

# May

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 KEOLA® FIT & FIERY CLUB TRIAL TODAY!](#)

| Sunday   | Monday*  | Tuesday | Wednesday | Thursday  | Friday | Saturday   |
|--|--|---------|-----------|---|--------|--|
| <a href="#">Join the Community Conversation + Share Your Journey</a> |  |         | 1         | 2<br>25 Min LIVE virtual Keola®<br>PM Chair/Mat Stretch +<br>Breathe @ 8pm EST<br><a href="#">VIP Members Only</a>  | 3      | 4<br><a href="#">45 Min LIVE virtual Restorative Core Strength \$15 @ 9am EST (mat)</a><br><a href="#">Try it FREE!</a>  |
| 5  | 6<br><a href="#">Instructor Only Q&amp;A 8am EST</a><br><a href="#">Pain Relief + Prevention</a><br><a href="#">Workout of the Week: #26</a> 30 Min PM Full Body Mat Stretch | 7       | 8         | 9<br>25 Min LIVE virtual Keola®<br>PM Chair/Mat Stretch +<br>Breathe @ 8pm EST<br><a href="#">VIP Members Only</a>  | 10     | 11<br><a href="#">45 Min LIVE virtual Restorative Core Strength \$15 @ 9am EST (mat)</a><br><a href="#">Try it FREE!</a> |
| 12   | 13<br><a href="#">Instructor Only coffee: 8am EST</a><br><a href="#">Recovery Workout of the Week: #34</a> 10 Min To Combat the Hunch: Target Shoulder and Neck Tension      | 14      | 15        | 16<br>25 Min LIVE virtual Keola®<br>PM Chair/Mat Stretch +<br>Breathe @ 8pm EST<br><a href="#">VIP Members Only</a> | 17     | 18<br><a href="#">45 Min LIVE virtual Restorative Core Strength \$15 @ 9am EST (mat)</a><br><a href="#">Try it FREE!</a> |
| 19   | 20<br><a href="#">Instructor Only devo: 8am EST</a><br><a href="#">Refresh + Restore Workout of the Week: #10</a> 15 Min for Hips + Neck   Mat Stretching                    | 21      | 22        | 23<br>25 Min LIVE virtual Keola®<br>PM Chair/Mat Stretch +<br>Breathe @ 8pm EST<br><a href="#">VIP Members Only</a> | 24     | 25<br><a href="#">45 Min LIVE virtual Restorative Core Strength \$15 @ 9am EST (mat)</a><br><a href="#">Try it FREE!</a> |
| 26   | 27<br><a href="#">Keola Community Coffee: 8am EST/7am CST PW: 1111</a><br><a href="#">Wake Up Well Workout of the Week: #70</a> 8 Min Gentle Morning Routine on the Mat      | 28      | 29        | 30<br>25 Min LIVE virtual Keola®<br>PM Chair/Mat Stretch +<br>Breathe @ 8pm EST<br><a href="#">VIP Members Only</a> | 31     |  |
|  |  |         |           |   |        |  |

\*If you haven't already, sign up for the [Free Weekly Workout Resource](#) and receive a library of 70 workouts unlocking on a weekly timetable. NOTE: Get all these workouts now, plus Bible study workout programs, workout guides, and more included in the [Keola® Fit & Fiery Club](#), both the Basic (\$15/month) and VIP (\$30/month) memberships.