



**TRUST YOGA CLASS SCHEDULE ( 31- 06 Apr 2025) - TAMPINES**

	<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>31/03/2025</b>	<b>01/04/2025</b>	<b>02/04/2025</b>	<b>03/04/2025</b>	<b>04/04/2025</b>	<b>05/04/2025</b>	<b>06/04/2025</b>
8.30am - 9.30am	Yoga Stretch <Vernice>					Hip Opening <Suann>	Yoga Stretch <Evon>
9.45am - 10.45am	Pilates Mat <Vernice>	Chair Pilates <Vernice>		Yoga Flow <Samantha>	Yoga Stretch <Nikki>	Yoga Stretch <Suann>	Hip Opening <Evon>
11.00 am - 12.00pm	Hip Opening <Shiou An>	Hatha Basic <Vernice>	Yoga Twist <Shiou An>	Core Yoga <Samantha>	Wheel Yoga <Nikki>	Spinal Opening <Suann>	Yoga Balance <Evon>
12.15pm-1.15pm	Stretch & Twist <Shiou An>			Shoulder Opening <Suann>		Shoulder Opening <Shiou An>	Backbend <Suann>
5.15pm - 6.15pm	Inversion (1 30- 2 30pm) <Shiou An>	Backbend <Suann>				Forward Bend (1 30- 2 30pm) <Shiou An>	Yoga Stretch (1 30- 2 30pm) <Suann>
6.30pm - 7.30pm	<b>HARI RAYA PUASA HOLIDAY</b>	Core Yoga <Samantha>	Hip Opening <Shiou An>	Wheel Yoga <Nikki>	Gentle Yoga <Eddie>	Inversion (2 45- 3 45pm) <Shiou An>	Basic Inversion (2 45- 3 45pm) <Suann>
7.45pm - 8.45pm		Yoga Flow <Samantha>	Wheel Yoga <Shiou An>	Core Yoga <Nikki>	Yoga Stretch <Eddie>		
<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>31/03/2025</b>	<b>01/04/2025</b>	<b>02/04/2025</b>	<b>03/04/2025</b>	<b>04/04/2025</b>	<b>05/04/2025</b>	<b>06/04/2025</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 Yoga <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.

[customerservice@trustyoga.com.sg](mailto:customerservice@trustyoga.com.sg)

[www.trustyoga.com.sg](http://www.trustyoga.com.sg)

Address: Income @ Tampines Point, 2 Tampines Central 6, #06-02, S529483  
Telephone: 69087498