

TRUST YOGA CLASS SCHEDULE (STANLEY STREET)

(12- 18 Oct 2026)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	12/10/2026	13/10/2026	14/10/2026	15/10/2026	16/10/2026	17/10/2026	18/10/2026
8 30- 9 30am	Spinal Opening (8 15- 9 15am) <Sherie>	Gentle Yoga (8 15- 9 15am) <Sherie>	Yoga Stretch <Suann>			Hip Opening <Nava>	Yoga Stretch <Shiou An>
9 45- 10 45am		Back & Shoulder <Chandan>	Hatha Yoga <Suann>		Back & Shoulder <Chandan>	Neck, Back & Shoulder <Nava>	Shoulder Opening <Shiou An>
11 00- 12 00pm	Yoga Stretch <Rahul>	Yoga Stretch <Chandan>	Back & Shoulder <Chandan>	Hip Opening <Suann>	Hatha Flow <Chandan>	Core & Strength <Nava>	Forward Bend <Eddie>
12 15- 1 15pm	Hatha Intermediate <Rahul>	Shoulder Opening <Rahul>	Hatha Flow <Chandan>	Shoulder Opening <Suann>	Yoga Balance <Chandan>	Yoga Stretch <Eddie>	Yoga Twist <Suann>
1 30- 2 30pm						Alignment Yoga <Eddie>	Spinal Opening <Suann>
4 00- 5 00pm						Wheel Yoga (2 45- 3 45pm) <Eddie>	Basic Inversion (2 45- 3 45pm) <Suann>
5 15- 6 15pm	Yoga Stretch <Rahul>	Hatha Yoga <Rahul>	Yoga Stretch <Chandan>	Back & Shoulder <Chandan>	Stretch & Twist <Chandan>		
6 30- 7 30pm	Shoulder Opening <Rahul>	Hip Opening <Rahul>	Wheel Yoga <Suann>	Core & Strength <Chandan>	Splits <Shiou An>		
7 45- 8 45pm	Inversion <Chandan>	Backbend <Rahul>	Hatha Intermediate <Chandan>	Backbend <Suann>	Inversion <Shiou An>		

FOR RESERVATIONS, WHATSAPP 97687133/97887936

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