

TRUST YOGA CLASS SCHEDULE (STANLEY STREET)

(07-13 Sep 2026)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	7/9/2026	8/9/2026	9/9/2026	10/9/2026	11/9/2026	12/9/2026	13/9/2026
8 30- 9 30am	Hip Opening <Nikki>	Yoga Stretch <Nikki>	Yoga Stretch <Suann>	Stretch & Twist (7 15- 8 15am) <Chandan>		Hip Opening <Nava>	Yoga Stretch <Shiou An>
9 45- 10 45am	Yoga Flow <Nikki>	Wheel Yoga <Nikki>	Hatha Yoga <Suann>	Back & Shoulder (8 30- 9 30am) <Chandan>	Back & Shoulder <Chandan>	Neck, Back & Shoulder <Nava>	Shoulder Opening <Shiou An>
11 00- 12 00pm	Hatha Intermediate <Manoj>	Yoga Stretch <Rahul>	Back & Shoulder <Chandan>	Hip Opening <Suann>	Hatha Flow <Chandan>	Core & Strength <Nava>	Forward Bend <Eddie>
12 15- 1 15pm	Backbend <Manoj>	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	Body Opening <Rahul>					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 Balance <Chandan>	Back & Shoulder <Chandan>	Stretch & Twist <Chandan>		
6 30- 7 30pm	Shoulder Opening <Rahul>	Hip Opening <Manoj>	Wheel Yoga <Suann>	Core & Strength <Chandan>	Splits <Shiou An>		
7 45- 8 45pm	Inversion <Rahul>	Backbend <Manoj>	Hatha Intermediate <Chandan>	Backbend <Suann>	Inversion <Shiou An>		

FOR RESERVATIONS, WHATSAPP 97687133/97887936

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