| 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 |
| 09:30 | 09:30 - 10:30 Aerial Silk Stretch Joyce T | | | | | | | | | | | | | | |
| 09:45 | | | | | | | | | | | | | | | |
| 10:00 | | | | | | | | | | | | | | | |
| 10:15 | | | | | | | | | | | | | | | |
| 10:30 | | | | | 10:30 - 11:30 Aerial Silk Stretch Yan L | | | | | | 10:30 - 11:30 Aerial Silk Hatha Yan L | | | | |
| 10:45 | | | | | | | | | | | | | | | |
| 11:00 | | | | | | | | | | | | | | | |
| 11:15 | | | | | | | | | | | | | | | |
| 11:30 | | | | | | | | | | | | | | | |
| 11:45 | | | | | | | | | | | | | | | |
| 12:00 | | | | | 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 Yin & Restore G T | | | |
| 12:45 | | | | | | | | | | | | | | | |
| 13:00 | | | | | | | | | | | | | | 12:30 - 13:30 Aerial Silk Stretch AiTing L | |
| 13:15 | | | | | | | | | | | | | | | |
| 13:30 | | | | | | | 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 | | | | | | | | | | | | | | | |
| 14:45 | | | | | | | | | | | | | | | |
| 15:00 | | | | | | | | | | | | | | | |
| 17:00 | | | | | | | | | 17:00 - 18:00 Aerial Stretch with Singing Bowl Aurelia H | | | | | | |
| 17:15 | | | | | | | | | | | | | | | |
| 17:30 | | | | | | | | | | | | | | | |
| 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 Gentle Flow G T | 18:30 - 19:30 Aerial Silk Stretch Liz J | | | | | | 18:30 - 19:30 Aerial Silk Stretch Adeline Jo | | 18:30 - 19:30 Aerial Silk Stretch Xuefang L | 18:30 - 19:30 Aerial Silk Hatha Liz J | | | | |
| 18:45 | | | | | | 18:45 - 19:45 Aerial Stretch Susan N | | | | | | | | | |
| 19:00 | | | 19:00 - 20:00 Aerial Silk Hatha 2 Berlina W | 19:00 - 20:00 Aerial Silk Stretch Jojo T | 19:00 - 20:00 Aerial Silk Hatha Michelle Lay | | | | 19:00 - 20:00 Aerial Vinyasa Liz J | | | | 19:00 - 20:00 Aerial Silk Stretch Jovis Z | 19:00 - 20:00 Aerial Silk Stretch Geraldine C | |
| 19:15 | | | | | | | | | | | | 19:15 - 20:15 Aerial Vinyasa Tricia L | | | 19:15 - 20:15 Wheel Vinyasa Susan N |
| 19:30 | | | | | | | 19:30 - 20:30 Aerial Silk Hatha Yan L | | | | | | | | |
| 19:45 | 19:45 - 20:45 Aerial Silk Stretch G T | 19:45 - 20:45 Aerial Silk Hatha Liz J | | | | | | 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 | | | | | | 20:00 - 21:00 Aerial Vinyasa Susan N | | | | | | | | | |
| 20:15 | | | 20:15 - 21:15 Aerial Silk Stretch Berlina W | 20:15 - 21:15 Aerial Silk Hatha Jojo T | | | 20:45 - 21:45 Aerial Silk Stretch Yan L | | 20:15 - 21:15 Aerial Stretch Liz J | | | | 20:15 - 21:15 Aerial Silk Hatha Jovis Z | 20:30 - 21:15 Aerial Silk Hatha 2 \|Aerial Silk Hatha 3* Geraldine C | |
| 20:30 | | | | | | | | | | | | 20:30 - 21:30 Aerial Stretch Tricia L | | | |
| 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 | | | | | | |
| 09:45 | | | | | | |
| 10:00 | 10:00 - 11:00 Aerial Silk Stretch Jamie Ng | 10:00 - 11:00 Aerial Silk Stretch Yan L | | | | |
| 10:15 | | | | 10:15 - 11:15 Aerial Silk Stretch Susan N | | |
| 10:30 | | | 10:45 - 11:45 Aerial Silk Hatha Hooi Q | | | 10:30 - 11:30 Aerial Silk Stretch Jojo T |
| 10:45 | 11:15 - 12:15 Aerial Silk Hatha Tricia L | 11:15 - 12:15 Aerial Silk Hatha 2 Yan L | | | 11:00 - 12:00 Aerial Silk Hatha 2 Berlina W | |
| 11:00 | | | | | | |
| 11:15 | | | | 11:30 - 12:30 Aerial Silk Hatha Michelle L | | |
| 11:30 | | | | | | |
| 11:45 | | | 12:00 - 13:00 Aerial Silk Stretch Hooi Q | | | 11:45 - 12:45 Aerial Silk Hatha Jovis Z |
| 12:00 | | | | | 12:15 - 13:15 Aerial Silk Hatha Berlina W | |
| 12:15 | | | | | | |
| 12:30 | 12:30 - 13:30 Aerial Silk Stretch ShuHui Y | 12:30 - 13:30 Aerial Silk Hatha Yan L | | | | |
| 12:45 | | | | 12:45 - 13:45 Aerial Silk Stretch Michelle L | | |
| 13:00 | | | | | | 13:00 - 14:00 Aerial Silk Stretch Jovis Z |
| 13:15 | | | | | | |
| 13:30 | | | | | | |
| 13:45 | | | | | | |
| 14:00 | 14:00 - 15:00 Aerial Silk Hatha Sabrina F | 14:00 - 15:00 Aerial Silk Stretch Colin W | 14:00 - 15:15 Aerial Spinning Techniques (2 Class Credits) Adeline J | | | |
| 14:15 | | | | | | |
| 14:30 | | | | | | |
| 14:45 | | | | | | |
| 15:00 | | | | | | |
| 15:15 | 15:15 - 16:15 Aerial Silk Stretch Sabrina F | | | | | |
| 15:30 | | 15:30 - 16:30 Aerial Silk Hatha Colin W | 15:30 - 16:45 Aerial Spinning Choreography (2 Class Credits) Adeline J | | 15:30 - 16:30 Aerial Silk Stretch Ashley C | |
| 15:45 | | | | | | |
| 16:00 | | | | | | |
| 16:15 | | | | | | |
| 16:30 | | | | | | |
| 16:45 | | | | | 16:45 - 17:45 Aerial Silk Hatha Ashley C | |
| 17:00 | | 17:00 - 18:00 Aerial Silk Stretch 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<br>Singapore 068908 |
| **Somerset Room 1 & 2** | 8 Grange Road #03-03/03A<br>Singapore 239695 |

*Once a month occurence

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).