Rahul>	Hatha Yoga <Rahul>	Yoga Mobility (2 45- 3 45pm) <Evon>	Basic Inversion (2 45- 3 45pm) <Suann>
6 30- 7 30pm		Hip Opening <Suann>	Body Opening <Shiou An>	Core Yoga <Lilian L>	Gentle Yoga <Eddie>	Yoga Balance (4- 5pm) <Evon>	Basic Yoga (4- 5pm) <Thuzar>
7 45- 8 45pm		Wheel Yoga <Suann>	Chair Yoga <Shiou An>	Mindful Stretch <Lilian L>	Yoga Stretch <Eddie>	Basic Yoga (5 15- 6 15pm) <Thuzar>	

STUDIO B	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1/6/2026	2/6/2026	3/6/2026	4/6/2026	5/6/2026	6/6/2026	7/6/2026
8 45- 9 45am							
10 00- 11 00am				Hot Shoulder RecoverRing <Lynn>	Hot Hip RecoverRing <Lynn>	Hot Yoga <Vernice>	Hot Core Yoga <Lilian L>
11 15- 12 15am						Hot Pilates Mat <Vernice>	Hot Yin Yoga <Lilian L>
12 30- 1 30pm							
6 45- 7 45pm		Hot Slimming Yoga <Shiou An>	Hot Yoga <Vernice>	Hot Hip Opening <Vernice>	Hot Warrior Flow <Lilian L>		
8 00 - 9.00pm		Hot Stretch <Shiou An>	Hot Stretch <Vernice>	Hot Pilates Mat <Vernice>	Hot Yin Yoga <Lilian L>		

**FOR RESERVATIONS, WHATSAPP 97687133/97887936**

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