

TRUST YOGA CLASS SCHEDULE (TAMPINES JUNCTION)

	(12- 18 Oct 2026)						
STUDIO A	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
7 15- 8 15am			Yoga Stretch <Vernice>			<u>WEEKEND</u>	
8 30- 9 30am	Hip & Shoulder <Chandan>	Healing & Relaxation Yoga <Vernice>	Shoulder Opening <Vernice>	Sun Salutation <Rahul>	Yoga Stretch <Hui Xian>	Yoga Stretch <Suann>	Hatha Basic <Chandan>
9 45- 10 45am	Deep Stretch <Chandan>	Chair Pilates <Vernice>	Hatha Yoga <Vernice>	Yoga Stretch <Rahul>	Hatha Yoga <Vernice>	Hip Opening <Suann>	Yoga Stretch <Chandan>
11 00- 12 00pm	Core & Strength <Chandan>	Shoulder Opening <Vernice>	Hip Opening <Vernice>	Shoulder Opening <Rahul>	Pilates Mat <Vernice>	Shoulder Opening <Shiou An>	Backbend <Chandan>
12 15- 1 15pm	Stretch & Twist <Chandan>	Yoga Stretch <Suann>		Back & Shoulder <Chandan>	Sun Salutation <Vernice>	Indian Tradition <Shiou An>	Body Opening <Rahul>
1 30- 2 30pm	Gentle Yoga <Manu>	Wheel Yoga <Suann>		Deep Stretch <Chandan>	Mindful Stretch <Manu>	Inversion <Rahul>	Hatha Yoga <Rahul>
2 45- 3 45pm	Yoga Stretch <Vernice>	Stretch & Mobility <Manu>			Basic Backbend <Manu>	Body Opening <Rahul>	Core & Strength <Chandan>
4 00- 5 00pm	Hatha Yoga <Vernice>	Basic Yoga <Manu>			Stretch & Mobility <Manu>	Hatha Yoga <Rahul>	Inversion <Chandan>
5 15- 6 15pm	Backbend <Suann>	Stretch & Twist <Chandan>	Ashtanga <Vernice>	Hatha Yoga <Manu>	Iyengar Yoga <Rahul>	Basic Yoga <Thuzar>	Basic Yoga <Thuzar>
6 30- 7 30pm	Yoga Stretch <Shiou An>	Hip Opening <Suann>	Body Opening <Shiou An>	Stretch & Mobility <Manu>	Shoulder Opening <Rahul>	Gentle Yoga <Manu>	Stretch & Mobility <Manu>
7 45- 8 45pm	Hip Opening <Shiou An>	Core & Strength <Chandan>	Wheel Yoga <Shiou An>	Sound Healing <Manu>	Hatha Yoga <Rahul>		

STUDIO B	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 45- 9 45am						Hot Sun Salutation <Vernice>	
10 00- 11 00am						Hot Yoga <Vernice>	Hot Flow <Mandy>
12 00- 1 00pm	Hot Yoga <Manu>					Hot Shoulder, Spine, Hips (11 15- 12 15pm) <Suann>	Hot Mindful Stretch (11 15- 12 15pm) <Mandy>
1 30- 2 30pm				-			Hot Shoulder Opening (3- 4pm) <Rahul>
5 30- 6 30pm	Hot Sun Salutation <Vernice>	Hot Yoga <Manu>		Hot Yoga <Rahul>		Hot Wheel Yoga (4 15- 5 15pm) <Hui Xian>	Hot Body Opening (4 15- 5 15pm) <Rahul>
6 45- 7 45pm	Hot Yoga <Suann>	Hot Slimming Yoga <Shiou An>	Hot Yoga <Vernice>	Hot Hip Opening <Vernice>	Hot Core <Vernice>	Hot Core (5 30- 6 30pm) <Manu>	Hot Yoga (5 30- 6 30pm) <Manu>
8 00 - 9.00pm	Hot Shoulder Opening <Suann>	Hot Stretch <Shiou An>	Hot Stretch <Vernice>	Hot Pilates Mat <Vernice>	Hot Healing & Relaxation Yoga <Vernice>		

FOR RESERVATIONS, WHATSAPP 97687133/97887936

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