



**TRUST YOGA CLASS SCHEDULE ( 17- 23 Feb 2025) - TAMPINES**

<b>STUDIO A</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Time</b>	<b>17/02/2025</b>	<b>18/02/2025</b>	<b>19/02/2025</b>	<b>20/02/2025</b>	<b>21/02/2025</b>	<b>22/02/2025</b>	<b>23/02/2025</b>
8.30am - 9.30am						Hip Opening <Suann>	Yoga Stretch <Evon>
9.45am - 10.45am	Yoga Stretch <Nikki>	Yoga Stretch <Nikki>	Shoulder, Spine, Hips <Suann>	Yoga Stretch <Manoj>	Yoga Stretch <Manoj>	Yoga Stretch <Suann>	Hip Opening <Evon>
11.00 am - 12.00pm	Core Yoga <Nikki>	Wheel Yoga <Nikki>	Yoga Stretch <Suann>	Hip Opening <Manoj>	Backbend <Manoj>	Spinal Opening <Suann>	Yoga Balance <Evon>
12.15pm-1.15pm				Shoulder Opening <Suann>		Forward Bend <Suann>	Backbend <Suann>
5.15pm - 6.15pm	Hip Opening <Suann>	Backbend <Suann>					Yoga Stretch (1 30- 2 30pm) <Suann>
6.30pm - 7.30pm	Stretch & Twist <Suann>	Yoga Stretch <Eddie>	Forward Bend <Suann>	Shoulder Opening <Manoj>	Yoga Mobility <Evon>		Basic Inversion (2 45- 3 45pm) <Suann>
7.45pm - 8.45pm	Shoulder Opening <Suann>	Gentle Yoga <Eddie>	Spinal Opening <Suann>	Hatha Basic <Manoj>	Yoga Balance <Evon>		
<b>STUDIO B (HOT)</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Time</b>	<b>17/02/2025</b>	<b>18/02/2025</b>	<b>19/02/2025</b>	<b>20/02/2025</b>	<b>21/02/2025</b>	<b>22/02/2025</b>	<b>23/02/2025</b>
6.45pm - 7.45pm		Hot Shoulder Opening <Suann>		Hot Yoga <Suann>		<b>200 Hours Yoga Teacher Training Course</b>	<b>200 Hours Yoga Teacher Training Course</b>
8.00pm - 9.00pm		Hot Hip Opening <Suann>		Hot Stretch <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 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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