

Fitness routine

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Class with Re: Dance Theatre and rehearsal	Practice session for dance corrections and new moves or ballet class	Ballet class and contemporary class	Ballet class	Ballet class	Jazz dance practice	Morning ballet rehearsal with Re: Dance Theatre and afternoon contemporary class with Re: Dance Theatre

NOTE: Each class lasts about one to 1.5 hours, except for Sundays, where each class is about three hours long.

Source: DR JASON CHIA ST GRAPHICS