

## TRUST YOGA CLASS SCHEDULE (STANLEY STREET)

| ( 14 - 20 Apr 2025) |                                    |                                           |                                        |                          |                             |                                              |                                          |
|---------------------|------------------------------------|-------------------------------------------|----------------------------------------|--------------------------|-----------------------------|----------------------------------------------|------------------------------------------|
|                     | Monday                             | Tuesday                                   | Wednesday                              | Thursday                 | Friday                      | Saturday                                     | Sunday                                   |
|                     | 14-04-2025                         | 15-04-2025                                | 16-04-2025                             | 17-04-2025               | 18-04-2025                  | 19-04-2025                                   | 20-04-2025                               |
| 8. 30am - 9.30am    | Core Yoga<br><Nikki>               | Shoulder, Spine, Hips<br><Shiou An>       |                                        |                          |                             | Hip Opening<br><Suann>                       | Yoga Twist<br><Shiou An>                 |
| 9.45am - 10.45am    | Wheel Yoga<br><Nikki>              | Stretch & Twist<br><Shiou An>             | Yoga Stretch<br><Shiou An>             | Hatha Basic<br><Vernice> | Yoga with Blocks<br><Nikki> | Yoga Stretch<br><Suann>                      | Shoulder Opening<br><Shiou An>           |
| 11.00 am - 12.00pm  | Yoga Stretch<br><Suann>            | Trust Signature<br><Manoj>                | Hatha Basic<br><Shiou An>              | Pilates Mat<br><Vernice> | Vinyasa<br><Nikki>          | Spinal Opening<br><Suann>                    | Arm Balance<br><Shiou An>                |
| 12.15pm-1.15pm      | Backbend<br><Manoj>                | Hatha Intermediate<br><Manoj>             | Yoga Balance<br><Suann>                | Hip Opening<br><Suann>   | Body Opening<br><Shiou An>  | Shoulder Opening<br><Shiou An>               | Basic Yoga<br><Yogi>                     |
| 5.15pm- 6 15pm      | Hip Opening<br><Suann>             | Forward Bend<br>(1 30- 2 30pm)<br><Suann> | Wheel Yoga<br><Suann>                  |                          |                             | Forward bend<br>(1 30- 2 30pm)<br><Shiou An> | Dynamic Yoga<br>(1 30- 2 30pm)<br><Yogi> |
| 6.30pm - 7.30pm     | Shoulder Opening<br><Manoj>        | Hip Opening<br><Suann>                    | Yoga Functional Training<br><Shiou An> | Yoga Twist<br><Suann>    | Splits<br><Shiou An>        | Inversion<br>(2 45- 3 45pm)<br><Shiou An>    | Backbend<br>(2 45- 3 45pm)<br><Suann>    |
| 7.45pm - 8.45pm     | Arm Balance & Inversion<br><Manoj> | Backbend<br><Suann>                       | Spinal Opening<br><Suann>              | Yoga Stretch<br><Suann>  | Inversion<br><Shiou An>     |                                              | Yoga Stretch<br>(4- 5pm)<br><Suann>      |

FOR RESERVATIONS, WHATSAPP 97687133/ 97887936

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