

# July

Click the Saturday class to pre-register.

# 2024

GET FREE ACCESS TO EVERY LIVE (A LIMITED MEMBER OFFERING for VIPs Only), PLUS REPLAYS, A LIBRARY OF WORKOUTS, EVERY WELLNESS PROGRAM & BIBLE STUDY, + MORE: [START YOUR FREE VIP KEOLA® FIT & FIERY CLUB TRIAL TODAY!](#)

Sunday	Monday*	Tuesday	Wednesday	Thursday	Friday	Saturday
<a href="#">Join the Community Conversation + Share Your Journey</a>	1 <a href="#">Instructor Only Q&amp;A 8am EST</a> Focus + Long Lean Muscles <b>Workout of the Week: #7) 15</b> Min Pilates-based Core + Thighs	2	3	4 <b>NO CLASS</b> Happy Independence Day!	5	6 <b>NO CLASS</b> Independence Weekend
7	8 <a href="#">Instructor Only coffee: 8am EST</a> <b>All the Things Workout of the Week: #8) Transitional</b> Son Series: 3 Flows All levels	9	10	11 25 Min LIVE virtual Mat-based Keola® for Pilates Lovers @ 7pm EST <a href="#">VIP Members Only</a>	12	13 <a href="#">45 Min LIVE virtual Restorative Core Strength \$15 @ 9am EST (mat) Try it FREE!</a>
14	15 <a href="#">Instructor Only devo: 8am EST</a> <b>Back Support +Pain Relief Workout of the Week: #20)</b> 30 Min Keola® Stretching for Hips: Test Your Flex	16	17	18 25 Min LIVE virtual Mat-based Keola® for Pilates Lovers @ 7pm EST <a href="#">VIP Members Only</a>	19	20 <a href="#">45 Min LIVE virtual Restorative Core Strength \$15 @ 9am EST (mat) Try it FREE!</a>
21	22 <b>Keola Community Coffee: 8am EST/7am CST PW: 1111</b> <b>Heart Health Workout of the Week: #22) 30 Min</b> Cardio Flow on the Mat	23	24	25 25 Min LIVE virtual Mat-based Keola® for Pilates Lovers @ 7pm EST <a href="#">VIP Members Only</a>	26	27 <a href="#">45 Min LIVE virtual Restorative Core Strength \$15 @ 9am EST (mat) Try it FREE!</a>
28	29 <b>Relaxation, Focus, + Calm Workout of the Week: #38)</b> 45 Min Restorative Core Strength on the Mat	30	31			