

October

Click the Saturday class to pre-register.

2024

GET FREE ACCESS TO EVERY LIVE (A LIMITED MEMBER OFFERING for VIPs Only), PLUS REPLAYS, A LIBRARY OF WORKOUTS, EVERY WELLNESS PROGRAM & BIBLE STUDY, + MORE: [START YOUR FREE VIP](#) or [BASIC KEOLA® FIT & FIERY CLUB TRIAL](#)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3 25 Min LIVE virtual Mat-based Keola® for Pilates Lovers @ 7pm EST VIP Members Only	4	5 45 Min LIVE virtual Restorative Core Strength \$15 @ 9am EST (mat) Try it FREE!
6 Join the Community Conversation + Share Your Journey	7 Instructor Only Q&A 8am EST Reset for Body + Soul Workout of the Week: #2 Hope! 30 Min Active Recovery Mat Strength Keola®	8	9	10 25 Min LIVE virtual Mat-based Keola® for Pilates Lovers @ 7pm EST VIP Members Only	11	12 45 Min LIVE virtual Restorative Core Strength \$15 @ 9am EST (mat) Try it FREE!
13	14 Instructor Only Coffee 8am EST Beat Fatigue Workout of the Week: #33 20 Min Energy Boost on the Mat	15	16	17 25 Min LIVE virtual Mat-based Keola® for Pilates Lovers @ 7pm EST VIP Members Only	18	19 45 Min LIVE virtual Restorative Core Strength \$15 @ 9am EST (mat) Try it FREE!
20	21 Instructor Only Devo 8am EST Target Stress Tension Workout of the Week: #10 15 Min for Hips and Neck AM or PM Stretching	22	23	24 25 Min LIVE virtual Mat-based Keola® for Pilates Lovers @ 7pm EST VIP Members Only	25	26 45 Min LIVE virtual Restorative Core Strength \$15 @ 9am EST (mat) Try it FREE!
27	28 Keola Community Coffee: 8am EST/7am CST PW: 1111 Sneaky Strength Workout of the Week: #25 45 Min Restorative Standing Core on the Mat	29	30	31 25 Min LIVE virtual Mat-based Keola® for Pilates Lovers @ 7pm EST VIP Members Only		