

TRUST YOGA CLASS SCHEDULE- STANLEY STRET

(23 -29 Dec 2024)							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	23/12/2024	24/12/2024	25/12/2024	26/12/2024	27/12/2024	28/12/2024	29/12/2024
8.30am - 9.30am		CHRISTMAS EVE	CHRISTMAS DAY			Yoga Stretch <Manoj>	Hip Opening <Eddie>
9.45am - 10.45am		Yoga Stretch <Manoj>	Hip Opening <Nikki >			Backbend <Manoj>	Hatha Basic <Eddie>
11.00 am - 12.00pm		Shoulder Opening <Manoj>	Yoga Stretch <Nikki >			Trust Signature <Manoj>	Yoga Stretch <Eddie>
12.15pm-1.15pm	Backbend <Manoj>	Arm Balance & Inversion <Manoj>	Core Yoga <Nikki>	Neck, Back & Shoulder <Stephanie>	Body Opening <Shiou An>	Gentle Yoga <Eddie >	Shoulder Opening <Shiou An>
6.30pm - 7.30pm	Shoulder Opening <Manoj>			Hip Opening <Nikki >	Stretch & Twist <Shiou An>	Hip Opening (1 30- 2 30pm) <Eddie >	Stretch & Twist (1 30- 2 30pm) <Shiou An>
7.45pm - 8.45pm	Arm Balance & Inversion <Manoj>			Yoga Stretch <Nikki >	Splits <Shiou An>	Neck, Back, Shoulder (5.15- 6.15pm) <Stephanie>	Arm Balance & Inversion (2 45- 3 45pm) <Shiou An>

FOR RESERVATIONS, WHATSAPP 97687133/ 97887936

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