

TRUST YOGA CLASS SCHEDULE (STANLEY STREET)

(20- 26 July 2026)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	20/7/2026	21/7/2026	22/7/2026	23/7/2026	24/7/2026	25/7/2026	26/7/2026
8 30- 9 30am						Yoga Stretch <Nava>	Yoga Stretch <Shiou An>
9 45- 10 45am	Stretch & Twist <Shiou An>	Body Opening <Rahul>	Yoga Stretch <Suann>		Back & Shoulder <Chandan>	HIP OPENING WORKSHOP (10am- 12 30pm) <Nava>	Shoulder Opening <Shiou An>
11 00- 12 00pm	Hatha Intermediate <Manoj>	Vinyasa <Rahul>	Hatha Yoga <Suann>	Hip Opening <Suann>	Hatha Flow <Chandan>		Forward Bend <Shiou An>
12 15- 1 15pm	Backbend <Manoj>	Shoulder Opening <Rahul>	Back & Shoulder <Chandan>	Shoulder Opening <Suann>	Body Opening <Shiou An>	Trust Signature (12 45- 1 45pm) <Manoj>	Yoga Twist <Suann>
1 30- 2 30pm			Hatha Flow <Chandan>			Hatha Intermediate (2- 3pm) <Manoj>	Spinal Opening <Suann>
4 00- 5 00pm	Vinyasa <Rahul>				Core & Strength <Chandan>	Stretch & Twist (3 15- 4 15pm) <Chandan>	Basic Inversion (2 45 - 3 4 pm) <Suann>
5 15- 6 15pm	Yoga Stretch <Rahul>	Hatha Yoga <Rahul>	Core & Strength <Chandan>		Stretch & Twist <Chandan>	Hatha Flow (4 30 -5 30 pm) <Chandan>	
6 30- 7 30pm	Shoulder Opening <Rahul>	Hip Opening <Manoj>	Wheel Yoga <Suann>	Backbend <Suann>	Splits <Shiou An>	Core & Strength (5 45- 6 45pm) <Chandan>	
7 45- 8 45pm	Inversion <Rahul>	Backbend <Manoj>	Hatha Intermediate <Chandan>	Basic Inversion <Suann>	Inversion <Shiou An>		

FOR RESERVATIONS, WHATSAPP 97687133/97887936

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