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															
09:45															
10:00															
10:15															
10:30					10:30 - 11:30 Aerial Silk Stretch 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	12:15 - 13:15 Aerial Silk Stretch Joyce T														
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 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															
17:15									17:00 - 18:00 Aerial Stretch with Singing Bowl Aurelia H						
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 - 20:00 Aerial Silk Stretch Jovis Z	19:00 - 20:00 Aerial Silk Stretch Geraldine C	19:15 - 20:15 Wheel Vinyasa 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						
19:15												19:15 - 20:15 Aerial Vinyasa Tricia L			
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					20:15 - 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							20:45 - 21:45 Aerial Silk Stretch Yan L								
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					9:30 - 10:30 Aerial Silk Stretch Jojo T (30 Apr to 28 May)	
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						
11:00					11:00 - 12:00 Aerial Silk Hatha 2 Berlina W	
11:15	11:15 - 12:15 Aerial Silk Hatha Tricia L	11:15 - 12:15 Aerial Silk Hatha 2 Yan L				
11:30				11:30 - 12:30 Aerial Silk Hatha Michelle L		
11:45						
12:00						
12:15					12:15 - 13:15 Aerial Silk Hatha Berlina W	
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						
13:15						
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 - 15:00 Aerial Silk Stretch Jovis Z (30 Apr to 28 May)	
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 - 16:30 Aerial Silk Stretch Ashley C	
15:45						
16:00						
16:15						
16:30						
16:45						
17:00		17:00 - 18:00 Aerial Silk Stretch Cynthia L			16:45 - 17:45 Aerial Silk Hatha Ashley C	
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

*Once a month or bimonthly 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).