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															
10:45															
11:00															
11:15															
11:30															
11:45															
12:00	12:00 - 13:00 Wheel Vinyasa Zhi Xian L			12:00 - 13:00 Aerial Vinyasa Yan L			12:00 - 13:00 Aerial Silk Hatha 2 Zhi Xian L				12:00 - 13:00 Aerial Silk Hatha Yan L		12:00 - 13:00 Aerial Stretch Liz J		12:00 - 13:00 空中(降落伞)流 Joyce Tan
12:15															
12:30															
12:45															
13:00															
13:15										13:15 - 14:15 Yin Yang G T					
13:30	13:30 - 14:30 Aerial Vinyasa Zhi Xian L			13:30 - 14:30 Aerial Stretch Yan L			13:30 - 14:30 Aerial Silk Stretch Zhi Xian L				13:30 - 14:30 Aerial Silk Stretch Yan L		13:30 - 14:30 Aerial Vinyasa Liz J	13:30 - 14:30 空中丝绸拉伸 Joyce Tan	
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		17:00 - 18:00 Wheel Vinyasa Joyce T			17:00 - 18:00 Aerial Vinyasa Geraldine C					
17:15															
17:30															
17:45														17:45 - 18:30 Aerial Silk Hatha 2 Geraldine C	
18:00			18:00 - 18:45 Wheel Vinyasa Susan N (From 2 Aug)												
18:15					18:15 - 19:15 Aerial Silk Stretch Michelle L		18:15 - 19:15 Aerial Silk Stretch Joyce T								
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		18:30 - 19:15 Vinyasa Flow Sarah E	18:30 - 19:30 Aerial Silk Hatha Liz J				
18:45															
19:00			19:00 - 20:00 Aerial Vinyasa Berlina W						19:00 - 20:00 Aerial Stretch Raidah S				19:00 - 20:00 *Aerial Stretch | Aerial Silk Stretch Eliza H	19:00 - 20:00 Aerial Silk Stretch Geraldine C	
19:15		19:15 - 20:15 空中丝绸哈达 Susan N		19:30 - 20:15 *Aerial Stretch | Aerial Silk Stretch Joyce T		19:15 - 20:15 Aerial Stretch Colin W									
19:30							19:30 - 20:30 Aerial Silk Hatha 2 Stephanie C			19:30 - 20:30 Aerial Vinyasa Geraldine C	19:45 - 20:45 Aerial Silk Stretch Liz J				
19:45	19:45 - 20:45 *Vinyasa Flow | Gentle Flow | Hatha Wanling L							20:00 - 21:00 Aerial Silk Hatha 2 Adeline J							
20:00															
20:15									20:15 - 21:15 Aerial Silk Stretch Raidah S				20:15 - 21:15 *Aerial Vinyasa | Aerial Silk Hatha Eliza H		
20:30		20:30 - 21:30 空中丝绸拉伸 Susan N	20:30 - 21:30 Aerial Stretch Berlina W	20:30 - 21:30 *Aerial Vinyasa | Aerial Silk Hatha 2 Joyce T		20:30 - 21:30 Aerial Vinyasa Colin W	20:45 - 21:30 Aerial Silk Stretch Stephanie C			20:45 - 21:30 Aerial Vinyasa Geraldine C				20:30 - 21:15 Aerial Silk Hatha 3 Geraldine C	
20:45															
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		
09:15						
09:30	09:30 - 10:30 *Aerial Stretch | Aerial Silk Stretch Wanling L	9:30 - 10:30 Aerial Silk Stretch Colin W (From 7 Aug)			09:30 - 10:30 Aerial Silk Stretch Berlina W	
09:45						
10:00			10:00 - 11:00 Wheel Vinyasa Stephanie C			10:00 - 11:00 Vinyasa Flow Catherine Z
10:15						
10:30				10:30 - 11:30 *Aerial Stretch | Aerial Silk Stretch Susan N		
10:45						
11:00	11:00 - 12:00 *Core | Vinyasa Flow Wanling L	11:00 - 12:00 Aerial Silk Hatha Colin W			11:00 - 12:00 Aerial Silk Hatha 2 Berlina W	
11:15						
11:30			11:30 - 12:30 Aerial Vinyasa Stephanie C			11:30 - 12:30 Hatha Catherine Z
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			12:30 - 13:30 Aerial Silk Hatha Berlina W	
12:45						
13:00			13:00 - 14:00 Aerial Stretch Stephanie C			
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				
14:15			14:15 - 15:15 Aerial Vinyasa Cynthia L (From 7 Aug)			
14:30						
14:45						
15:00				15:00 - 16:00 Vinyasa Flow Han 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	15:30 - 16:30 Aerial Stretch Cynthia L (From 7 Aug)			
15:45					15:45 - 16:45 Aerial Silk Stretch Cynthia L	
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 Aerial Silk Hatha Cynthia L	
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						

Tanjong Pagar	144 Robinson Rd #19-02 Singapore 068908
Somerset Room 1 & 2	8 Grange Road #03-03/03A 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.