

**TRUST YOGA CLASS SCHEDULE (23 -29 Dec 2024) - TAMPINES**

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------------------|------------------------------|--|--|-------------------------|---------------------------|--|--|
| Time | 23/12/2024 | 24/12/2024 | 25/12/2024 | 26/12/2024 | 27/12/2024 | 28/12/2024 | 29/12/2024 |
| 8.30am - 9.30am | | CHRISTMAS EVE | CHRISTMAS DAY | | | Hip Opening <Suann> | Yoga Stretch <Manoj> |
| 9.45am - 10.45am | Yoga Stretch <Vernice> | Chair Pilates <Vernice> | Shoulder, Spine, Hips <Manoj> | Yoga Stretch <Manoj> | Yoga Stretch <Vernice> | Yoga Stretch <Suann> | Hip Opening <Manoj> |
| 11.00 am - 12.00pm | Pilates Mat <Vernice> | Hatha Basic <Vernice> | Yoga Stretch <Manoj> | Hip Opening <Manoj> | Hatha Basic <Vernice> | Spinal Opening <Suann> | Trust Signature <Manoj> |
| 12.15pm-1.15pm | | Yoga Stretch <Suann> | Backbend <Manoj> | | | Shoulder Opening <Shiou An> | Backbend <Suann> |
| 5.15pm - 6.15pm | | Hip Opening (1 30- 2 30pm) <Suann> | Christmas Potluck Party (1 30- 3 30pm)  | | | Forward Bend (1 30- 2 30pm) <Shiou An> | Yoga Stretch (1 30- 2 30pm) <Suann> |
| 6.30pm - 7.30pm | Yoga Stretch <Eddie> | Backbend (2 45- 3 45pm) <Suann> | | Hatha Basic <Eddie> | Gentle Yoga <Eddie> | Inversion (2 45- 3 45pm) <Shiou An> | Basic Inversion (2 45- 3 45pm) <Suann> |
| 7.45pm - 8.45pm | Hip Opening <Eddie> | | | Hip Opening <Eddie> | Yoga Stretch <Eddie> | | |
| | STUDIO B (HOT) | | | | | | |
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| 6.45pm - 7.45pm | Hot Yoga <Deepika> | | | | | | |
| 8.00pm - 9.00pm | Hot Pilates Mat <Vernice> | | | | | | |

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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