

HALE SCHEDULE

Time/Day		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	0700		0700 - 0745			0700		
	0715		Hatha Jane L	0715 - 0800		0715		
	0730			Vinyasa Flow Merlyn N		0730		
	0745					0745		
	0800		0800 - 0845			0800		
	0815		Gentle Flow Jane L	0815 - 0900		0815		
	0830			Hatha Carissa L		0830		
	0845					0845		
	0900					0900		
	0915					0915		
	0930			0930 - 1030		0930		
	0945			Aerial Stretch Carissa L		0945	0945 - 1045	
	1000					1000	Aerial Stretch Carissa L	
	1015					1015		
	1030					1030		
	1045					1045		
	1100				1100 - 1200	1100	1100 - 1200	1100 - 1200
1115				Aerial Stretch (Alternate Week Only)	1115	Hatha	*Core Vinyasa Flow	
1130				Carissa L	1130	Carissa L	Wanling L	
1145					1145			
Afternoon	1200					1200		
	1215	1215-1300	1215-1300	1215 - 1300	1215 - 1300	1215	1215 - 1300	1215 - 1315
	1230	Aerial Stretch Carissa L	Core Joyce T	Wheel Vinyasa Geraldine C	*Aerial Vinyasa Aerial Silk Hatha	1230	Aerial Stretch Carissa L	*Aerial Vinyasa Aerial Silk Hatha
	1245				Geraldine C	1245		Stephanie C
	1300					1300		
	1315	1315-1400	1315 - 1400	1315 - 1400	1315 - 1400	1315		
	1330	Hatha Carissa L	Flex Flow Joyce T	Aerial Vinyasa Geraldine C	*Aerial Yin & Restore Yin Yang	1330		
	1345				Geraldine C	1345		
	1400					1400		
	1415					1415		
	1430					1430		
	1445					1445		
	1500					1500	1445 - 1530	1445 - 1545
	1515					1515	Wheel Vinyasa	Aerial Vinyasa
	1530					1530	Alice T	Adeline J
	1545					1545		
	1600					1600	1545 - 1630	
1615					1615	Aerial Silk Stretch		
1630					1630	Alice T	1600 - 1645	
1645					1645		Aerial Stretch	
1700					1700		Adeline J	
1715					1715			
Evening	1730	1730 - 1815		1730 - 1815		1730		
	1745	Aerial Vinyasa Geraldine C		Aerial Vinyasa Aerial Silk Hatha		1745		
	1800			Joyce T		1800		
	1815					1815		
	1830		1830 - 1915	1830 - 1915	1830 - 1915	1830	1830 - 1915	
	1845	1845 - 1930	Aerial Vinyasa Geraldine C	Hatha Gentle Flow Joyce T	Vinyasa Flow Geraldine C	1845	*Aerial Stretch Wheel Vinyasa	
	1900	*Core Vinyasa Flow Gentle Flow				1900	Geraldine C	
	1915	Wanling L				1915		
	1930		1930 - 2015	1930 - 2030	1930 - 2030	1930	1930 - 2015	
	1945	1945 - 2045	Vinyasa Flow Geraldine C	*Aerial Silk Hatha Aerial Vinyasa	Aerial Vinyasa Geraldine C	1945	*Wheel Vinyasa Iron Flow	
	2000	*Gentle Flow Hatha Vinyasa Flow		Stephanie C		2000	Geraldine C	
	2015	Wanling L				2015		
	2030		2030 - 2115	2045 - 2130	2045 - 2130	2030	2030 - 2115	
2045		Wheel Vinyasa Geraldine C	*Aerial Stretch Aerial Silk Stretch	Aerial Stretch Geraldine C	2045	*Aerial Vinyasa Aerial Silk Hatha		
2100			Stephanie C		2100	Geraldine C		
2115					2115			
2130					2130			

*Note for alternate week for class types or different timing and/or instructors. Above is our partial schedule for your kind reference only. Schedule is subjected to changes. Please visit hale.sg/schedule for our extended and latest schedule.