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	
11:15															
11:30															
11:45															
12:00	12:00 - 13:00 Aerial Silk Stretch Zhi Xian L (From 4 July)			12:00 - 13:00 Aerial Silk Hatha Yan L			12:00 - 13:00 Aerial Silk Hatha 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	
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 Stretch Zhi Xian L			13:30 - 14:30 Aerial Silk Hatha Yan L					
13:45															
14:00															
14:15															
14:30															
17:00															
17:15															
17:30			17:00 - 18:00 Aerial Stretch Aurelia H												
17:45					17:45- 18:45 Aerial Silk Stretch Michelle Lay										
18:00															
18:15							18:15 - 19:15 Aerial Silk Stretch Yan L								
18:30	18:30 - 19:30 Hatha Geraldine C (Covering Until 18 July)	18:30 - 19:30 Aerial Silk Stretch Liz J		19:00 - 20:00 Aerial Silk Stretch Jojo T (From 5 July)	19:00 - 20:00 Aerial Silk Hatha Michelle Lay	18:45 - 19:45 Aerial Stretch Susan N		18:30 - 19:30 Aerial Silk Stretch Liz J		18:30 - 19:30 Aerial Silk Stretch Xuefang L	18:30 - 19:30 Aerial Silk Hatha Liz J				
18:45															
19:00			19:00 - 20:00 Aerial Vinyasa Berlina W				19:30 - 20:30 Aerial Silk Hatha Yan L		19:00 - 20:00 Aerial Vinyasa Liz J (Until 20 July)			19:15 - 20:15 Aerial Vinyasa Tricia L	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 Until 18 July)	19:45 - 20:45 Aerial Silk Hatha Liz J				20:00 - 21:00 Aerial Vinyasa Susan N		19:45 - 20:45 Aerial Silk Hatha 2 Adeline J		19:45 - 20:45 Aerial Silk Hatha XueFang L	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 Hooi Q (From 5 July)					20:15 - 21:15 Aerial Stretch Liz J (Until 20 July)				20:15 - 21:15 Aerial Silk Hatha Eliza H	20:30 - 21:15 Aerial Silk Hatha 3 Geraldine C	
20:30							20:45 - 21:45 Aerial Silk Stretch Yan L					20:30 - 21:30 Aerial Stretch Tricia L			
20:45															
21:00															
21:15															
21:30															
21:45															

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).

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		09:30 - 10:30 Vinyasa Flow Han L			
09:45						
10:00		10:00 - 11:00 Aerial Silk Stretch Yan L				
10:15				10:15 - 11:15 Aerial Silk Stretch Susan N		
10:30						10:30 - 11:30 Aerial Silk Stretch Jojo T
10:45			10:45 - 11:45 Aerial Silk Hatha Hooi Q			
11:00	11:00 - 12:00 Aerial Silk Hatha Tricia L				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		
11:45						11:45 - 12:45 Aerial Silk Hatha Jovis Z
12:00			12:00 - 13:00 Aerial Silk Stretch Hooi Q			
12:15						
12:30	12:30 - 13:30 Aerial Silk Stretch ShuHui Y	12:30 - 13:30 Aerial Silk Hatha Yan L		12:45 - 13:45 Aerial Silk Stretch Michelle L	12:30 - 13:30 Aerial Silk Hatha Berlina W	
12:45						13:00 - 14:00 Aerial Silk Stretch Jovis Z
13:00						
13:15			13:15 - 14:15 Aerial Silk Hatha Sabrina F			
13:30						
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	Aerial Self Practice (75 Mins)	
14:15						
14:30						
14:45			14:45 - 15:45 Aerial Silk Stretch Sabrina F			
15:00						15:00 - 16:00 Aerial Vinyasa ShuHui Y
15:15				15:15 - 16:15 Aerial Silk Hatha Ashley C		
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 (90 Mins)			
16:15						16:15 - 17:15 Aerial Stretch ShuHui Y
16:30				16:30 - 17:30 Aerial Silk Stretch Ashley C		
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						