

Fitness routine

Monday, Wednesday and Saturday	<ul style="list-style-type: none">● 2 x 45min cycling classes● 15min yoga
Tuesday	<ul style="list-style-type: none">● 45min cycling class● 40min circuit training with weights● 20min yoga
Thursday and Sunday	<ul style="list-style-type: none">● 45min cycling class● 40min circuit training with weights
Friday	<ul style="list-style-type: none">● 1hr cycling class or 20min yoga

Source: FAY HOKULANI
STRAITS TIMES GRAPHICS