

TRUST YOGA CLASS SCHEDULE (TAMPINES JUNCTION)

(07-13 Sep 2026)

STUDIO A	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
7 15- 8 15am			Yoga Stretch <Vernice>	Sun Salutation <Rahul>			
8 30- 9 30am	Hip Opening <Vernice>	Healing & Relaxation Yoga <Vernice>	Shoulder Opening <Vernice>	Yoga Stretch <Rahul>	Sun Salutation <Vernice>	Yoga Stretch <Suann>	Hatha Basic <Chandan>
9 45- 10 45am	Yoga Stretch <Vernice>	Chair Pilates <Vernice>	Hatha Yoga <Vernice>	Yoga Therapy <Manoj>	Ashtanga <Vernice>	Hip Opening <Suann>	Yoga Stretch <Chandan>
11 00- 12 00pm	Pilates Mat <Vernice>	Shoulder Opening <Vernice>	Hip Opening <Vernice>	Inversion <Manoj>	Yoga Stretch <Vernice>	Shoulder Opening <Shiou An>	Backbend <Chandan>
12 15- 1 15pm	Stretch & Twist <Chandan>	Yoga Stretch <Suann>		Shoulder Opening <Rahul>		Indian Tradition <Shiou An>	Body Opening <Rahul>
1 30- 2 30pm	Inversion <Chandan>	Wheel Yoga <Suann>				Inversion <Rahul>	Hatha Yoga <Rahul>
4 00- 5 00pm	Core & Strength <Chandan>	Back & Shoulder <Chandan>				Body Opening (2 45- 3 45pm) <Rahul>	Core & Strength (2 45- 3 45pm) <Chandan>
5 15- 6 15pm	Backbend <Suann>	Stretch & Twist <Chandan>	Ashtanga <Vernice>	Body Opening <Rahul>	Iyengar Yoga <Rahul>	Hatha Yoga (4-5pm) <Rahul>	Inversion (4- 5pm) <Chandan>
6 30- 7 30pm	Yoga Stretch <Shiou An>	Hip Opening <Suann>	Body Opening <Shiou An>	Yoga Stretch <Manoj>	Shoulder Opening <Rahul>	Basic Yoga (5 15- 6 15pm) <Thuzar>	Basic Yoga (5 15- 6 15pm) <Thuzar>
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
	7/9/2026	8/9/2026	9/9/2026	10/9/2026	11/9/2026	12/9/2026	13/9/2026
8 45- 9 45am						100 HOURS ADVANCE YOGA TRAINING COURSE	100 HOURS ADVANCE YOGA TRAINING COURSE
10 00- 11 00am							
11 15- 12 15am							
5 30- 6 30pm	Hot Flow <Chandan>						
6 45- 7 45pm	Hot Yoga <Suann>	Hot Slimming Yoga <Shiou An>	Hot Yoga <Vernice>	Hot Hip Opening <Vernice>	Hot Warrior Flow <Lilian>		Hot Shoulder Opening (4.45 -5.45 pm) <Rahul>
8 00 - 9.00pm	Hot Shoulder Opening <Suann>	Hot Stretch <Shiou An>	Hot Stretch <Vernice>	Hot Pilates Mat <Vernice>	Hot Yin Yoga <Lilian>	Hot Stretch (5.00 - 6.00 pm) <Rahul>	Hot Yoga (6.00 -7.00pm) <Rahul>

FOR RESERVATIONS, WHATSAPP 97687133/97887936

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