

TRUST YOGA CLASS SCHEDULE- STANLEY STRET

(13 -19 Jan 2025)							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	13/01/2025	14/01/2025	15/01/2025	16/01/2025	17/01/2025	18/01/2025	19/01/2025
8.30am - 9.30am						Yoga Stretch <Manoj>	Yoga Twist <Shiou An>
9.45am - 10.45am	Hip Opening <Nikki >	Hatha Basic <Vernice>				Backbend <Manoj>	Shoulder Opening <Shiou An>
11.00 am - 12.00pm	Shoulder Opening <Nikki >	Pilates Mat <Vernice>				Trust Signature <Manoj>	Body Opening <Shiou An>
12.15pm-1.15pm	Backbend <Manoj>		Shoulder Opening <Shiou An>	Wheel Yoga (FREE TRIAL) <Nikki>	Body Opening <Shiou An>	Basic Yoga NEW INSTRUCTOR <Yogi>	
1.30pm-2.30pm						Dynamic Flow NEW INSTRUCTOR <Yogi>	
6.30pm - 7.30pm	Shoulder Opening <Manoj>	Hip Opening <Manoj>	Shoulder, Spine, Hips <Shiou An>	Hatha Basic <Eddie>	Stretch & Twist <Shiou An>	v Shoulder Opening (2 45- 3 45pm) <Eddie>	
7.45pm - 8.45pm	Arm Balance & Inversion <Manoj>	Backbend <Manoj>	Hatha Vinyasa <Shiou An>	Hip Opening <Eddie>	Splits <Shiou An>	Neck, Back, Shoulder (5.15- 6.15pm) <Stephanie>	

FOR RESERVATIONS, WHATSAPP 97687133/ 97887936

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