

# May

Click the Saturday class to pre-register.

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## 2023

GET FREE ACCESS TO EVERY SATURDAY LIVE (A LIMITED MEMBER OFFERING), PLUS REPLAYS, A LIBRARY OF WORKOUTS, EVERY WORKOUT PROGRAM & BIBLE STUDY, + MORE AS A VIP KEOLA® FIT & FIERY CLUB MEMBER. [START YOUR FREE TRIAL](#)

Sunday	Monday*	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
<b>May Featured Program:</b> <a href="#">Defeating Your Giants Begins May 1<sup>st</sup>!</a>	#67 <a href="#">15 Min FULL Body Strength: Try It Now</a> <a href="#">Instructor Only Q&amp;A 9am EST</a>				Online Group <a href="#">Instructor Training</a> Q&A at 9am EST	<a href="#">45 Min LIVE virtual Restorative Core Strength \$10 @ 9am EST (mat)</a> Giants Chat <a href="#">After</a> – 10am
7	8	9	10	11	12	13
	#68 <a href="#">15 Min Standing Abs &amp; Core</a> <a href="#">Instructor Only coffee: 8am EST</a>			FBC Family Life Center Restorative Core Strengthening Keola 11-12pm (Local Live)	Online Group <a href="#">Instructor Training</a> Q&A at 9am EST	<a href="#">45 Min LIVE virtual Restorative Core Strength \$10 @ 9am EST (mat)</a> Giants Chat <a href="#">After</a> – 10am
14	15	16	17	18	19	20
	#69 <a href="#">7 Min Morning Energy &amp; Focus</a> <a href="#">Instructor Only devo: 8am EST</a>			FBC Family Life Center Restorative Core Strengthening Keola 11-12pm (Local Live)	Online Group <a href="#">Instructor Training</a> Q&A at 9am EST	<a href="#">45 Min LIVE virtual Restorative Core Strength \$10 @ 9am EST (mat)</a> Giants Chat <a href="#">After</a> – 10am
21	22	23	24	25	26	27
	Final Workout #70 <a href="#">35 Min Full Body Strength: Armor of God</a> <a href="#">Keola Community Zoom Coffee: 8am EST/7am CST PW: 1111</a>					<a href="#">45 Min LIVE virtual Restorative Core Strength \$10 @ 9am EST (mat)</a> Giants Chat <a href="#">After</a> – 10am
28	29	30	31			
	Community Event TBD					

\*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](#), both the basic and VIP memberships.