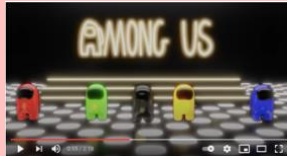




Below is a timetable of suggested activities to get you up and moving this week!
It is recommended that we all do **1 hour** of exercise every day, but this can be split up into shorter bursts of activity.
Click on the images to open each video and HAVE FUN!

Day	Morning Activity		Afternoon Activity
Monday	Mr Ffit Daily Workout 	Cosmic Yoga – Alice in Wonderland 	Zumba – Shake It Off! 
Tuesday	Mr Ffit Daily Workout 	Just Dance – I Gotta Feeling 	Wonder Woman Workout 
Wednesday	Mr Ffit Daily Workout 	Zumba Kids- Old Town Road 	Cosmic Yoga – Space Monkey 
Thursday	Mr Ffit Daily Workout 	Just Dance – Get Ready to Wiggle 	Among Us Dance 
Friday	Mr Ffit Daily Workout 	Katy Perry Roar Dance 	Zumba – Sweet but a Psycho 