

# Fitness routine

<b>Monday</b>	<ul style="list-style-type: none"><li>● 1½hr Bikram Yoga class</li><li>● 8-12km run</li></ul>
<b>Tuesday</b>	<ul style="list-style-type: none"><li>● 1hr Body Pump class</li></ul>
<b>Wednesday</b>	<ul style="list-style-type: none"><li>● 30-40min interval run</li></ul>
<b>Thursday</b>	<ul style="list-style-type: none"><li>● Rest day</li></ul>
<b>Friday</b>	<ul style="list-style-type: none"><li>● 10km run</li></ul>
<b>Saturday</b>	<ul style="list-style-type: none"><li>● 15-25km run</li></ul>
<b>Sunday</b>	<ul style="list-style-type: none"><li>● 1½hr Bikram Yoga class</li></ul>

Source: ENG YING TIAN  
STRAITS TIMES GRAPHICS