

Hale Schedule

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