

# December

Click the Saturday class to pre-register.

[Help accessing your content.](#)

## 2022

GET FREE ACCESS TO EVERY SATURDAY LIVE (1<sup>ST</sup> 500 MEMBERS ONLY!), PLUS REPLAYS, A LIBRARY OF WORKOUTS, EVERY WORKOUT PROGRAM & BIBLE STUDY, + MORE AS A KEOLA® FIT & FIERY CLUB MEMBER. [START YOUR FREE TRIAL TODAY!](#)

Sunday	Monday*	Tuesday	Wednesday	Thursday	Friday	Saturday
			Tentative Advent Blessings TBA	1	2	3 <a href="#">45 Min LIVE virtual Restorative Core Strength \$10 @ 9am EST (mat)</a>
4	5 <a href="#">#46 20 Min Standing, Energizing Flow on the Mat</a>	6	7 <i>Instructor Interest Zoom Q&amp;A – Be Ready to teach Keola® in 2023 12pm EST</i>	8	9	10 <a href="#">45 Min LIVE virtual Restorative Core Strength \$10 @ 9am EST (mat)</a>
11	12 <a href="#">#47 30 Min Cardio and Core on the Mat</a>	13	14	15	16	17 <a href="#">45 Min LIVE virtual Restorative Core Strength \$10 @ 9am EST (mat)</a>
18	19 <a href="#">#48 15 Min Daily Stretching Flow for Post-Workout or PM Sleep Support</a>	20	21	22	23	24 Christmas Eve
25 Merry Christmas!	26 <a href="#">#49 30 Min Pilates Inspired Core Strength on the Mat</a>	27	28	29	30	31 <a href="#">45 Min LIVE virtual Restorative Core Strength \$10 @ 9am EST (mat)</a>

\*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 & Fierly Club.