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

-	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3 25 Min LIVE virtual Mat- based Keola® for Pilates Lovers @ 7pm EST <u>VIP Members Only</u>	4	5 45 Min LIVE virtual Restorative Core Strength \$15 (a) gam EST (mat) Try it FREE!
7 uctor Only Q&A 8am EST et for Body + Soul Workout ee Week: #2) Hope! 30 Min we Recovery Mat Strength a®	8	9	10 25 Min LIVE virtual Mat- based Keola® for Pilates Lovers @ 7pm EST <u>VIP Members Only</u>	11	45 Min LIVE virtual Restorative Core Strength \$15 (@ 9am EST (mat) Try it FREE!
14 uctor Only Coffee 8am EST Fatigue Workout of the k: #33) 20 Min Energy st on the Mat	15	16	17 25 Min LIVE virtual Mat- based Keola® for Pilates Lovers @ 7pm EST <u>VIP Members Only</u>	18	45 Min LIVE virtual Restorative Core Strength \$15 (@ gam EST (mat) Try it FREE!
21 uctor Only Devo 8am EST get Stress Tension ckout of the Week: #10) Ain for Hips and Neck or PM Stretching	22	23	24 25 Min LIVE virtual Mat- based Keola® for Pilates Lovers @ 7pm EST <u>VIP Members Only</u>	25	26 45 Min LIVE virtual Restorative Core Strength \$15 (@ gam EST (mat)) Try it FREE!
28 a Community Coffee: 8am (7am CST PW: 1111 aky Strength Workout ne Week: #25) 45 Min torative Standing Core he Mat	29	30	31 25 Min LIVE virtual Mat- based Keola® for Pilates Lovers @ 7pm EST VIP Members Only		
uc la e la e la e la e la e la e la e la e	for Body + Soul Workout Week: #2) Hope! 30 Min Recovery Mat Strength 14 tor Only Coffee 8am EST atigue Workout of the #33) 20 Min Energy on the Mat 21 tor Only Devo 8am EST t Stress Tension out of the Week: #10) n for Hips and Neck PM Stretching 28 Community Coffee: 8am om CST PW: 1111 cy Strength Workout Week: #25) 45 Min rative Standing Core	7 tor Only Q&A 8am EST for Body + Soul Workout Week: #2) Hope! 30 Min Recovery Mat Strength 14 tor Only Coffee 8am EST atigue Workout of the #33) 20 Min Energy on the Mat 21 22 tor Only Devo 8am EST t Stress Tension out of the Week: #10) n for Hips and Neck PM Stretching 28 Community Coffee: 8am om CST PW: 1111 ty Strength Workout Week: #25) 45 Min rative Standing Core	7 8 9 tor Only Q&A 8am EST for Body + Soul Workout Week: #2) Hope!] 30 Min Recovery Mat Strength 14 15 16 tor Only Coffee 8am EST atigue Workout of the #33) 20 Min Energy on the Mat 21 22 23 tor Only Devo 8am EST t Stress Tension but of the Week: #10) in for Hips and Neck PM Stretching 28 29 30 Community Coffee: 8am im CST PW: 1111 try Strength Workout Week: #25) 45 Min rative Standing Core	25 Min LIVE virtual Mat- based Keola® for Pilates Lovers @ 7pm EST VIP Members Only 7 8 9 10 25 Min LIVE virtual Mat- based Keola® for Pilates Lovers @ 7pm EST VIP Members Only 14 15 16 17 25 Min LIVE virtual Mat- based Keola® for Pilates Lovers @ 7pm EST VIP Members Only 14 15 16 17 25 Min LIVE virtual Mat- based Keola® for Pilates Lovers @ 7pm EST VIP Members Only 17 25 Min LIVE virtual Mat- based Keola® for Pilates Lovers @ 7pm EST VIP Members Only 21 22 23 24 25 Min LIVE virtual Mat- based Keola® for Pilates Lovers @ 7pm EST VIP Members Only 25 Min LIVE virtual Mat- based Keola® for Pilates Lovers @ 7pm EST VIP Members Only 26 27 28 29 30 31 25 Min LIVE virtual Mat- based Keola® for Pilates Lovers @ 7pm EST VIP Members Only 28 29 30 31 25 Min LIVE virtual Mat- based Keola® for Pilates Lovers @ 7pm EST VIP Members Only 28 29 30 31 25 Min LIVE virtual Mat- based Keola® for Pilates Lovers @ 7pm EST VIP Members Only Week: #25) 45 Min rative Standing Core	25 Min LIVE virtual Matbased Keola® for Pilates Lovers @ 7pm EST VIP Members Only 7 8 9 10 11 tor Only Q&A Bam EST for Body + Soul Workout Week; #3) Hope! [30 Min Recovery Mat Strength 14 15 16 17 18 tor Only Coffee 8am EST atigue Workout of the #33) 20 Min Energy on the Mat 21 22 23 24 25 tor Only Devo Bam EST to Stress Tension but of the Week; #10) Infor Hips and Neck PM Stretching 28 29 30 31 25 Min LIVE virtual Matbased Keola® for Pilates Lovers @ 7pm EST VIP Members Only 28 29 30 31 25 Min LIVE virtual Matbased Keola® for Pilates Lovers @ 7pm EST VIP Members Only 28 29 30 31 25 Min LIVE virtual Matbased Keola® for Pilates Lovers @ 7pm EST VIP Members Only 28 29 30 31 25 Min LIVE virtual Matbased Keola® for Pilates Lovers @ 7pm EST VIP Members Only 28 29 30 31 25 Min LIVE virtual Matbased Keola® for Pilates Lovers @ 7pm EST VIP Members Only Week; #30, 45 Min Into ST PW: 3311 Exp Strength Workout Week; #25, 45 Min Into ST PW: 3311 Exp Strength Workout Week; #26, 45 Min Into ST PW: 3311 Exp Strength Workout Week; #26, 45 Min Into ST PW: 3311 Exp Strength Workout Week; #36, 45 Min Into ST PW: 3311 Exp Strength Workout Week; #36, 45 Min Into ST PW: 3311 Exp Strength Workout Week; #36, 45 Min Into ST PW: 3311 Exp Strength Workout Week; #36, 45 Min Into ST PW: 3311 Exp Strength Workout Week; #36, 45 Min Into ST PW: 3311 Exp Strength Workout Week; #36, 45 Min Into ST PW: 3311 Exp Strength Workout Week; #36, 45 Min Into ST PW: 3311 Exp Strength Workout Week; #36, 45 Min Into ST PW: 3311 Exp Strength Workout Week; #36, 45 Min Into ST PW: 3311 Exp Strength Workout Week; #36, 45 Min Into ST PW: 3311 Exp Strength Workout Week; #36, 45 Min Into ST PW: 3311 Exp Strength Workout Week; #36, 45 Min Into ST PW: 3311 Exp Strength Workout Exp Stren