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Keeping children active and mentally well during the national lockdown

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10 AM	 Daily Challenge 	 Daily Challenge 	 Work It Wednesday 	 Daily Challenge 	 Daily Challenge 	 LIVE Taekwondo zoom
12 PM	 PE Parent Challenge 	 PE Parent 2 Challenge 	 PE Parent Challenge 	 PE Parent 2 Challenge 	 PE Parent Challenge 	
2 PM	 Fusion Series 	 Dance Lesson 	 School Games Challenge 	 Gymnastics Lesson 	 Funetics Lesson 	
4 PM	<p>● LIVE Yoga</p>  <i>Don't miss it!</i>	<p>● LIVE Fitness</p>  <i>Don't miss it!</i>	<p>● LIVE Yoga</p>  <i>Don't miss it!</i>	<p>● LIVE Fitness</p>  <i>Don't miss it!</i>	 Dance Lesson 