

Fitness routine

Monday	<ul style="list-style-type: none">• Rest
Tuesday	<ul style="list-style-type: none">• 1hr yoga class x 2• 3hr dance rehearsal
Wednesday	<ul style="list-style-type: none">• 1hr yoga class• 1hr swim• 3hr dance rehearsal
Thursday	<ul style="list-style-type: none">• 1hr yoga class x 2• 3hr dance rehearsal
Friday	<ul style="list-style-type: none">• 1hr swim
Saturday	<ul style="list-style-type: none">• 1hr yoga class• 4hr dance rehearsal
Sunday	<ul style="list-style-type: none">• 1hr yoga class• 5hr dance rehearsal

Source: MARCUS FOO
STRAITS TIMES GRAPHICS