

# HALE SCHEDULE

Time/Day		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	0700					0700		
	0715			0715 - 0800		0715		
	0730			Vinyasa Flow		0730		
	0745			Ye Hwee		0745		
	0800		0745 - 0845			0800		
	0815		Core	0815 - 0900		0815		
	0830		Jane L	Hatha		0830		
	0845			Ye Hwee		0845		
	0900					0900		
	0915					0915		
	0930			0930 - 1030		0930		
	0945			Aerial Stretch		0945	0945 - 1045	
	1000			Carissa L		1000	*Aerial Stretch	
	1015					1015	Aerial Silk Stretch	
	1030					1030	Wanling L	
	1045					1045		
	1100					1100		
1115					1115	1100 - 1200		
1130					1130	*Core   Vinyasa Flow		
1145					1145	Wanling L		
Afternoon	1200					1200		
	1215	1215-1300	1215-1300	1215 - 1300	1215 - 1300	1215	1215 - 1300	
	1230	Aerial Stretch	Core	Wheel Vinyasa	*Aerial Vinyasa	1230	Aerial Stretch	1215 - 1315
	1245	Carissa L	Joyce T	Geraldine C	Aerial Silk Hatha	1245	Carissa L	Aerial Vinyasa
	1300				Geraldine C	1300		Michelle L
	1315	1315-1400	1315 - 1400	1315 - 1400	1315 - 1400	1315	1315 - 1400	
	1330	Hatha	Hatha	Aerial Vinyasa	*Aerial Yin & Restore	1330	Yin	
	1345	Carissa L	Joyce T	Geraldine C	Yin Yang	1345	Carissa L	1330 - 1430
	1400				Geraldine C	1400		*Aerial Stretch
	1415					1415		Aerial Silk Stretch
	1430					1430		Stephanie C
	1445					1445	1445 - 1530	1445 - 1545
	1500					1500	Wheel	Aerial
	1515					1515	Vinyasa	Vinyasa
	1530					1530	Alice T	Adeline J
	1545					1545		
	1600					1600	1545 - 1630	
1615					1615	Aerial		
1630					1630	Silk Stretch		
1645					1645	Alice T	1600 - 1645	
1700					1700		Aerial	
1715					1715		Stretch	
Evening	1730	1730 - 1815		1730 - 1815		1730		
	1745	Aerial Vinyasa		*Aerial Vinyasa		1745		
	1800	Geraldine C		Aerial Silk Hatha		1800		
	1815			Joyce T		1815		
	1830		1830 - 1915	1830 - 1915	1830 - 1915	1830	1830 - 1915	
	1845	1845 - 1930	*Aerial Vinyasa	*Hatha   Gentle Flow	Vinyasa Flow	1845	*Aerial Silk Stretch	
	1900	*Hatha   Vinyasa Flow	Aerial Silk Hatha	Joyce T	Jane L	1900	Wheel Vinyasa	
	1915	Gentle Flow	Geraldine C			1915	Geraldine C	
	1930	Ye Hwee				1930		
	1945		1930 - 2015	1930 - 2030	1930 - 2030	1945	1930 - 2015	
	2000	1945 - 2045	*Aerial Stretch	*Aerial Silk Hatha	Aerial Vinyasa	2000	*Wheel Vinyasa   Iron Flow	
	2015	*Gentle Flow   Hatha	Aerial Silk Stretch	Aerial Vinyasa	Geraldine C	2015	Geraldine C	
	2030	Vinyasa Flow	Adeline J	Stephanie C		2030		
	2045	Wanling L				2045	2030 - 2115	
	2100		2030 - 2130	2045 - 2130	2045 - 2130	2100	Aerial Silk Hatha 2	
	2115		*Aerial Vinyasa	*Aerial Stretch	Aerial Vinyasa	2115	Geraldine C	
	2130		Aerial Silk Hatha	Aerial Silk Stretch	Geraldine C	2130		
		Adeline J	Stephanie C					

\*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](http://hale.sg/schedule) for our extended and latest schedule.