

TRUST YOGA CLASS SCHEDULE (TAMPINES JUNCTION)

(13- 19 Apr 2026)							
STUDIO A	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	13/4/2026	14/4/2026	15/4/2026	16/4/2026	17/4/2026	18/4/2026	19/4/2026
7 15- 8 15am			Yoga Stretch <Vernice>				ANNIVERSARY SPECIAL CLASS <Free for non members>
8 30- 9 30am	Hip Opening <Vernice>	Healing & Relaxation Yoga <Vernice>	Shoulder Opening <Vernice>	Release & Reconnect <Lynn>	Release & Reconnect <Lynn>	Yoga Stretch <Suann>	Yoga with Props (8 00 -9 00 am) <Rahul>
9 45- 10 45am	Yoga Stretch <Vernice>	Chair Pilates <Vernice>	Hatha Yoga <Vernice>	Yoga Foundation <Manoj>	Hatha Yoga <Rahul>	Hip Opening <Suann>	Myofascial Stretch (9 15- 10 15am) <Suann>
11 00- 12 00pm	Pilates Mat <Vernice>	Shoulder Opening <Vernice>	Indian Traditional <Shiou An>	Hip Opening <Manoj>	Vinyasa <Rahul>	Shoulder Opening <Shiou An>	Spinal Opening (10 30- 11 30am) <Manoj>
12 15- 1 15pm		Yoga Stretch <Suann>	Iyengar Yoga <Shiou An>	Body Opening <Rahul>		Rhythmic Yoga <Shiou An>	Anniversary Stretch (11 45- 12 45pm) <Shiou An>
1 30- 2 30pm						Inversion <Shiou An>	TRUST YOGA 9th ANNIVERSARY CELEBRATION (1-4pm)
5 15- 6 15pm	Backbend <Suann>	Forward Bend <Shiou An>		Vinyasa <Rahul>		Yoga Mobility (2 45- 3 45pm) <Evon>	
6 30- 7 30pm	Yoga Stretch <Shiou An>	Hip Opening <Suann>	Body Opening <Shiou An>	Yoga Stretch <Manoj>	Gentle Yoga <Eddie>	Yoga balance (4-5pm) <Evon>	
7 45- 8 45pm	Hip Opening <Shiou An>	Wheel Yoga <Suann>	Chair Yoga <Shiou An>	Hatha Yoga <Rahul>	Yoga Stretch <Eddie>	Basic Yoga (5 15- 6 15pm) <Thuzar>	

STUDIO B	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	13/4/2026	14/4/2026	15/4/2026	16/4/2026	17/4/2026	18/4/2026	19/4/2026
8 45- 9 45am						200 HOURS YOGA TEACHER TRAINING COURSE	
10 00- 11 00am				Hot Shoulder RecoverRing <Lynn>	Hot Hip RecoverRing <Lynn>		
11 15- 12 15am							
12 30- 1 30pm							
6 45- 7 45pm	Hot Yoga <Suann>	Hot Slimming Yoga <Shiou An>	Hot Yoga <Vernice>	Hot Hip Opening <Vernice>	Hot Yoga <Rahul>		
8 00 - 9.00pm	Hot Shoulder Opening <Suann>	Hot Stretch <Shiou An>	Hot Stretch <Vernice>	Hot Pilates Mat <Vernice>	Hot Stretch <Rahul>		

FOR RESERVATIONS, WHATSAPP 97687133/97887936

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