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														11:00 - 12:00 Aerial Silk Hatha AiTing L (From 13 May)	
11:15															
11:30															
11:45															
12:00	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				
12:15															
12:30														12:30 - 13:30 Aerial Silk Stretch AiTing L (From 13 May)	
12:45															
13:00															
13:15															
13:30	13:30 - 14:30 Aerial Silk Hatha Zhi Xian L				13:30 - 14:30 Aerial Silk Stretch Yan L		13:30 - 14:30 Aerial Silk Hatha Zhi Xian L				13:30 - 14:30 Aerial Silk Hatha Yan L				
13:45															
14:00															
14:15															
14:30															
17:00			17:00 - 18:00 Aerial Stretch Aurelia H (From 23 May)												
17:15															
17:30															
17:45					17:45- 18:45 Aerial Silk Stretch Michelle Lay (From 10 May)										
18:00															
18:15							18:15 - 19:15 Aerial Silk Stretch Yan L								
18:30	18:30 - 19:30 Hatha Geraldine C (Covering)	18:30 - 19:30 Aerial Silk Stretch Liz J		18:30 - 19:15 Wheel Stretch Joyce T		18:45 - 19:45 Aerial Stretch Susan N (From 10 May)		18:30 - 19:30 Aerial Silk Stretch Liz J	18:30 - 19:30 Course Adeline J (4 May - 22 Jun)	18:30 - 19:30 Aerial Silk Stretch Xuefang L (From 12 May)	18:30 - 19:30 Aerial Silk Hatha Liz J				
18:45															
19:00			19:00 - 20:00 Aerial Vinyasa Berlina W	19:30 - 20:15 Aerial Silk Stretch Joyce T	19:00 - 20:00 Aerial Silk Hatha Michelle Lay (From 10 May)		19:30 - 20:30 Aerial Silk Hatha Yan L					19:15 - 20:15 Aerial Vinyasa Tricia L (From 12 May)	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
19:15															
19:30															
19:45	19:45 - 20:45 Gentle Flow Geraldine C (Covering)	19:45 - 20:45 Aerial Silk Hatha Liz J				20:00 - 21:00 Aerial Vinyasa Susan N (From 10 May)		19:45 - 20:45 Aerial Silk Hatha 2 Adeline J	19:45 - 20:45 Course Liz J (4 May - 22 Jun)	19:45 - 20:45 Aerial Silk Hatha XueFang L (From 12 May)	19:45 - 20:45 Aerial Silk Stretch Liz J				
20:00															
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 Silk Hatha 2 Joyce T			20:45 - 21:45 Aerial Silk Stretch Yan L					20:30 - 21:30 Aerial Stretch Tricia L (From 12 May)			
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 Silk Hatha Susan N		
09:15						
09:30	09:30 - 10:30 Aerial Silk Stretch Jamie Ng (From 14 May)		09:30 - 10:30 Vinyasa Flow Han L (From 14 May)			
09:45						
10:00		10:00 - 11:00 Aerial Silk Stretch Yan L				
10:15				10:15 - 11:15 Aerial Silk Stretch Susan N (From 15 May)		
10:30						10:30 - 11:30 Aerial Silk Stretch Jojo T (From 22 May)
10:45			10:45 - 11:45 Aerial Silk Hatha Hooi Q (From 21 May)			
11:00	11:00 - 12:00 Aerial Silk Hatha Tricia L (From 14 May)				11:00 - 12:00 Aerial Silk Hatha 2 Berlina W	
11:15		11:15 - 12:15 Aerial Silk Hatha 2 Yan L				
11:30				11:30 - 12:30 Aerial Silk Hatha Michelle L (From 15 May)		
11:45						11:45 - 12:45 Aerial Silk Hatha Jovis Z (From 22 May)
12:00			12:00 - 13:00 Aerial Silk Stretch Hooi Q (From 21 May)			
12:15						
12:30	12:30 - 13:30 Aerial Silk Stretch ShuHui Y (From 14 May)	12:30 - 13:30 Aerial Silk Hatha Yan L			12:30 - 13:30 Aerial Silk Hatha Berlina W	
12:45				12:45 - 13:45 Aerial Silk Stretch Michelle L (From 15 May)		
13:00						13:00 - 14:00 Aerial Silk Stretch Jovis Z (From 22 May)
13:15			13:15 - 14:15 Aerial Silk Hatha Sabrina F (From 4 Jun)			
13:30					Aerial Self Practice	
13:45						
14:00	14:00 - 15:00 Aerial Silk Hatha Adeline J	14:00 - 15:00 Aerial Silk Stretch Colin W		14:00 - 15:00 Vinyasa Flow Catherine Z (From 15 May)		
14:15						
14:30						
14:45			14:45 - 15:45 Aerial Silk Stretch Sabrina F (From 4 Jun)			
15:00						15:00 - 16:00 Aerial Vinyasa ShuHui Y (From 22 May)
15:15				15:15 - 16:15 Aerial Silk Hatha Ashley C (From 15 May)		
15:30	15:30 - 16:30 Aerial Silk Hatha 2 Adeline J	15:30 - 16:30 Aerial Silk Hatha Colin W			15:30 - 16:30 Aerial Silk Stretch Cynthia L	
15:45						
16:00			Aerial Self Practice			16:15 - 17:15 Aerial Stretch ShuHui Y (From 22 May)
16:15						
16:30				16:30 - 17:30 Aerial Silk Stretch Ashley C (From 15 May)		
16:45						
17:00	17:00 - 18:00 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

Schedule is for your reference only.
Please look out for latest live updates on https://hale.sg/schedule/
Schedule is subjected to changes (esp on Public Holidays and it's eve).