

May

2022

GET THE WHOLE MONTH'S WORTH OF CLASSES* PLUS REPLAYS, A LIBRARY OF WORKOUTS, EVERY WORKOUT PROGRAM & BIBLE STUDY, + MORE AS A KEOLA® FIT & FIERY CLUB MEMBER. [LEARN MORE & START YOUR FREE TRIAL TODAY!](#)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7 1 hour Restorative Core Strength \$15 @ 9am EST (mat)
8	9	10	11 20 Min Afternoon Energy Boost Keola® - \$10 @ 3pm EST (mat)	12	13	14
15	16	17	18	19 30 Min Evening Unwind & Restore Keola®- \$10 @ 8pm EST (mat)	20	21
22	23	24 25 Min Lunch Keola® - \$10 @ 12pm EST (mat)	25 LAST DAY TO REGISTER FOR JUNE 4th SPECIAL EVENT!!	26	27	28
29	30	31 20 Min POWER Lunch Keola®- \$10 @ 12pm EST (mat) – Back to the Grind!				UPCOMING JUNE 4TH SPECIAL EVENT! Click for details & pricing (*not incl. in Fit & Fiery)