

Two Monday yoga classes in Singapore and what each one actually costs

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If November is the month you finally start yoga, what decides whether you keep going is not the pose list. It is whether the class sits at a time you can reach and whether the fee makes sense for how often you will turn up. Here are two Singapore studios with Monday classes and published prices, and what each asks you to commit.



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The entrance to Yoga+ Studio at 89A Killiney Road, as shown on the studioâ??s own website. Photo: Yoga+ Studio

Oasis Yoga, Selegie House

Oasis Yoga is at Block 10 Selegie Road, #01-50, Selegie House, Singapore 180010, about 250 metres from Rochor MRT on the Downtown line. You can call +65 6442 2881 or email practice@oasisyoga.sg.

Its Monday is full for a small studio: Intermediate online at 6am with Timothy Khoo, Beginners at 9.30am with Yeoh Su Unn, Seniors at 10am with Erika Khoo, and General at 7pm, again with Su Unn. The beginners session runs 90 minutes and is open to people new to yoga as well as those with some background. Su Unn has taught since 2011 and is a certified Level 2 Iyengar teacher.

The fees reward turning up more than once. Flexible is S$40 a class. On a monthly plan it falls to S$30 a class on one session a week, minimum four lessons in the calendar month, S$28 on two a week, minimum eight, and S$25 on three or more, minimum twelve. Three-month term plans are S$28, S$26 and S$23. There is 10% off for seniors aged 60 and above and 20% off for full-time students.

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Two things are worth reading first. Classes have to be completed inside the calendar month or the term, and fees are non-transferable and non-refundable, due before classes begin, by cash, bank transfer or PayNow. The other is a contradiction between two of the studioâ??s own pages. The beginners class page offers â??or $40 / drop-in lessonâ?• alongside its monthly rate, while the fees page lists the same S$40 as a flexible rate and then, a few lines later, says prior registration is required and there are no drop-ins. That page also prices the month as four or five sessions at S$30, so S$120 or S$150 depending on the month. Ask which applies when you register.


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A supported backbend in class at Oasis Yoga in Selegie House, from the studioâ??s own website. Photo: Oasis Yoga

Yoga+ Studio, Killiney Road

Yoga+ Studio is at 89A Killiney Road, Singapore 239534, about 200 metres from Somerset MRT. Its contact details are +65 93399828 and hey@yogaplus.sg.

Where Oasis sells a rhythm, Yoga+ sells a trial. A single class is S$35, valid the day you buy it and not shareable. If you have never been, S$65 buys a month of classes from your first one. Above that sits a five class bundle at S$150 valid two months, ten classes at S$270 valid four months and shareable if each person sets up their own account, and seven days unlimited for S$75.

The practical terms are easy to live with. Mats and props are at the studio, so travel light, and the only dress code is anything you can move in. Arrive ten minutes early, book up to a minute before class, and note that a late cancellation applies from four hours before it begins.

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A forward fold in a multi-level class at Yoga+ Studio, photographed for the studioâ??s own website. Photo: Yoga+ Studio

Classes are grouped into restorative and beginner friendly sessions, intermediate and multi-level, Pilates and barre, and a house method called Qi-ology. The timetable is a live booking calendar rather than a printed grid, so check the week you want.

Which one to pick

If you know you will go every Monday, Oasis is the cheaper habit at S$30 a class on a monthly plan against S$35 a time at Yoga+, and less again at twice a week. If you are not sure, Yoga+ is the lower risk: one class settles the question for S$35, and the S$65 newcomer month undercuts four single classes.

Neither page tells you whether the level suits your body, so say you are new when you book and let the teacher place you.

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Wall ropes and props at Oasis Yoga in Selegie House, from the studioâ??s own website. Photo: Oasis Yoga

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jadeyeo

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