

TRUST YOGA CLASS SCHEDULE (STANLEY STREET)

(31 Aug- 06 Sep 2026)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	31/8/2026	1/9/2026	2/9/2026	3/9/2026	4/9/2026	5/9/2026	6/9/2026
8 30- 9 30am	Hip Opening <Nikki>	Yoga Stretch <Nikki>				Hip Opening <Nava>	Yoga Stretch <Shiou An>
9 45- 10 45am	Yoga Flow <Nikki>	Wheel Yoga <Nikki>			Back & Shoulder <Chandan>	Neck, Back & Shoulder <Nava>	Shoulder Opening <Shiou An>
11 00- 12 00pm	Hatha Intermediate <Rahul>	Yoga Stretch <Rahul>	Back & Shoulder <Chandan>	Hatha Basic <Chandan>	Hatha Flow <Chandan>	Core & Strength <Nava>	
12 15- 1 15pm	Backbend <Rahul>	Shoulder Opening <Rahul>	Hatha Flow <Chandan>	Stretch & Twist <Chandan>	Yoga Balance <Chandan>	Backbend <Nava>	Yoga Twist <Suann>
1 30- 2 30pm						Wheel Yoga <Nava>	Spinal Opening <Suann>
4 00- 5 00pm							Basic Inversion (2 45- 3 45pm) <Suann>
5 15- 6 15pm					Stretch & Twist <Chandan>		
6 30- 7 30pm	Shoulder Opening <Rahul>	Hip Opening <Rahul>	Core & Strength <Chandan>	Stretch & Twist <Chandan>	Splits <Shiou An>		
7 45- 8 45pm	Inversion <Rahul>	Backbend <Rahul>	Hatha Intermediate <Chandan>	Back & Shoulder <Chandan>	Inversion <Shiou An>		

FOR RESERVATIONS, WHATSAPP 97687133/97887936

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