



### TRUST YOGA CLASS SCHEDULE ( 13- 19 Jan 2025) - TAMPINES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Time	20/01/2025	21/01/2025	22/01/2025	23/01/2025	24/01/2025	25/01/2025	26/01/2025
8.30am - 9.30am						Hip Opening <Evon>	Yoga Stretch <Evon>
9.45am - 10.45am	Yoga Stretch <Vernice>	Shoulder Opening <b>NEW INSTRUCTOR</b> <Nikki>	Shoulder, Spine, Hips <Suann>	Yoga Stretch <Manoj>	Yoga Stretch <Manoj>	Yoga Stretch <Suann>	Hip Opening <Manoj>
11.00 am - 12.00pm	Pilates Mat <Vernice>	Wheel Yoga <b>NEW INSTRUCTOR</b> <Nikki>	Yoga Stretch <Suann>	Hip Opening <Manoj>	Backbend <Manoj>	Spinal Opening <Suann>	Trust Signature <Manoj>
12.15pm-1.15pm	Backbend <Suann>			Shoulder Opening <Suann>		Shoulder Opening <Shiou An>	Backbend <Suann>
5.15pm - 6.15pm	Hip Opening <Suann>	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>	Yoga Stretch <Shiou An>	Hip Opening <b>NEW INSTRUCTOR</b> <Nikki>	Shoulder Opening <Manoj>	Gentle Yoga <Eddie>	Inversion (2 45- 3 45pm) <Shiou An>	Basic Inversion (2 45- 3 45pm) <Suann>
7.45pm - 8.45pm	Shoulder Opening <Shiou An>	Body Opening <Shiou An>	Wheel Yoga <b>NEW INSTRUCTOR</b> <Nikki>	Hatha Basic <Manoj>	Yoga Stretch <Eddie>		
<b>STUDIO B (HOT)</b>							
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
20/01/2025	21/01/2025	22/01/2025	23/01/2025	24/01/2025	25/01/2025	26/01/2025	
6.45pm - 7.45pm	Hot Yoga <Suann>	Hot Shoulder Opening <Suann>		Hot Yoga <Suann>			
8.00pm - 9.00pm	Hot Pilates Mat <Vernice>	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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