



TRUST YOGA CLASS SCHEDULE (24 Feb- 02 Mar 2025) - TAMPINES

STUDIO A	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Time	24/02/2025	25/02/2025	26/02/2025	27/02/2025	28/02/2025	01/03/2025	02/03/2025
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	Hatha Basic <Shiou An>	Stretch & Twist <Suann>		Shoulder Opening <Suann>		Shoulder Opening <Shiou An>	Backbend <Suann>
5.15pm - 6.15pm	Hip Opening <Suann>	Backbend <Suann>				Forward Bend <Shiou An>	Yoga Stretch (1 30- 2 30pm) <Suann>
6.30pm - 7.30pm	Stretch & Twist <Shiou An>	Yoga Stretch <Shiou An>	Hip Opening <Nikki>	Shoulder Opening <Manoj>	Wheel Yoga <Nikki>	Inversion <Shiou An>	Basic Inversion (2 45- 3 45pm) <Suann>
7.45pm - 8.45pm	Shoulder Opening <Shiou An>	Body Opening <Shiou An>	Wheel Yoga <Nikki>	Hatha Basic <Manoj>	Shoulder Opening <Nikki>		
STUDIO B (HOT)	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Time	24/02/2025	25/02/2025	26/02/2025	27/02/2025	28/02/2025	01/03/2025	02/03/2025
6.45pm - 7.45pm	Hot Yoga <Suann>	Hot Shoulder Opening <Suann>		Hot Yoga <Suann>		200 Hours Yoga Teacher Training Course	200 Hours Yoga Teacher Training Course
8.00pm - 9.00pm	Hot Forward Bend <Suann>	Hot Flow <Samantha>		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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