https://deplieguestudioyoga.onrender.com/schedule

86 Performance

94 Accessibility

96 Best Practices

90 SEO

86

Performance

Values are estimated and may vary. The performance score is calculated directly from these metrics. See calculator.

▲ 0–49   50–89   90–100

METRICS

Collapse view

▲ First Contentful Paint

3.3 s

First Contentful Paint marks the time at which the first text or image is painted. Learn more about the First Contentful Paint metric.

Largest Contentful Paint

3.3 s

Largest Contentful Paint marks the time at which the largest text or image is painted. Learn more about the Largest Contentful Paint metric

Total Blocking Time

0 ms

Sum of all time periods between FCP and Time to Interactive, when task length exceeded 50ms, expressed in milliseconds. Learn more about the Total Blocking Time metric.
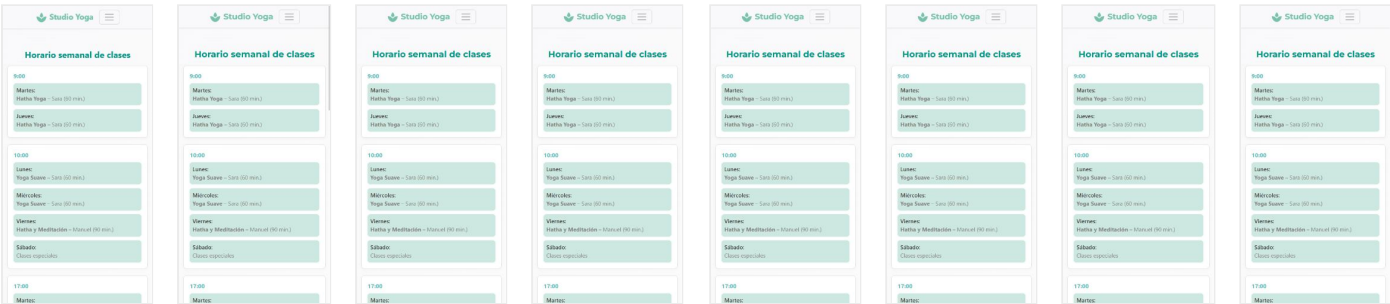
Cumulative Layout Shift

0.002

Cumulative Layout Shift measures the movement of visible elements within the viewport. Learn more about the Cumulative Layout Shift metric.

Speed Index

3.3 s

Speed Index shows how quickly the contents of a page are visibly populated. Learn more about the Speed Index metric.

View Treemap

📢 Later this year, insights will replace performance audits. Learn more and provide feedback here.

Try insights

Show audits relevant to: All   FCP   LCP   TBT   CLS

DIAGNOSTICS

⚠ Eliminate render-blocking resources   —   Est savings of 1,920 ms   ⌄

⚠ Largest Contentful Paint element   —   3,250 ms   ⌄

⚠ Preconnect to required origins   —   Est savings of 100 ms   ⌄

⚠ Page prevented back/forward cache restoration   —   3 failure reasons   ⌄

Ensure text remains visible during webfont load   ⌄

◦ Avoid large layout shifts   —   2 layout shifts found   ⌄

◦ Avoid chaining critical requests   —   5 chains found   ⌄

○   Minimize third-party usage — Third-party code blocked the main thread for 0 ms   ⌄
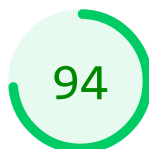
○   Avoid long main-thread tasks — 1 long task found   ⌄

More information about the performance of your application. These numbers don't [directly affect](#) the Performance score.

PASSED AUDITS (29)   Show

94

Accessibility

These checks highlight opportunities to [improve the accessibility of your web app](#). Automatic detection can only detect a subset of issues and does not guarantee the accessibility of your web app, so [manual testing](#) is also encouraged.

CONTRAST

⚠ Background and foreground colors do not have a sufficient contrast ratio.   ⌄

These are opportunities to improve the legibility of your content.

ADDITIONAL ITEMS TO MANUALLY CHECK (10)   Show

These items address areas which an automated testing tool cannot cover. Learn more in our guide on [conducting an accessibility review](#).

PASSED AUDITS (14)   Show

NOT APPLICABLE (42)   Show

96

Best Practices

GENERAL

▲   Browser errors were logged to the console   ⌄

TRUST AND SAFETY

○   Ensure CSP is effective against XSS attacks   ⌄

○   Use a strong HSTS policy   ⌄

○   Ensure proper origin isolation with COOP   ⌄

PASSED AUDITS (14)   Show

NOT APPLICABLE (3)   Show

90

SEO

These checks ensure that your page is following basic search engine optimization advice. There are many additional factors Lighthouse does not score here that may affect your search ranking, including performance on Core Web Vitals. Learn more about Google Search Essentials.

CONTENT BEST PRACTICES

▲   Document does not have a meta description   ⌄

Format your HTML in a way that enables crawlers to better understand your app's content.

ADDITIONAL ITEMS TO MANUALLY CHECK (1)   Show

Run these additional validators on your site to check additional SEO best practices.

PASSED AUDITS (6)   Show

NOT APPLICABLE (3)   Show

Captured at Jun 11, 2025, 8:07
AM GMT+2

Initial page load

Emulated Moto G Power with
Lighthouse 12.6.0

Slow 4G throttling

Single page session

Using Chromium 137.0.0.0 with
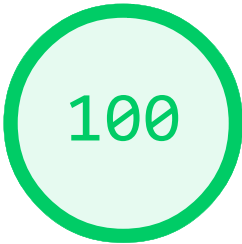devtools

Generated by **Lighthouse** 12.6.0 | File an issue

https://depliequestudioyoga.onrender.com/schedule   ⋮

100   **95**   **96**   **90**

Performance   **Accessibility**   **Best Practices**   **SEO**

100

Performance

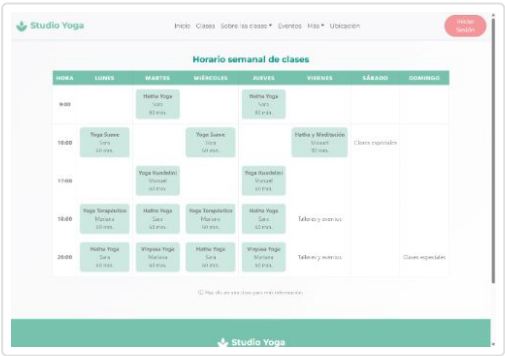Values are estimated and may vary. The [performance score is calculated](#)
directly from these metrics. [See calculator.](#)

🔺 0–49   50–89   90–100

METRICS   Expand view

First Contentful Paint   Largest Contentful Paint

🔺 **0.7 s**   **0.7 s**
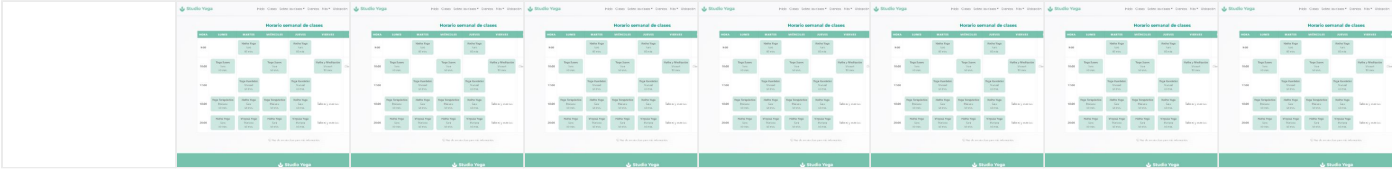
Total Blocking Time

0 ms

Cumulative Layout Shift

0.003

Speed Index

0.7 s

View Treemap

📢 Later this year, insights will replace performance audits. Learn more and provide feedback here.

Try insights

Show audits relevant to: All FCP LCP TBT CLS

DIAGNOSTICS

🔺 Eliminate render-blocking resources — Est savings of 270 ms ⌄

🔺 Reduce unused CSS — Est savings of 38 KiB ⌄

🔺 Page prevented back/forward cache restoration — 3 failure reasons ⌄

Ensure text remains visible during webfont load ⌄

◯ Avoid large layout shifts — 2 layout shifts found ⌄

◯ Avoid chaining critical requests — 5 chains found ⌄

◯ Minimize third-party usage — Third-party code blocked the main thread for 0 ms ⌄

◯ Largest Contentful Paint element — 670 ms ⌄

More information about the performance of your application. These numbers don't directly affect the Performance score.

PASSED AUDITS (30)   Show

95

Accessibility

These checks highlight opportunities to [improve the accessibility of your web app](). Automatic detection can only detect a subset of issues and does not guarantee the accessibility of your web app, so [manual testing]() is also encouraged.

CONTRAST

⚠️ Background and foreground colors do not have a sufficient contrast ratio. ⌄

These are opportunities to improve the legibility of your content.

ADDITIONAL ITEMS TO MANUALLY CHECK (10)   Show

These items address areas which an automated testing tool cannot cover. Learn more in our guide on [conducting an accessibility review]().

PASSED AUDITS (18)   Show

NOT APPLICABLE (38)   Show

96

Best Practices

GENERAL

⚠️ Browser errors were logged to the console ⌄

TRUST AND SAFETY

○ Ensure CSP is effective against XSS attacks ⌄

○ Use a strong HSTS policy ⌄

○ Ensure proper origin isolation with COOP ⌄

PASSED AUDITS (13)	Show

NOT APPLICABLE (4)	Show

90

SEO

These checks ensure that your page is following basic search engine optimization advice. There are many additional factors Lighthouse does not score here that may affect your search ranking, including performance on [Core Web Vitals](#). [Learn more about Google Search Essentials](#).

CONTENT BEST PRACTICES

⚠ Document does not have a meta description ⌄

Format your HTML in a way that enables crawlers to better understand your app's content.

ADDITIONAL ITEMS TO MANUALLY CHECK (1)	Show

Run these additional validators on your site to check additional SEO best practices.

PASSED AUDITS (6)	Show

NOT APPLICABLE (3)	Show

Captured at Jun 11, 2025, 8:06 AM GMT+2
Initial page load

Emulated Desktop with Lighthouse 12.6.0
Custom throttling

Single page session

Using Chromium 137.0.0.0 with devtools

Generated by **Lighthouse** 12.6.0 | [File an issue](#)

https://deplieguestudioyoga.onrender.com/

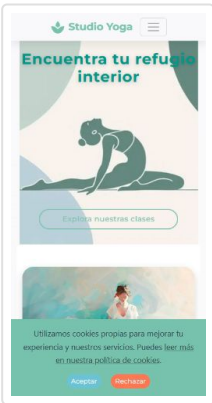|			
59	**96**	**82**	**91**
Performance	Accessibility	Best Practices	SEO

59

Performance

Values are estimated and may vary. The performance score is calculated directly from these metrics. See calculator.

▲ 0–49   50–89   90–100

METRICS   Expand view

First Contentful Paint

2.9 s

▲ Largest Contentful Paint

4.9 s

Total Blocking Time

70 ms

⚠ Cumulative Layout Shift

0.357

Speed Index

2.9 s

View Treemap

🔊 Later this year, insights will replace performance audits. Learn more and provide feedback here.

Try insights

Show audits relevant to: All   FCP   LCP   TBT   CLS

DIAGNOSTICS

⚠   Avoid large layout shifts   — 4 layout shifts found   ⌄

⚠   Largest Contentful Paint element   — 4,860 ms   ⌄

⚠   Eliminate render-blocking resources   — Est savings of 1,750 ms   ⌄

⚠   Reduce unused CSS   — Est savings of 24 KiB   ⌄

⚠   Reduce unused JavaScript   — Est savings of 26 KiB   ⌄

⚠   Page prevented back/forward cache restoration   — 3 failure reasons   ⌄

Preload Largest Contentful Paint image   ⌄

Image elements do not have explicit `width` and `height`   ⌄

Serve images in next-gen formats   — Est savings of 2,546 KiB   ⌄

Serve static assets with an efficient cache policy   — 8 resources found   ⌄

Ensure text remains visible during webfont load   ⌄

Properly size images — Est savings of 3,447 KiB   ⌄

Efficiently encode images — Est savings of 1,730 KiB   ⌄

Avoid enormous network payloads — Total size was 9,055 KiB   ⌄

◌ Minimize third-party usage — Third-party code blocked the main thread for 130 ms   ⌄

◌ Avoid long main-thread tasks — 2 long tasks found   ⌄

◌ Avoid non-composited animations — 7 animated elements found   ⌄

◌ Avoid chaining critical requests — 7 chains found   ⌄

More information about the performance of your application. These numbers don't [directly affect](#) the Performance score.

PASSED AUDITS (20)   Show

96

Accessibility

These checks highlight opportunities to [improve the accessibility of your web app](#). Automatic detection can only detect a subset of issues and does not guarantee the accessibility of your web app, so [manual testing](#) is also encouraged.

CONTRAST

⚠ Background and foreground colors do not have a sufficient contrast ratio.   ⌄

These are opportunities to improve the legibility of your content.

ADDITIONAL ITEMS TO MANUALLY CHECK (10)   Show

These items address areas which an automated testing tool cannot cover. Learn more in our guide on [conducting an accessibility review](#).

PASSED AUDITS (22)   Show

NOT APPLICABLE (34)   Show

82

Best Practices

GENERAL

▲   Uses deprecated APIs   —   1 warning found   ⌄

TRUST AND SAFETY

◯   Ensure CSP is effective against XSS attacks   ⌄

◯   Use a strong HSTS policy   ⌄

◯   Ensure proper origin isolation with COOP   ⌄
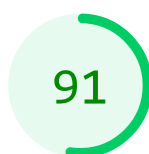
PASSED AUDITS (14)   Show

NOT APPLICABLE (3)   Show

91

SEO

These checks ensure that your page is following basic search engine optimization advice. There are many additional factors Lighthouse does not score here that may affect your search ranking, including performance on [Core Web Vitals](#). [Learn more about Google Search Essentials](#).

CONTENT BEST PRACTICES

▲   Document does not have a meta description   ⌄

Format your HTML in a way that enables crawlers to better understand your app's content.

ADDITIONAL ITEMS TO MANUALLY CHECK (1) Show

Run these additional validators on your site to check additional SEO best practices.

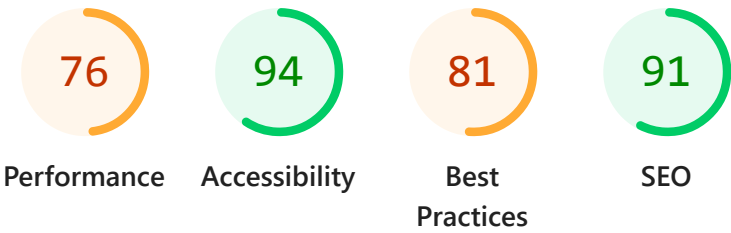PASSED AUDITS (7) Show

NOT APPLICABLE (2) Show

Captured at Jun 11, 2025, 8:05 AM GMT+2

Initial page load

Emulated Moto G Power with Lighthouse 12.6.0

Slow 4G throttling

Single page session

Using Chromium 137.0.0.0 with devtools

Generated by **Lighthouse** 12.6.0 | File an issue

https://depliequestudioyoga.onrender.com/

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94 Accessibility

81 Best Practices

91 SEO

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Performance

Values are estimated and may vary. The performance score is calculated directly from these metrics. See calculator.

▲ 0–49   50–89   90–100

METRICS   Expand view

First Contentful Paint

0.6 s
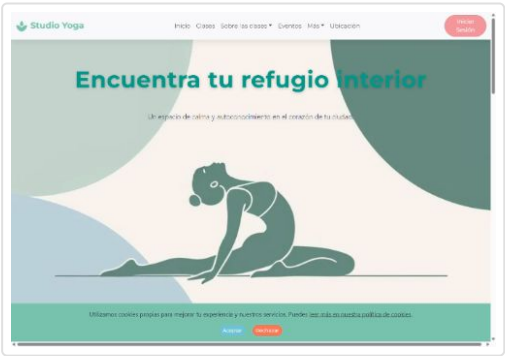
Largest Contentful Paint

1.3 s

Total Blocking Time	Cumulative Layout Shift ⚠️
0 ms	**0.471**

Speed Index
0.7 s

View Treemap

📢 Later this year, insights will replace performance audits. [Learn more and provide feedback here](#).

Try insights

Show audits relevant to: All   FCP   LCP   TBT   CLS

DIAGNOSTICS

⚠️ Avoid large layout shifts — 3 layout shifts found   ⌄

⚠️ Serve images in next-gen formats — Est savings of 2,546 KiB   ⌄

⚠️ Properly size images — Est savings of 3,314 KiB   ⌄

⚠️ Reduce unused CSS — Est savings of 27 KiB   ⌄

⚠️ Largest Contentful Paint element — 1,260 ms   ⌄

⚠️ Eliminate render-blocking resources — Est savings of 240 ms   ⌄

⚠️ Page prevented back/forward cache restoration — 3 failure reasons   ⌄

Image elements do not have explicit `width` and `height`   ⌄

Serve static assets with an efficient cache policy — 8 resources found   ⌄

Ensure text remains visible during webfont load   ⌄

Efficiently encode images — Est savings of 1,730 KiB   ⌄

Avoid enormous network payloads — Total size was 9,051 KiB   ⌄

○   Avoid chaining critical requests — 7 chains found   ⌄

○   Minimize third-party usage — Third-party code blocked the main thread for 0 ms   ⌄

More information about the performance of your application. These numbers don't [directly affect](#) the Performance score.

PASSED AUDITS (24)   Show

94

Accessibility

These checks highlight opportunities to [improve the accessibility of your web app](#). Automatic detection can only detect a subset of issues and does not guarantee the accessibility of your web app, so [manual testing](#) is also encouraged.

CONTRAST

▲   Background and foreground colors do not have a sufficient contrast ratio.   ⌄

These are opportunities to improve the legibility of your content.

NAVIGATION

▲   Heading elements are not in a sequentially-descending order   ⌄

These are opportunities to improve keyboard navigation in your application.

ADDITIONAL ITEMS TO MANUALLY CHECK (10)   Show

These items address areas which an automated testing tool cannot cover. Learn more in our guide on [conducting an accessibility review](#).

PASSED AUDITS (23)   Show

NOT APPLICABLE (32)   Show

81

Best Practices

GENERAL

▲   Uses deprecated APIs — 1 warning found   ⌄

TRUST AND SAFETY

○   Ensure CSP is effective against XSS attacks   ⌄

○   Use a strong HSTS policy   ⌄
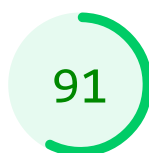
○   Ensure proper origin isolation with COOP   ⌄

PASSED AUDITS (13)   Show

NOT APPLICABLE (4)   Show

91

SEO

These checks ensure that your page is following basic search engine optimization advice. There are many additional factors Lighthouse does not score here that may affect your search ranking, including performance on [Core Web Vitals](). [Learn more about Google Search Essentials]().

CONTENT BEST PRACTICES

▲   Document does not have a meta description   ⌄

Format your HTML in a way that enables crawlers to better understand your app's content.

ADDITIONAL ITEMS TO MANUALLY CHECK (1)   Show

Run these additional validators on your site to check additional SEO best practices.

PASSED AUDITS (7)   Show

NOT APPLICABLE (2)   Show

Captured at Jun 11, 2025, 8:04   Emulated Desktop with   Single page session
AM GMT+2   Lighthouse 12.6.0

Initial page load   Custom throttling   Using Chromium 137.0.0.0 with
                                                                        devtools

Generated by **Lighthouse** 12.6.0 | File an issue

https://depliequestudioyoga.onrender.com/admin/dash-board

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Performance

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Accessibility

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Best
Practices

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SEO

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Performance

Values are estimated and may vary. The performance score is calculated directly from these metrics. See calculator.

▲ 0–49　　　　　50–89　　　　　90–100

METRICS

Expand view

First Contentful Paint

2.9 s

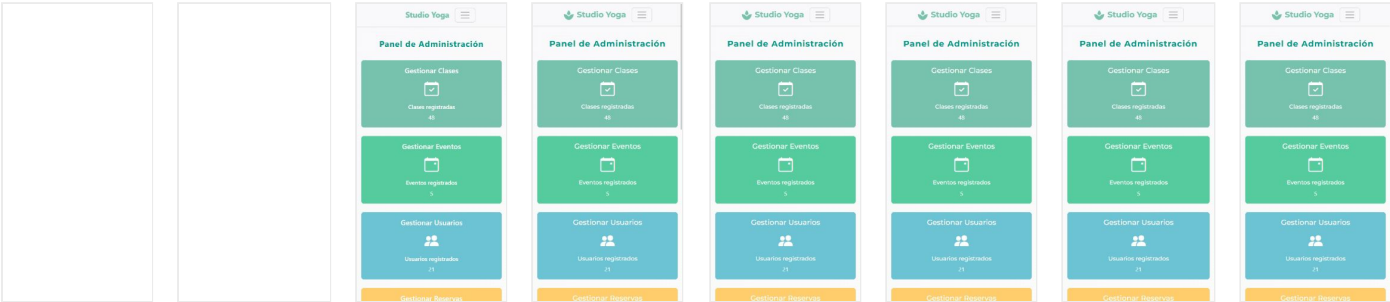Largest Contentful Paint

3.0 s

Total Blocking Time

0 ms

Cumulative Layout Shift

0.225

Speed Index

2.9 s

View Treemap

📢 Later this year, insights will replace performance audits. Learn more and provide feedback here.

Try insights

Show audits relevant to: All   FCP   LCP   TBT   CLS

DIAGNOSTICS

▲ Avoid large layout shifts — 4 layout shifts found   ⌄

▲ Eliminate render-blocking resources — Est savings of 1,490 ms   ⌄

▲ Reduce initial server response time — Root document took 750 ms   ⌄

▲ Largest Contentful Paint element — 3,000 ms   ⌄

▲ Preconnect to required origins — Est savings of 70 ms   ⌄

▲ Page prevented back/forward cache restoration — 2 failure reasons   ⌄

Serve static assets with an efficient cache policy — 1 resource found   ⌄

Ensure text remains visible during webfont load   ⌄

Properly size images — Est savings of 6 KiB   ⌄

Defer offscreen images — Est savings of 6 KiB   ⌄

◯ Avoid non-composited animations — 3 animated elements found   ⌄

○ Avoid chaining critical requests — 4 chains found ⌄

○ Minimize third-party usage — Third-party code blocked the main thread for 0 ms ⌄

○ Avoid long main-thread tasks — 2 long tasks found ⌄

More information about the performance of your application. These numbers don't [directly affect](#) the Performance score.

PASSED AUDITS (24)   Show

92

Accessibility

These checks highlight opportunities to [improve the accessibility of your web app](#). Automatic detection can only detect a subset of issues and does not guarantee the accessibility of your web app, so [manual testing](#) is also encouraged.

CONTRAST

⚠ Background and foreground colors do not have a sufficient contrast ratio. ⌄

These are opportunities to improve the legibility of your content.

NAVIGATION

⚠ Heading elements are not in a sequentially-descending order ⌄

These are opportunities to improve keyboard navigation in your application.

ADDITIONAL ITEMS TO MANUALLY CHECK (10)   Show

These items address areas which an automated testing tool cannot cover. Learn more in our guide on [conducting an accessibility review](#).

PASSED AUDITS (13)   Show

NOT APPLICABLE (42)   Show

100

Best Practices

TRUST AND SAFETY

◯   Ensure CSP is effective against XSS attacks   ⌄

◯   Use a strong HSTS policy   ⌄

◯   Ensure proper origin isolation with COOP   ⌄

PASSED AUDITS (15)   Show

NOT APPLICABLE (3)   Show

90

SEO

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CONTENT BEST PRACTICES

🔺   Document does not have a meta description   ⌄

Format your HTML in a way that enables crawlers to better understand your app's content.

ADDITIONAL ITEMS TO MANUALLY CHECK (1)   Show

Run these additional validators on your site to check additional SEO best practices.

PASSED AUDITS (6)   Show

NOT APPLICABLE (3)   Show

Captured at Jun 11, 2025, 8:03 AM GMT+2

Initial page load

Emulated Moto G Power with Lighthouse 12.6.0

Slow 4G throttling

Single page session

Using Chromium 137.0.0.0 with devtools
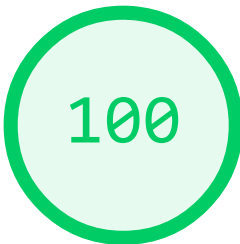
Generated by **Lighthouse** 12.6.0 | File an issue

https://depliequestudioyoga.onrender.com/admin/dash-board

100	93	100	91
Performance	**Accessibility**	**Best Practices**	**SEO**

100

Performance
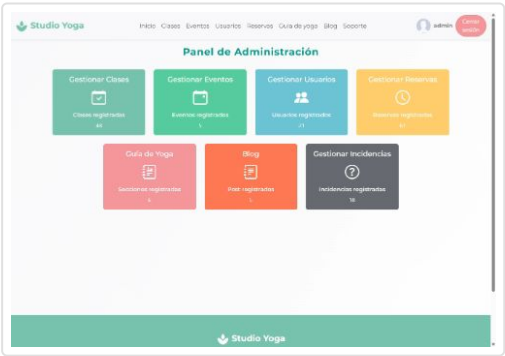
Values are estimated and may vary. The performance score is calculated directly from these metrics. See calculator.

▲ 0–49   50–89   90–100

METRICS   Expand view

First Contentful Paint

0.6 s

Largest Contentful Paint

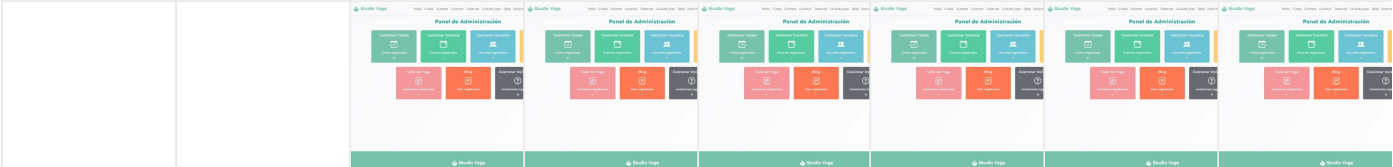**0.6 s**

Total Blocking Time

0 ms

Cumulative Layout Shift

0.004

Speed Index

0.8 s

View Treemap

📢 Later this year, insights will replace performance audits. Learn more and provide feedback here.

Try insights

Show audits relevant to: All FCP LCP TBT CLS

DIAGNOSTICS

🔺 Eliminate render-blocking resources — Est savings of 230 ms ⌄

🔺 Reduce initial server response time — Root document took 740 ms ⌄

🔺 Reduce unused CSS — Est savings of 23 KiB ⌄

🔺 Page prevented back/forward cache restoration — 2 failure reasons ⌄

Serve static assets with an efficient cache policy — 1 resource found ⌄

Ensure text remains visible during webfont load ⌄

Properly size images — Est savings of 6 KiB ⌄

◯ Avoid large layout shifts — 3 layout shifts found ⌄

◯ Avoid chaining critical requests — 4 chains found ⌄

◯ Minimize third-party usage — Third-party code blocked the main thread for 0 ms ⌄

◯ Largest Contentful Paint element — 620 ms ⌄

More information about the performance of your application. These numbers don't directly affect the Performance score.

93

Accessibility

These checks highlight opportunities to [improve the accessibility of your web app](). Automatic detection can only detect a subset of issues and does not guarantee the accessibility of your web app, so [manual testing]() is also encouraged.

CONTRAST

⚠ Background and foreground colors do not have a sufficient contrast ratio. ⌄

These are opportunities to improve the legibility of your content.

NAVIGATION

⚠ Heading elements are not in a sequentially-descending order ⌄

These are opportunities to improve keyboard navigation in your application.

These items address areas which an automated testing tool cannot cover. Learn more in our guide on [conducting an accessibility review]().

100

Best Practices

TRUST AND SAFETY

⊚   Ensure CSP is effective against XSS attacks   ⌄

⊚   Use a strong HSTS policy   ⌄

⊚   Ensure proper origin isolation with COOP   ⌄

PASSED AUDITS (14)   Show

NOT APPLICABLE (4)   Show

91

SEO

These checks ensure that your page is following basic search engine optimization advice. There are many additional factors Lighthouse does not score here that may affect your search ranking, including performance on [Core Web Vitals](#). [Learn more about Google Search Essentials](#).

CONTENT BEST PRACTICES

⚠   Document does not have a meta description   ⌄

Format your HTML in a way that enables crawlers to better understand your app's content.

ADDITIONAL ITEMS TO MANUALLY CHECK (1)   Show

Run these additional validators on your site to check additional SEO best practices.

PASSED AUDITS (7)   Show

NOT APPLICABLE (2)   Show

Captured at Jun 11, 2025, 8:02   Emulated Desktop with   Single page session
AM GMT+2   Lighthouse 12.6.0
Initial page load   Custom throttling   Using Chromium 137.0.0.0 with
                                                                   devtools

Generated by **Lighthouse** 12.6.0 | [File an issue](#)