



Pietra Fitness Oct Workout Plan 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
To access the videos, hit the link for each day or log into the Pietra Fitness online studio and go to 'Classes'. Tag us on Instagram and let us know how it's going!			Rosary: Glorious Mysteries (Elevate) ¹ 40 min	Rosary: Luminous Mysteries (Restorative) ² 31 min	Rosary: Sorrowful Mysteries (Core) ³ 46 min	Rosary: Joyful Mysteries (Sweat & Tone) ⁴ 44 min
Rest ⁵ ...or spend some time outside!	Rosary: A Powerful Weapon (Upper Body) ⁶ 39 min	Rosary: A Contemplative Prayer (Lower Body) ⁷ 32 min	Rosary: Glorious Mysteries (Elevate) ⁸ 40 min	Rosary: Luminous Mysteries (Restorative) ⁹ 31 min	Rosary: Sorrowful Mysteries (Core) ¹⁰ 46 min	Rosary: Joyful Mysteries (Sweat & Tone) ¹¹ 44 min
Rest ¹² ...or spend some time outside!	Rosary: A Powerful Weapon (Upper Body) ¹³ 39 min	Rosary: A Contemplative Prayer (Lower Body) ¹⁴ 32 min	Rosary: Glorious Mysteries (Elevate) ¹⁵ 40 min	Rosary: Luminous Mysteries (Restorative) ¹⁶ 31 min	Rosary: Sorrowful Mysteries (Core) ¹⁷ 46 min	Rosary: Joyful Mysteries (Sweat & Tone) ¹⁸ 44 min
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