

## TRUST YOGA CLASS SCHEDULE (STANLEY STREET)

| ( 07 - 13 Apr 2025) |                                       |                                                         |                           |                         |                             |                                         |                                          |
|---------------------|---------------------------------------|---------------------------------------------------------|---------------------------|-------------------------|-----------------------------|-----------------------------------------|------------------------------------------|
|                     | Monday                                | Tuesday                                                 | Wednesday                 | Thursday                | Friday                      | Saturday                                | Sunday                                   |
|                     | 07/04/2025                            | 08/04/2025                                              | 09/04/2025                | 10/04/2025              | 11/04/2025                  | 12/04/2025                              | 13/04/2025                               |
| 8. 30am - 9.30am    | Core Yoga<br><Nikki>                  |                                                         |                           |                         |                             | Hip Opening<br><Manoj>                  | Yoga Twist<br><Shiou An>                 |
| 9.45am - 10.45am    | Wheel Yoga<br><Nikki>                 | Shoulder, Spine, Hips<br>(09 30- 10 30am)<br><Shiou An> | Yoga Stretch<br><Joanna>  | Hatha Basic<br><Joanna> | Yoga with Blocks<br><Nikki> | Trust Signature<br><Manoj>              | Shoulder Opening<br><Shiou An>           |
| 11.00 am - 12.00pm  | Yoga Stretch<br><Suann>               | Stretch & Twist<br>(10 45- 11 45am)<br><Shiou An>       | Hatha Basic<br><Joanna>   | Hip Opening<br><Joanna> | Vinyasa<br><Nikki>          | Backbend<br><Manoj>                     | Inversion<br><Shiou An>                  |
| 12.15pm-1.15pm      | Backbend<br><Manoj>                   | Hatha Intermediate<br><Manoj>                           | Yoga Balance<br><Suann>   |                         | Body Opening<br><Shiou An>  | Slow Flow<br><Samantha>                 | Basic Yoga<br><Yogi>                     |
| 5.15pm- 6 15pm      | Hip Opening<br><Suann>                | Forward Bend<br><Shiou An>                              |                           |                         |                             | Vinyasa<br>(1 30- 2 30pm)<br><Samantha> | Dynamic Yoga<br>(1 30- 2 30pm)<br><Yogi> |
| 6.30pm - 7.30pm     | Shoulder Opening<br><Manoj>           | Hip Opening<br><Manoj>                                  | Wheel Yoga<br><Suann>     | Gentle Yoga<br><Eddie>  | Splits<br><Shiou An>        |                                         |                                          |
| 7.45pm - 8.45pm     | Arm Balance &<br>Inversion<br><Manoj> | Backbend<br><Manoj>                                     | Spinal Opening<br><Suann> | Yoga Stretch<br><Eddie> | Inversion<br><Shiou An>     |                                         |                                          |

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