| TRUST YOGA CLASS SCHEDULE ( 13- 19 Jan 2025) - TAMPINES |   |  |   |                                     |                                 |   |  |
|---|---|--|---|-------------------------------------|---------------------------------|---|--|
|   | Monday                                    | Tuesday  | Wednesday   | Thursday                            | Friday                          | Saturday  | Sunday   |
| Time  | 13/12/2025                                | 14/01/2025   | 15/01/2025  | 16/01/2025                          | 17/01/2025                      | 18/01/2025  | 19/01/2025   |
| 8.30am - 9.30am   |   |  |   |                                     |                                 | Hip Opening<br><suann></suann>                          | Yoga Stretch<br><manoj></manoj>                      |
| 9.45am - 10.45am  | Yoga Stretch<br><vernice></vernice>       | Shoulder Opening<br><b>NEW INSTRUCTOR</b><br><nikki></nikki> | Shoulder, Spine, Hips<br><suann></suann>                | Yoga Stretch<br><manoj></manoj>     | Yoga Stretch<br><manoj></manoj> | Yoga Stretch<br><suann></suann>                         | Hip Opening<br><manoj></manoj>                       |
| 11.00 am - 12.00pm                                      | Pilates Mat<br><vernice></vernice>        | Wheel Yoga<br><b>NEW INSTRUCTOR</b><br><nikki></nikki>       | Yoga Stretch<br><suann></suann>                         | Hip Opening<br><manoj></manoj>      | Backbend<br><manoj></manoj>     | Spinal Opening<br><suann></suann>                       | Trust Signature<br><manoj></manoj>                   |
| 12.15pm-1.15pm  | Backbend<br><suann></suann>               |  |   | Shoulder Opening<br><suann></suann> |                                 | Shoulder Opening<br><shiou an=""></shiou>               | Backbend<br><manoj></manoj>                          |
| 5.15pm - 6.15pm   | Hip Opening<br><suann></suann>            | Backbend<br><suann></suann>                                  |   |                                     |                                 | Forward Bend<br>(1 30- 2 30pm)<br><shiou an=""></shiou> | Yoga Stretch<br>(1 30- 2 30pm)<br><suann></suann>    |
| 6.30pm - 7.30pm   | Stretch & Twist<br><shiou an=""></shiou>  | Yoga Stretch<br><shiou an=""></shiou>                        | Hip Opening<br><b>NEW INSTRUCTOR</b><br><nikki></nikki> | Shoulder Opening<br><manoj></manoj> | Gentle Yoga<br><eddie></eddie>  | Inversion<br>(2 45- 3 45pm)<br><shiou an=""></shiou>    | Basic Inversion<br>(2 45- 3 45pm)<br><suann></suann> |
| 7.45pm - 8.45pm   | Shoulder Opening<br><shiou an=""></shiou> | Body Opening<br><shiou an=""></shiou>                        | Wheel Yoga<br><b>NEW INSTRUCTOR</b><br><nikki></nikki>  | Hatha Basic<br><manoj></manoj>      | Yoga Stretch<br><eddie></eddie> |   |  |
|   |   | 1  |   |                                     | 1                               |   |  |
| STUDIO B (HOT)  | Monday                                    | Tuesday  | Wednesday   | Thursday                            | Friday                          | Saturday  | Sunday   |
| Time  | 13/12/2025                                | 14/01/2025   | 15/01/2025  | 16/01/2025                          | 17/01/2025                      | 18/01/2025  | 19/01/2025   |
| 6.45pm - 7.45pm   | Hot Yoga<br><suann></suann>               | Hot Shoulder Opening<br><suann></suann>                      | Hot Stretch<br><eddie></eddie>                          | Hot Yoga<br><suann></suann>         |                                 |   |  |
| 8.00pm - 9.00pm   | Hot Pilates Mat<br><vernice></vernice>    | Hot Hip Opening<br><suann></suann>                           | Hot Yoga<br><eddie></eddie>                             | Hot Stretch<br><suann></suann>      |                                 |   |  |

- 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 distrub the class that has commenced.

  3. Book your class each time to avoid disppointment. 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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