

Fitness routine

Monday	<ul style="list-style-type: none">• 30min yoga stretching
Tuesday	<ul style="list-style-type: none">• 15min stretching• 1hr belly dance• 15min cool-down
Wednesday	<ul style="list-style-type: none">• 30min yoga stretching
Thursday	<ul style="list-style-type: none">• 30min yoga stretching
Friday	<ul style="list-style-type: none">• 15min stretching• 1hr belly dance/ Chinese dance• 15min cool down
Saturday	<ul style="list-style-type: none">• 15min stretching• 3hr belly dance/ Chinese dance• 15min cool-down
Sunday	<ul style="list-style-type: none">• 30min yoga stretching

Source: KATHERINE MO
STRAITS TIMES GRAPHICS