

# TRUST YOGA CLASS SCHEDULE- STANLEY STREET

( 16 -22 Nov 2024)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	16/12/2024	17/12/2024	18/12/2024	19/12/2024	20/12/2024	21/12/2024	22/12/2024
9.45am - 10.45am	Hip Opening <Nikki>	Yoga Stretch <Nikki>				Hip Opening <Manoj>	Hip Opening <Eddie>
11.00 am - 12.00pm	Core Yoga <Nikki>	Hip Opening <Nikki>				Trust Signature <Manoj>	Hatha Basic <Eddie>
12.15pm-1.15pm	Backbend <Manoj>	Hatha Intermediate <Manoj>	Shoulder Opening <Shiou An>			Backbend <Manoj>	Yoga Stretch <Eddie>
6.30pm - 7.30pm	Shoulder Opening <Manoj>	Hip Opening <Manoj>	Shoulder, Spine & Hips <Shiou An>	Yoga Stretch <Nikki>			
7.45pm - 8.45pm	Arm Balance & Inversion <Manoj>	Backbend <Manoj>	Hatha Vinyasa <Shiou An>	Hip Opening <Nikki>			

FOR RESERVATIONS, WHATSAPP 97687133/ 88733487/ 97887936

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