

TRUST YOGA CLASS SCHEDULE (TAMPINES JUNCTION)

	(31 Aug- 06 Sep 2026)						
STUDIO A	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
7 15- 8 15am			Yoga Stretch <Vernice>				
8 30- 9 30am	Hip Opening <Vernice>	Healing & Relaxation Yoga <Vernice>	Shoulder Opening <Vernice>	Shoulder Opening <Rahul>	Sun Salutation <Vernice>	Yoga Stretch <Suann>	Hatha Basic <Chandan>
9 45- 10 45am	Yoga Stretch <Vernice>	Chair Pilates <Vernice>	Hatha Yoga <Vernice>	Yoga Stretch <Rahul>	Ashtanga <Vernice>	Hip Opening <Suann>	Yoga Stretch <Chandan>
11 00- 12 00pm	Pilates Mat <Vernice>	Shoulder Opening <Vernice>	Hip Opening <Vernice>	Hatha Yoga <Rahul>	Yoga Stretch <Vernice>	Shoulder Opening <Shiou An>	Backbend <Chandan>
12 15- 1 15pm	Stretch & Twist <Chandan>	Yoga Stretch <Chandan>				Indian Tradition <Shiou An>	Body Opening <Rahul>
1 30- 2 30pm						Inversion <Rahul>	Hatha Yoga <Rahul>
4 00- 5 00pm						Body Opening (2 45- 3 45pm) <Rahul>	Core & Strength (2 45- 3 45pm) <Chandan>
5 15- 6 15pm	Backbend <Chandan>	Stretch & Twist <Chandan>	Ashtanga <Vernice>		Hatha Yoga <Rahul>	Hatha Yoga (4-5pm) <Rahul>	Inversion (4- 5pm) <Chandan>
6 30- 7 30pm	Yoga Stretch <Shiou An>	Back & Shoulder <Chandan>	Body Opening <Shiou An>	Yoga Stretch <Rahul>	Shoulder Opening <Rahul>	Yoga Stretch (5 15- 6 15pm) <Rahul>	Yoga Stretch (5 15- 6 15pm) <Rahul>
7 45- 8 45pm	Hip Opening <Shiou An>	Core & Strength <Chandan>	Chair Yoga <Shiou An>	Hatha Yoga <Rahul>	Yoga Stretch <Rahul>		

STUDIO B	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 45- 9 45am						Hot Sun Salutation <Vernice>	100 HOURS ADVANCE YOGA TRAINING COURSE
10 00- 11 00am						Hot Yoga <Vernice>	
11 15- 12 15am						Hot Shoulder, Spine, Hips <Suann>	
5 30- 6 30pm							
6 45- 7 45pm	Hot Flow <Chandan>	Hot Slimming Yoga <Shiou An>	Hot Yoga <Vernice>	Hot Hip Opening <Vernice>	Hot Warrior Flow <Lillian>		
8 00 - 9.00pm	Hot Twist <Chandan>	Hot Stretch <Shiou An>	Hot Stretch <Vernice>	Hot Pilates Mat <Vernice>	Hot Yin Yoga <Lillian>		

FOR RESERVATIONS, WHATSAPP 97687133/97887936

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