

## Hale Schedule

Day/Time	Monday	Tuesday	Wednesday	Thursday	Friday	Day/Time	Saturday	Sunday			
12:00						09:00		09:00 - 10:00			
12:15	12:15 - 13:00 Aerial Vinyasa Zhi Xian L	12:15 - 13:15 Hatha Kerin N	12:00 - 13:00 Aerial Silk Hatha Zhi Xian L		12:00 - 13:00 Aerial Stretch Kerin N (From 2 Oct)	09:15		*Aerial Vinyasa   Aerial Silk Hatha Susan N			
12:30						09:30	09:30 - 10:30 *Aerial Stretch   Aerial Silk Stretch Wanling L				
12:45						09:45					
13:00						10:00					
13:15						10:15					
13:30	13:30 - 14:30 Aerial Stretch Zhi Xian L	13:30 - 14:30 *Aerial Vinyasa   Aerial Silk Stretch Kerin N	13:30 - 14:30 Aerial Silk Stretch Zhi Xian L		13:30 - 14:30 Aerial Vinyasa Kerin N (From 2 Oct)	10:30		10:30 - 11:30			
13:45						10:45	*Aerial Stretch   Aerial Silk Stretch Susan N				
14:00						11:00	11:00 - 12:00 *Core   Vinyasa Flow Wanling L				
14:15						11:15					
14:30						11:30					
						11:45					
17:00	17:00 - 18:00 *Aerial Vinyasa   Aerial Silk Stretch Kerin N					12:00		12:00 - 13:00			
17:15						12:15		*Aerial Vinyasa   Aerial Silk Hatha Michelle L			
17:30						12:30	12:30 - 13:30 *Aerial Vinyasa   Aerial Silk Hatha Stephanie C				
17:45						12:45					
18:00						13:00					
18:15					17:45 - 18:30 Aerial Silk Hatha Geraldine C	13:15					
18:30	18:30 - 19:30 *Gentle Flow   Hatha   Vinyasa Flow Kerin N	18:30 - 19:15 Wheel Vinyasa Geraldine C	18:30 - 19:15 Hatha Joyce T	18:30 - 19:15 Vinyasa Flow Sarah E		13:30		13:30 - 14:30			
18:45									13:45	*Aerial Stretch   Aerial Silk Stretch Michelle L	
19:00									14:00	14:00 - 15:00 *Aerial Stretch   Aerial Silk Stretch Stephanie C	
19:15									14:15		
19:30		19:30 - 20:15 *Aerial Stretch   Aerial Silk Stretch Joyce T	19:30 - 20:30 *Aerial Vinyasa   Aerial Silk Hatha Stephanie C	19:30 - 20:30 Aerial Vinyasa Geraldine C		14:30					
19:45	19:45 - 20:45 *Vinyasa Flow   Gentle Flow   Hatha Wanling L					14:45					
20:00						15:00		15:00 - 16:00			
20:15							15:15	Vinyasa Flow Han L			
20:30		20:30 - 21:30 *Aerial Vinyasa   Aerial Silk Hatha Joyce T	20:45 - 21:30 *Aerial Stretch   Aerial Silk Stretch Stephanie C	20:45 - 21:30 Aerial Vinyasa Geraldine C	20:30 - 21:15 Aerial Silk Hatha 2 Geraldine C	15:30	*Aerial Vinyasa   Aerial Silk Hatha Adeline J				
20:45						15:45					
21:00						16:00					
21:15						16:15					
21:30						16:30	16:30 - 17:30 *Aerial Stretch   Aerial Silk Stretch Adeline J	16:30 - 17:30 *Aerial Vinyasa   Aerial Silk Stretch Han L			
21:45						16:45					
						17:00					
	Fixed Class	Schedule is for your reference only.					17:15				
	*Alternate Week	Please look out for latest updates on <a href="https://hale.sg/schedule/">https://hale.sg/schedule/</a> .					17:30				
	Chinese Class	Schedule is subjected to changes.					17:45				