

# April

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
		1	2	3	4	5
Gain confidence + clarity in my THRIVE Bundle. Great for beginners! <a href="#">PURCHASE NOW!</a>				NO VIRTUAL CLASS!		<a href="#">30 Min LIVE virtual Restorative Core Strength @ 9:30am EST (mat) VIP Members Only</a>
6	7	8	9	10	11	12
	<a href="#">Instructor Only Q&amp;A 8am EST</a>			20 Min LIVE virtual Chair Stretching + Breathing Keola® @ 7pm EST <a href="#">VIP Members Only</a>		30 Min LIVE virtual Restorative Core Strength @ 9:30am EST (mat) <a href="#">VIP Members Only</a>
13	14	15	16	17	18	19
<i>Palm Sunday</i>	<a href="#">Instructor Only Coffee 8am EST</a>			20 Min LIVE virtual Mat-based Keola® for Pilates Lovers @ 7pm EST <a href="#">VIP Members Only</a>	<i>Good Friday</i>	30 Min LIVE virtual Restorative Core Strength @ 9:30am EST (mat) <a href="#">VIP Members Only</a>
20	21	22	23	24	25	26
<i>Jesus is alive! (Easter)</i>	<a href="#">Instructor Only Devo 8am EST</a>			20 Min LIVE virtual Chair Stretching + Breathing Keola® @ 7pm EST <a href="#">VIP Members Only</a>		30 Min LIVE virtual Restorative Core Strength @ 9:30am EST (mat) <a href="#">VIP Members Only</a>
27	28	29	30			
	<a href="#">Keola Community Coffee: Everyone Welcome! 8am EST/7am CST PW: 1111</a>					