

# Fitness routine

<b>Monday, Wednesday and Friday</b>	<ul style="list-style-type: none"><li>● 1hr reformer pilates</li></ul>
<b>Tuesday</b>	<ul style="list-style-type: none"><li>● 45min indoor cycling</li></ul>
<b>Thursday</b>	<ul style="list-style-type: none"><li>● 30min swim</li><li>● 1hr tennis</li></ul>
<b>Saturday</b>	<ul style="list-style-type: none"><li>● 1hr reformer pilates</li><li>● 45min indoor cycling</li></ul>
<b>Sunday</b>	<ul style="list-style-type: none"><li>● 45min indoor cycling</li><li>● 1hr yoga</li></ul>

Source: BENJAPORN KAROONKORNSAKUL  
STRAITS TIMES GRAPHICS