

TRUST YOGA CLASS SCHEDULE (TAMPINES JUNCTION)

	(13- 19 July 2026)						
STUDIO A	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
7 15- 8 15am			Yoga Stretch <Vernice>				
8 30- 9 30am	Hip Opening <Vernice>		Shoulder Opening <Vernice>			Yoga Stretch <Suann>	Hip Opening <Evon>
9 45- 10 45am	Yoga Stretch <Vernice>	Chair Yoga <Suann>	Hatha Yoga <Vernice>	Ashtanga <Vernice>	Yoga Stretch <Manoj>	Hip Opening <Suann>	Yoga Stretch <Manoj>
11 00- 12 00pm	Pilates Mat <Vernice>	Shoulder Opening <Suann>	Indian Traditional <Shiou An>	Yoga Stretch <Vernice>	Inversion <Manoj>	Shoulder Opening <Shiou An>	Trust Signature <Manoj>
12 15- 1 15pm	Gentle Yoga <Eddie>		Iyengar Yoga <Shiou An>			Indian Traditional <Shiou An>	Stretch & Twist <Chandan>
1 30- 2 30pm	Yoga Stretch <Eddie>					Inversion <Shiou An>	Back & Shoulder <Chandan>
5 15- 6 15pm	Backbend <Suann>	Forward Bend <Shiou An>			Gentle Yoga <Eddie>	Body Opening (2 45- 3 45pm) <Eddie>	Core & Strength (2 45- 3 45pm) <Chandan>
6 30- 7 30pm	Yoga Stretch <Shiou An>	Hip Opening <Suann>	Body Opening <Shiou An>	Yoga Stretch <Manoj>	Alignment Yoga <Eddie>	Alignment Yoga (4- 5pm) <Eddie>	Inversion (4- 5pm) <Chandan>
7 45- 8 45pm	Hip Opening <Shiou An>	Wheel Yoga <Suann>	Chair Yoga <Shiou An>	Hatha Intermediate <Manoj>	Yoga Stretch <Eddie>	Basic Yoga (5 15- 6 15pm) <Thuzar>	Basic Yoga (5 15- 6 15pm) <Thuzar>

STUDIO B	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 45- 9 45am						Hot Mobility <Evon>	
10 00- 11 00am						Hot Yoga <Evon>	Hot Core <Lilian>
11 15- 12 15am						Hot Shoulder, Spine, Hips <Suann>	Hot Mindful Stretch <Lilian>
12 30- 1 30pm						Hot Yoga (12 30- 1 30pm) <Vernice>	
6 45- 7 45pm	Hot Yoga <Suann>	Hot Slimming Yoga <Shiou An>	Hot Yoga <Vernice>	Hot Hip Opening <Vernice>	Hot Warrior Flow <Lilian>	Hot Sun Salutation (1 45- 2 45pm) <Vernice>	
8 00 - 9.00pm	Hot Shoulder Opening <Suann>	Hot Stretch <Shiou An>	Hot Stretch <Vernice>	Hot Pilates Mat <Vernice>	Hot Yin Yoga <Lilian>		

FOR RESERVATIONS, WHATSAPP 97687133/97887936

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