

October

Click the Saturday class to pre-register.

2022

GET FREE ACCESS TO EVERY SATURDAY LIVE (1ST 500 MEMBERS ONLY!), PLUS REPLAYS, A LIBRARY OF WORKOUTS, EVERY WORKOUT PROGRAM & BIBLE STUDY, + MORE AS A KEOLA® FIT & FIERY CLUB MEMBER. [START YOUR FREE TRIAL TODAY!](#)

Sunday	Monday*	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 #38 45 Min Restorative Core Strength Live Class Recording	4	5	6	7	8 45 Min LIVE virtual Restorative Core Strength \$10 @ 9am EST (mat)
9	17 #39 20 Min Pilates Inspired Core Strength on the Mat	11	12	13	14	15 45 Min LIVE virtual Restorative Core Strength \$10 @ 9am EST (mat)
16	24 #40 20 Min Working Lunch Chair Flow with Weights	18	19	20 <i>Instructor Interest Zoom Q&A – Be Ready to teach Keola® in 2023 7pm EST</i>	21	22 45 Min LIVE virtual Restorative Core Strength \$10 @ 9am EST (mat)
23	31 #41 5 Min Daily Wake Up Routine #1: Move and Hear from God	25	26 <i>Instructor Interest Zoom Q&A – Be Ready to teach Keola® in 2023 12pm EST</i>	27	28	29 45 Min LIVE virtual Restorative Core Strength \$10 @ 9am EST (mat)
30	31 #42 5 Min Daily Wake Up Routine #2: Move and Hear from God					

*NOTE: Monday listings are the newest *pre-recorded* workouts being uploaded to the [Free Weekly Workout Resource](#). If you haven't already, click any Monday workout to sign up for the Free Weekly Workouts and receive a growing library of workouts as they unlock on a weekly timetable based on your sign up date. Unlock them all immediately as they post through this [Weekly Workout Upgrade resource](#). NOTE: This upgrade resource is another included product in the Keola® Fit & FierY Club.