



TRUST YOGA CLASS SCHEDULE (07- 14 Apr 2025) - TAMPINES

STUDIO A	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Time	07/04/2025	08/04/2025	09/04/2025	10/04/2025	11/04/2025	12/04/2025	13/04/2025
8.30am - 9.30am						Hip Opening <Suann>	Yoga Stretch <Evon>
9.45am - 10.45am	Yoga Stretch <Vernice>	Chair Pilates <Vernice>		Yoga Stretch <Manoj>	Yoga Stretch <Manoj>	Yoga Stretch <Suann>	Hip Opening <Manoj>
11.00 am - 12.00pm	Pilates Mat <Vernice>	Hatha Basic <Vernice>	Yoga Twist <Shiou An>	Hip Opening <Manoj>	Backbend <Manoj>	Spinal Opening <Suann>	Trust Signature <Manoj>
12.15pm-1.15pm				Shoulder Opening <Suann>		Shoulder Opening <Shiou An>	Backbend <Suann>
5.15pm - 6.15pm	Hip Opening <Shiou An>	Backbend <Suann>				Forward Bend (1 30- 2 30pm) <Shiou An>	Yoga Stretch (1 30- 2 30pm) <Suann>
6.30pm - 7.30pm	Stretch & Twist <Shiou An>	Core Yoga <Samantha>	Hip Opening <Shiou An>	Backbend <Manoj>	Gentle Yoga <Eddie>	Inversion (2 45- 3 45pm) <Shiou An>	Basic Inversion (2 45- 3 45pm) <Suann>
7.45pm - 8.45pm	Yoga Functional Training <Shiou An>	Yoga Flow <Samantha>	Chair Yoga <Shiou An>	Hatha Basic <Manoj>	Yoga Stretch <Eddie>		
STUDIO B (HOT)	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Time	07/04/2025	08/04/2025	09/04/2025	10/04/2025	11/04/2025	12/04/2025	13/04/2025
6.45pm - 7.45pm	Hot Yoga <Vernice>	Hot Shoulder Opening <Suann>		Hot Yoga <Suann>			Hot Yoga (10- 11am) <Evon>
8.00pm - 9.00pm	Hot Pilates Mat <Vernice>	Hot Yoga <Suann>		Hot Stretch <Suann>			Hot Mobility (11 15- 12 15am) <Evon>

Note:

1. Kindly book your class maximum 2 days in advance. Booking after 10pm will only be answered the next day. Booking cancellation must be made 4 hrs in advance.
2. Keep a habit to arrive on time or earlier in order not to disturb the class that has commenced.
3. Book your class each time to avoid disappointment. Walk-ins will be put on waitlist if a class is fully booked.
4. No one is allowed to join the class 10 mins after class commencement.
5. Mat Towel is mandatory for Hot Studio (Studio B).
6. Classes and instructors may change without prior notice due to unforeseen circumstances.

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