

Fitness routine

Monday	<ul style="list-style-type: none">● 1hr yoga and pilates
Tuesday	<ul style="list-style-type: none">● 5-8km run● 30min aerial yoga
Wednesday	<ul style="list-style-type: none">● 45min bike ride● 1hr pilates
Thursday	<ul style="list-style-type: none">● 1hr yoga● 30min circuit training
Friday	<ul style="list-style-type: none">● 1hr aerial fitness
Saturday	<ul style="list-style-type: none">● 5km run
Sunday	<ul style="list-style-type: none">● 1hr yoga or pilates

Source: DAWN SIM
STRAITS TIMES GRAPHICS