



TRUST YOGA CLASS SCHEDULE (15 -22 Dec 2024) - TAMPINES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Time	16/12/2024	17/12/2024	18/12/2024	19/12/2024	20/12/2024	21/12/2024	22/12/2024
8.30am - 9.30am						Hip Opening <Suann>	Yoga Stretch <Manoj>
9.45am - 10.45am	Yoga Stretch <Suann>	Ashtanga Basic <Deepika>	Shoulder, Spine, Hips <Suann>	Yoga Stretch <Manoj>	Yoga Stretch <Manoj>	Yoga Stretch <Suann>	Hip Opening <Manoj>
11.00 am - 12.00pm	Forward Bend <Shiou An>	Hatha Basic <Deepika>	Yoga Stretch <Suann>	Hip Opening <Manoj>	Backbend <Manoj>	Spinal Opening <Suann>	Trust Signature <Manoj>
12.15pm-1.15pm						Hatha Basic <Eddie>	Backbend <Suann>
5.15pm - 6.15pm	Hip Opening <Suann>	Backbend <Suann>				Gentle Yoga <Eddie>	Yoga Stretch (1 30- 2 30pm) <Suann>
6.30pm - 7.30pm	Stretch & Twist <Shiou An>	Yoga Stretch <Shiou An>	Forward Bend <Suann>	Hatha Basic <Eddie>	Gentle Yoga <Eddie>		Basic Inversion (2 45- 3 45pm) <Suann>
7.45pm - 8.45pm	Shoulder Opening <Shiou An>	Wheel Yoga <Shiou An>	Spinal Opening <Suann>	Hip Opening <Eddie>	Yoga Stretch <Eddie>		
STUDIO B (HOT)	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Time	11/11/2024	12/11/2024	13/11/2024	14/11/2024	15/11/2024	16/11/2024	17/11/2024
6.45pm - 7.45pm	Hot Yoga <Suann>	Hot Shoulder Opening <Suann>	Hot Stretch <Deepika>				
8.00pm - 9.00pm	Hot Basic Yoga <Deepika>	Hot Hip Opening <Suann>	Hot Yoga <Deepika>				

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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