

June

2022

GET FREE ACCESS TO EVERY SATURDAY LIVE (1ST 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
			1	2	3	4 45 Min Restorative Core Strength \$10 @ 9am EST (mat)
5	6 30 Min Evening Relax & Unwind Stretching & Breathing (mat-based)	7	8	9	10	11 45 Min Restorative Core Strength \$10 @ 9am EST (mat)
12	13 30 Min Cardio-Mat Strength Flow	14	15	16	17	18 45 Min Restorative Core Strength \$10 @ 9am EST (mat)
19	20 20 Min Chair-based Stretch Lunch or PM Refresh	21 NEW Project Launch!! MY Story – The Full Disclosure	22	23	24	25 45 Min Restorative Core Strength \$10 @ 9am EST (mat)
26	27 20 Min Afternoon or AM Energy Boost (mat-based)	28	29	30		

*NOTE: Monday listings are the newest *pre-recorded* workouts being uploaded to the [Free Weekly Workout Resource](#). They are NOT live virtual classes. Keola® Fit & Fiery Club members receive access to these workouts *immediately* and will find them in your Keola® Workout Hub Resource and Weekly Workout Upgrade resource. **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.