# Hale Yoga Schedule

| Day/Time | Monday | | | Tuesday | | | Wednesday | | | Thursday | | | Friday | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Studio | Tanjong Pagar | Somerset Room 1 | Somerset Room 2 | Tanjong Pagar | Somerset Room 1 | Somerset Room 2 | Tanjong Pagar | Somerset Room 1 | Somerset Room 2 | Tanjong Pagar | Somerset Room 1 | Somerset Room 2 | Tanjong Pagar | Somerset Room 1 | Somerset Room 2 |
| 10:30 | | | 10:30am - 11:30am Aerial Vinyasa Zhi Xian L (From 3 May) | | | 11:00 - 12:00 Vinyasa Flow Sarah E (From 4 May) | | | | | | | | | |
| 10:45 | | | | | | | | | | | | | | | |
| 11:00 | | | | | | | | | | | | | | | |
| 11:15 | | | | | | | | | | | | | | | |
| 11:30 | | | | | | | | | | | | | | | |
| 11:45 | | | | | | | | | | | | | | | |
| 12:00 | 12:00 - 13:00 Aerial Vinyasa Paris L (From 3 May) | | 12:00 - 13:00 Wheel Vinyasa Zhi Xian L (From 3 May) | 12:00 - 13:00 Aerial Vinyasa Yan L (From 4 May) | 12:00 - 13:00 Aerial Silk Stretch Paris L (From 4 May) | | 12:00 - 13:00 Aerial Silk Hatha 2 Zhi Xian L | 12:00 - 13:00 Aerial Silk Hatha Liz G (From 12 May) | | | 12:00 - 13:00 Aerial Silk Hatha Yan L (From 6 May) | | 12:00 - 13:00 Aerial Stretch Joyce T | | 12:00 - 13:00 Aerial Stretch Liz G (From 7 May) |
| 12:15 | | | | | | | | | | | | | | | |
| 12:30 | | | | | | 12:30 - 13:30 Hatha Sarah E (From 4 May) | | | | | | | | | |
| 12:45 | | | | | | | | | | | | | | | |
| 13:00 | | | | | | | | | | | | | | | |
| 13:15 | | | | | | | | | | 13:15 - 14:15 Yin Yang G T | | | | | |
| 13:30 | 13:30 - 14:30 Aerial Stretch Paris L (From 3 May) | | 13:30 - 14:30 Aerial Vinyasa Zhi Xian L (From 3 May) | 13:30 - 14:30 Aerial Stretch Yan L (From 4 May) | 13:30 - 14:30 Aerial Silk Hatha Paris L (From 4 May) | | 13:30 - 14:30 Aerial Silk Stretch Zhi Xian L | 13:30 - 14:30 Aerial Silk Hatha 2 Liz G (From 12 May) | | | 13:30 - 14:30 Aerial Silk Stretch Yan L (From 6 May) | | 13:30 - 14:30 Aerial Vinyasa Joyce T | | 13:30 - 14:30 Aerial Vinyasa Liz G (From 7 May) |
| 13:45 | | | | | | | | | | | | | | | |
| 14:00 | | | | | | | | | | | | | | | |
| 14:15 | | | | | | | | | | | | | | | |
| 14:30 | | | | | | | | | | | | | | | |
| 17:00 | | | | 17:00 - 18:00 *Aerial Vinyasa \| Aerial Silk Stretch Geraldine C | 17:00 - 18:00 Aerial Silk Hatha Michelle L (From 4 May) | | 17:00 - 18:00 Wheel Vinyasa Joyce T (From 5 May) | | | 17:00 - 18:00 Aerial Vinyasa Geraldine C | 17:00 - 18:00 Aerial Silk Stretch Paris L (From 6 May) | | | |
| 17:15 | | | | | | | | | | | | | | | |
| 17:30 | | | | | | | | | | | | | | | |
| 17:45 | | | | | | | | | | | | | | 17:45 - 18:30 Aerial Silk Hatha 2 Geraldine C (From 14 May) | |
| 18:00 | | | 18:00 - 18:45 Wheel Vinyasa Susan N (From 3 May) | | | | | | | | | | | | |
| 18:15 | | | | | 18:15 - 19:15 Aerial Silk Stretch Michelle L (From 4 May) | | 18:15 - 19:15 Aerial Silk Stretch Joyce T (From 5 May) | | | | | | | | |
| 18:30 | 18:30 - 19:30 *Gentle Flow \| Hatha \| Vinyasa Flow G T | | | 18:30 - 19:15 Wheel Vinyasa Geraldine C | | | | 18:30 - 19:30 Aerial Silk Hatha Adeline J (From 12 May) | | 18:30 - 19:15 Vinyasa Flow Sarah E | | 18:30 - 19:30 Hatha Paris L (From 6 May) | | | |
| 18:45 | | | | | | | | | | | | | | | |
| 19:00 | | | 19:00 - 20:00 Aerial Vinyasa Berlina W (From 3 May) | | | | | | 19:00 - 20:00 Aerial Stretch Raidah S (From 5 May) | | | | 19:00 - 20:00 *Aerial Stretch \| Aerial Silk Stretch Eliza H (From 14 May) | 19:00 - 20:00 Aerial Silk Stretch Geraldine C (From 14 May) | |
| 19:15 | | 19:15 - 20:15 空中丝绸哈达 Susan N (From 3 May) | | 19:30 - 20:15 *Aerial Stretch \| Aerial Silk Stretch Joyce T | | 19:15 - 20:15 Aerial Stretch Colin W (From 11 May) | 19:30 - 20:30 Aerial Silk Hatha 2 Stephanie C | | | 19:30 - 20:30 Aerial Vinyasa Geraldine C | | 19:45 - 20:45 Vinyasa Flow Paris L (From 6 May) | | | |
| 19:30 | | | | | | | | | | | | | | | |
| 19:45 | 19:45 - 20:45 *Vinyasa Flow \| Gentle Flow \| Hatha Wanling L | | | | | | | 20:00 - 21:00 Aerial Silk Hatha 2 Adeline J (From 12 May) | | | | | | | |
| 20:00 | | | | | | | | | | | | | | | |
| 20:15 | | | | | | | | | | | | | | | |
| 20:30 | | 20:30 - 21:30 空中丝绸拉伸 Susan N (From 3 May) | 20:30 - 21:30 Aerial Stretch Berlina W (From 3 May) | 20:30 - 21:30 *Aerial Vinyasa \| Aerial Silk Hatha 2 Joyce T | | 20:30 - 21:30 Aerial Vinyasa Colin W (From 11 May) | | | 20:15 - 21:15 Aerial Vinyasa Raidah S (From 5 May) | | | | 20:15 - 21:15 *Aerial Vinyasa \| Aerial Silk Hatha Eliza H (From 14 May) | 20:30 - 21:15 Aerial Silk Hatha 3 Geraldine C (From 14 May) | |
| 20:45 | | | | | | | 20:45 - 21:30 Aerial Silk Stretch Stephanie C | | | 20:45 - 21:30 Aerial Vinyasa Geraldine C | | | | | |
| 21:00 | | | | | | | | | | | | | | | |
| 21:15 | | | | | | | | | | | | | | | |
| 21:30 | | | | | | | | | | | | | | | |
| 21:45 | | | | | | | | | | | | | | | |

| Day/Time | Saturday | | | Sunday | | |
|---|---|---|---|---|---|---|
| Studio | Tanjong Pagar | Somerset Room 1 | Somerset Room 2 | Tanjong Pagar | Somerset Room 1 | Somerset Room 2 |
| 08:45 | | | | | | |
| 09:00 | | | | 09:00 - 10:00 *Aerial Vinyasa \| Aerial Silk Hatha Susan N | | 09:00 - 10:00 Vinyasa Flow Catherine Z (From 9 May) |
| 09:15 | | | | | | |
| 09:30 | 09:30 - 10:30 *Aerial Stretch \| Aerial Silk Stretch Wanling L | 9:30 - 10:30 Aerial Silk Hatha Colin W (From 8 May) | | | 09:30 - 10:30 Aerial Silk Stretch Berlina W (From 9 May) | |
| 09:45 | | | | | | |
| 10:00 | | | 10:00 - 11:00 Wheel Vinyasa Stephanie C (From 8 May) | | | |
| 10:15 | | | | | | |
| 10:30 | | | | 10:30 - 11:30 *Aerial Stretch \| Aerial Silk Stretch Susan N | | 10:30 - 11:30 Hatha Catherine Z (From 9 May) |
| 10:45 | | | | | | |
| 11:00 | 11:00 - 12:00 *Core \| Vinyasa Flow Wanling L | 11:00 - 12:00 Aerial Silk Stretch Colin W (From 8 May) | | | 11:00 - 12:00 Aerial Silk Hatha 2 Berlina W (From 9 May) | |
| 11:15 | | | | | | |
| 11:30 | | | 11:30 - 12:30 Aerial Vinyasa Stephanie C (From 8 May) | | | |
| 11:45 | | | | | | |
| 12:00 | | | | 12:00 - 13:00 *Aerial Vinyasa \| Aerial Silk Hatha 2 Michelle L | | |
| 12:15 | | | | | | |
| 12:30 | 12:30 - 13:30 *Aerial Vinyasa \| Aerial Silk Hatha 2 Wanling L | 12:30 - 13:30 Aerial Silk Hatha 2 Colin W (From 8 May) | | | 12:30 - 13:30 Aerial Silk Hatha Berlina W (From 9 May) | |
| 12:45 | | | | | | |
| 13:00 | | | 13:00 - 14:00 Aerial Stretch Stephanie C (From 8 May) | | | |
| 13:15 | | | | | | |
| 13:30 | | | | 13:30 - 14:30 *Aerial Stretch \| Aerial Silk Stretch Michelle L | | |
| 13:45 | | | | | | |
| 14:00 | 14:00 - 15:00 *Aerial Stretch \| Aerial Silk Stretch Kate L | 14:00 - 15:00 Aerial Silk Stretch Raidah S (From 8 May) | | | | |
| 14:15 | | | 14:15 - 15:15 Aerial Vinyasa Cynthia L (From 8 May) | | | |
| 14:30 | | | | | | |
| 14:45 | | | | | | |
| 15:00 | | | | 15:00 - 16:00 *Aerial Vinyasa \| Aerial Silk Hatha 2 Michelle L | | |
| 15:15 | | | | | | |
| 15:30 | 15:30 - 16:30 *Aerial Vinyasa \| Aerial Silk Hatha 2 Adeline J | 15:30 - 16:30 Aerial Silk Hatha Raidah S (From 8 May) | 15:30 - 16:30 Aerial Stretch Cynthia L (From 8 May) | | | |
| 15:45 | | | | | 15:45 - 16:45 Aerial Silk Stretch Cynthia L (From 9 May) | |
| 16:00 | | | | | | |
| 16:15 | | | | | | |
| 16:30 | | | | 16:30 - 17:30 *Aerial Vinyasa \| Aerial Silk Hatha Han L | | |
| 16:45 | | | | | | |
| 17:00 | 17:00 - 18:00 *Aerial Stretch \| Aerial Silk Stretch Adeline J | | 17:00 - 18:00 Vinyasa Flow Han L (From 8 May) | | 17:00 - 18:00 Aerial Silk Stretch Cynthia L (From 9 May) | |
| 17:15 | | | | | | |
| 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 Hatha Adeline J | | | | | |
| 18:45 | | | | | | |
| 19:00 | | | | | | |
| 19:15 | | | | | | |
| 19:30 | | | | | | |

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| **Tanjong Pagar** | 144 Robinson Rd #19-02<br>Singapore 068908 |
| **Somerset Room 1 & 2** | 8 Grange Road #03-03/03A<br>Singapore 239695 |

*Alternate Week

Schedule is for your reference only.
Please look out for latest updates on https://hale.sg/schedule/
Schedule is subjected to changes.