

TRUST YOGA CLASS SCHEDULE (STANLEY STREET)

(24 - 30 Mar 2025)							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	24/03/2025	25/03/2025	26/03/2025	27/03/2025	28/03/2025	29/03/2025	30/03/2025
8. 30am - 9.30am	Core Yoga <Nikki>					Hip Opening <Evon>	Yoga Twist <Shiou An>
9.45am - 10.45am	Wheel Yoga <Nikki>		Yoga Stretch <Joanna>	Hatha Basic <Joanna>		Body Opening <Evon>	Shoulder Opening <Shiou An>
11.00 am - 12.00pm	Yoga Stretch <Suann>	Stretch & Twist (10 45- 11 45am) <Shiou An>	Hatha Basic <Joanna>	Hip Opening <Joanna>		Yoga Stretch <Evon>	Inversion <Shiou An>
12.15pm-1.15pm	Backbend <Manoj>		Yoga Balance <Suann>		Body Opening <Shiou An>	Slow Flow <Samantha>	Basic Yoga <Yogi>
5.15pm- 6 15pm	Hip Opening <Suann>					Vinyasa (1 30- 2 30pm) <Samantha>	Dynamic Yoga (1 30- 2 30pm) <Yogi>
6.30pm - 7.30pm	Shoulder Opening <Manoj>	Hip Opening <Shiou An>	Wheel Yoga <Suann>	Gentle Yoga <Eddie>	Splits <Shiou An>		
7.45pm - 8.45pm	Basic Inversion <Suann>	Hatha Basic <Shiou An>	Spinal Opening <Suann>	Yoga Stretch <Eddie>	Inversion <Shiou An>		

FOR RESERVATIONS, WHATSAPP 97687133/ 97887936

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