

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						10:45 - 11:45 Aerial Vinyasa Yan Leong									
11:15															
11:30															
11:45															
12:00															
12:15	12:00 - 13:00 Wheel Vinyasa Zhi Xian L				12:00 - 13:00 Aerial Silk Hatha Yan L		12:00 - 13:00 Aerial Silk Hatha 2 Zhi Xian L			12:00 - 13:00 Aerial Silk Stretch Yan L					
12:30															
12:45															
13:00															
13:15															
13:30	13:30 - 14:30 Aerial Silk Hatha Zhi Xian L				13:30 - 14:30 Aerial Silk Hatha Yan L		13:30 - 14:30 Aerial Silk Hatha Zhi Xian L			13:30 - 14:30 Aerial Silk Hatha Yan L		13:15 - 14:15 Yin Yang G T			
13:45															
14:00															
14:15															
14:30															
17:00															
17:15							17:00 - 18:00 Aerial Silk Hatha Michelle L								
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			18:15 - 19:15 Aerial Silk Hatha Liz J		17:45 - 18:45 Aerial Vinyasa Geraldine C			
18:45	18:30 - 19:30 Hatha Gentle Flow G T				18:45 - 19:45 Aerial Silk Hatha Susan N			18:30 - 19:30 Aerial Silk Hatha Adeline J							
19:00			19:00 - 20:00 Aerial Vinyasa Berlina W												
19:15				19:30 - 20:15 Aerial Silk Stretch Joyce T		19:15 - 20:15 Aerial Stretch Colin W					19:00 - 20:00 Aerial Stretch Liz J				
19:30							19:30 - 20:30 Aerial Silk Hatha Yan L					19:00 - 20:00 Aerial Vinyasa Geraldine C		19:00 - 20:00 Aerial Silk Stretch Geraldine C	
19:45	19:45 - 20:45 Yin Stretch Wanning L	19:45 - 20:45 Aerial Silk Hatha Liz J			20:00 - 21:00 空中丝禅哈达 Susan N			19:45 - 20:45 Aerial Silk Hatha 2 Adeline J		19:45 - 20:45 Aerial Silk Stretch Liz J				19:15 - 20:15 Wheel Vinyasa Susan N	
20:15			20:15 - 21:15 Aerial Stretch Berlina W										20:15 - 21:15 Aerial Silk Hatha Eliza H		20:30 - 21:15 Aerial Silk Hatha 3 Geraldine C
20:30							20:30 - 21:30 Aerial Vinyasa Colin W								
20:45															
21:00							20:45 - 21:45 Aerial Silk Stretch Yan L								
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		10:00 - 11:00 Aerial Silk Stretch Yan L				
10:15						
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				
11:45						
12:00				12:00 - 13:00 *Aerial Vinyasa Aerial Silk Hatha 2 Michelle L		
12:15						
12:30	12:30 - 13:30 Wheel Stretch Joyce T	12:30 - 13:30 Aerial Silk Hatha Yan L				12:30 - 13:30 Aerial Silk Hatha Berlina W
12:45						
13:00						
13:15						
13:30						
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		13:30 - 14:30 *Aerial Stretch Aerial Silk Stretch Michelle L		
14:30						
14:45						
15:00						14:30 - 15:30 Aerial Vinyasa Cynthia L
15:15						
15:30				15:00 - 16:00 Vinyasa Flow Han L		
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 Silk Stretch 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.