

JANUARY 2021 – FAITHFUL WORKOUTS LIVE EVENTS

SUN	MON	TUE	WED	THU	FRI	SAT
					01	02
					11 AM EST - Live Total Body Workout	
03	04	05	06	07	08	09
	10 AM EST - Live Cardio/Strength Workout & "Joy" Discussion					
10	11	12	13	14	15	16
6 PM EST - Live Meal Prep	10 AM EST – Live 30 Min. Kickboxing & Core Workout	8 PM EST – Time saving health tips and goal setting		11 AM EST- Bible Study on How Faith Affects Our Health		4 PM EST - Cooking Class "Healthy Desserts"
17	18	19	20	21	22	23
	9:30 AM EST - Live 15 Minute Total Body Workouts		11 AM EST - Reduce Stress, Lose Weight, Goal Setting Check In		8 PM EST - Virtual Retreat!	10:30 AM EST - Virtual Retreat!
24	25	26	27	28	29	30
						10 AM EST - Live HIIT Workout & "Sharing Your Faith" Discussion
31 - Last Day for 50% off annual membership!						