

January

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 Featured Program: Fasting for the King	2 #50 30 Min Power Flow on the Mat	3	4 <i>New Year's Goals & Fasting Q&A 7pm EST</i> FB Group Live Stream	5	6	7 45 Min LIVE virtual Restorative Core Strength \$10 @ 9am EST (mat)
8	9 #51 30 Min to a Strong Core (Pilates Inspired Mat-based)	10	11 Featured Program: 30-Day Steel Focus Challenge Get the 1st 7 Days FREE	12	13	14 FREE!! 45 Min LIVE virtual Restorative Core Strength @ 9am EST (mat)
15	16 #52 20 Min Sleep Well Stretch, Breath, and Prayer in a Chair	17	18	19	20	21 45 Min LIVE virtual Restorative Core Strength \$10 @ 9am EST (mat)
22	23 #53 30 Min Legs on Fire Pulse & Hold Sequence	24	25 <i>30 Day Steel Focus Q&A Zoom at 7pm EST (VIP Fit & Fiery Members Only) or FB Replay</i>	26	27	28 45 Min LIVE virtual Restorative Core Strength \$10 @ 9am EST (mat)
29	30 #54 30 Min Heart Pumping Flow with Cardio Boosts (Mat-based)	31				

*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](#).