

January

Gain access to the virtual classes as a [VIP Fit & Fiery Member](#): Try it FREE!

2025

ACCESS THE VIP ONLY LIVES, PLUS REPLAYS, HUNDREDS OF ON DEMAND WORKOUTS, WELLNESS PROGRAMS, BIBLE STUDIES, COMMUNITY + MORE: [LEARN MORE + START YOUR FREE TRIAL](#)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Join the Community Conversation + Share Your Journey			1 Happy New Year! Find Your Thrive in '25	2 20 Min LIVE virtual Mat-based Keola® for Pilates Lovers @ 7pm EST VIP Members Only	3	4 30 Min LIVE virtual Restorative Core Strength @ 9:30am EST (mat) VIP Members Only
5	6 Instructor Only Q&A 8am EST Daily Thrive Emails Begin	7	8	9 20 Min LIVE virtual Chair Stretching + Breathing Keola® @ 7pm EST VIP Members Only	10	11 30 Min LIVE virtual Restorative Core Strength @ 9:30am EST (mat) VIP Members Only
12	13 Instructor Only Coffee 8am EST Find Your Thrive January Group Study Begins	14	15	16 20 Min LIVE virtual Mat-based Keola® for Pilates Lovers @ 7pm EST VIP Members Only	17	18 30 Min LIVE virtual Restorative Core Strength @ 9:30am EST (mat) VIP Members Only
19	20 Instructor Only Devo 8am EST	21	22	23 20 Min LIVE virtual Chair Stretching + Breathing Keola® @ 7pm EST VIP Members Only	24	25 30 Min LIVE virtual Restorative Core Strength @ 9:30am EST (mat) VIP Members Only
26	27 Keola Community Coffee: Everyone Welcome! 8am EST/7am CST PW: 1111	28	29	30 20 Min LIVE virtual Mat-based Keola® for Pilates Lovers @ 7pm EST VIP Members Only	31	

