

TRUST YOGA CLASS SCHEDULE (STANLEY STREET)

(08- 14 June 2026)

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

FOR RESERVATIONS, WHATSAPP 97687133/97887936

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