

## Hale Schedule

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