

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															
12:15					12:00 - 13:00 Aerial Silk Hatha Yan L		12:00 - 13:00 Aerial Silk Hatha 2 Zhi Xian L (From 17 Nov)			12:00 - 13:00 Aerial Silk Stretch Yan L					
12:30			12:00 - 13:00 Wheel Vinyasa Zhi Xian L (From 22 Nov)												
12:45						12:30 - 13:30 Vinyasa Flow Sarah E. (From 4 Jan)									
13:00															
13:15															
13:30							13:30 - 14:30 Aerial Silk Hatha Zhi Xian L (From 17 Nov)			13:30 - 14:30 Aerial Silk Hatha Yan L		13:15 - 14:15 Yin Yang G T			
13:45			13:30 - 14:30 Aerial Vinyasa Zhi Xian L (From 22 Nov)		13:30 - 14:30 Aerial Silk Stretch Yan L										
14:00															
14:15															
14:30															
17:00															
17:15							17:00 - 18:00 Aerial Silk Hatha Michelle L			17:00 - 18:00 Aerial Vinyasa Geraldine C					
17:30															
17:45															
18:00															
18:15															
18:30		18:15 - 19:15 Aerial Silk Stretch Liz J		18:30 - 19:15 Wheel Stretch Joyce T			18:15 - 19:15 Aerial Silk Stretch Michelle L		18:30 - 19:30 Aerial Silk Hatha Adeline J	18:15 - 19:15 Aerial Silk Hatha Liz J					
18:45	18:30 - 19:30 *Hatha Gentle Flow G T				18:30 - 19:30 Aerial Silk Hatha Susan N					18:30 - 19:15 Vinyasa Flow Sarah E					
19:00			19:00 - 20:00 Aerial Vinyasa Berlina W												
19:15						19:15 - 20:15 Aerial Stretch Colin W									
19:30				19:30 - 20:15 Aerial Silk Stretch Joyce T			19:30 - 20:30 Aerial Silk Hatha Yan L		19:30 - 20:30 Aerial Vinyasa Geraldine C			19:00 - 20:00 Aerial Silk Stretch Eliza H	19:00 - 20:00 Aerial Silk Stretch Geraldine C	19:15 - 20:15 Wheel Vinyasa Susan N	
19:45	19:45 - 20:45 *Yin Stretch Wanling L	19:45 - 20:45 Aerial Silk Hatha Liz J			19:45 - 20:45 空中丝绸哈达 Susan N			19:45 - 20:45 Aerial Silk Hatha 2 Adeline J		19:45 - 20:45 Aerial Silk Stretch Liz J					
20:00															
20:15			20:15 - 21:15 Aerial Stretch Berlina W												
20:30							20:30 - 21:30 Aerial Silk Hatha 2 Joyce T						20:15 - 21:15 Aerial Silk Hatha Eliza H	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						
09:15				09:00 - 10:00 *Aerial Vinyasa Aerial Silk Hatha Susan N		
09:30						
09:45	09:30 - 10:30 *Aerial Stretch Aerial Silk Stretch Joyce T					
10:00						
10:15			10:00 - 11:00 Aerial Silk Stretch Yan L			
10:30				10:30 - 11:30 *Aerial Stretch Aerial Silk Stretch Susan N		
10:45						
11:00					11:00 - 12:00 Aerial Silk Hatha 2 Berlina W	
11:15	11:00 - 12:00 *Aerial Vinyasa Aerial Silk Hatha Joyce T					
11:30		11:15 - 12:15 Aerial Silk Hatha 2 Yan L	11:30 - 12:30 Aerial Vinyasa Raidah S			11:30 - 12:30 Hatha Catherine Z (From 5 Dec)
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 Silk Hatha Berlina W	
12:45	12:30 - 13:30 Wheel Stretch Joyce T					
13:00		12:45 - 13:45 Aerial Silk Hatha Raidah S				
13:15						
13:30				13:30 - 14:30 *Aerial Stretch Aerial Silk Stretch Michelle L		
13:45						
14:00						
14:15	14:00 - 15:00 *Aerial Vinyasa Aerial Silk Hatha Adeline J		14:00 - 15:00 Aerial Silk Stretch Colin W			
14:30						
14:45						
15:00						
15:15				15:00 - 16:00 Vinyasa Flow Han L		
15:30						
15:45	15:30 - 16:30 *Aerial Vinyasa Aerial Silk Hatha 2 Adeline J		15:30 - 16:30 Aerial Silk Hatha Colin W			
16:00						15:45 - 16:45 Aerial Vinyasa Cynthia L
16:15						
16:30						
16:45				16:30 - 17:30 *Aerial Vinyasa Aerial Silk Hatha Han L		
17:00	17:00 - 18:00 *Aerial Stretch Aerial Silk Stretch Adeline J		17:00 - 18:00 Aerial Silk Stretch Cynthia L		17:00 - 18:00 Aerial Silk Hatha Cynthia L	
17:15						
17:30						
17:45						
18:00						
18:15						
18:30						
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.