



# Pietra Fitness January Workout Plan 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
We are excited to start the new year with you in body, mind, and soul!  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!						
<i>Sunday Rest</i>	4 <a href="#">Progressions 1: Gentle</a> 60 min	5 <a href="#">For His Glory: Gentle Total Body #1</a> 22 min	6 <a href="#">Live from Home: Lunge into the New Year</a> 33 min	7 <a href="#">Release, Restore, &amp; Recover #1</a> 20 min	8 <a href="#">For His Glory: Gentle Cardio #1</a> 22 min	9 <a href="#">From Home: Ballet Circuit 1</a> 21 min
<i>Sunday Rest</i>	11 <a href="#">Progressions 1: Gentle</a> 60 min	12 <a href="#">For His Glory: Gentle Total Body #2</a> 22 min	13 <a href="#">Live from Home: Lunge into the New Year</a> 33 min	14 <a href="#">Release, Restore, &amp; Recover #2</a> 22 min	15 <a href="#">For His Glory: Gentle Cardio #2</a> 23 min	16 <a href="#">From Home: Ballet Circuit 2</a> 23 min
<i>Sunday Rest</i>	18 <a href="#">Progressions 1: intermediate</a> 60 min	19 <a href="#">For His Glory: Gentle Total Body #3</a> 22 min	20 <a href="#">Live from Home: Lunge into the New Year</a> 33 min	21 <a href="#">Release, Restore, &amp; Recover #3</a> 18 min	22 <a href="#">For His Glory: Gentle Cardio #3</a> 22 min	23 <a href="#">From Home: Ballet Circuit 2</a> 23 min
<i>Sunday Rest</i>	25 <a href="#">Progressions 1: intermediate</a> 60 min	26 <a href="#">For His Glory: Gentle Total Body #4</a> 23 min	27 <a href="#">Live from Home: Lunge into the New Year</a> 33 min	28 <a href="#">Release, Restore, &amp; Recover #4</a> 20 min	29 <a href="#">For His Glory: Gentle Cardio #1</a> 22 min	30 <a href="#">Simplicity: Planks</a> 34 min
						31

**“WHEN THEY SAW THE STAR, THEY REJOICED WITH GREAT JOY.”**  
**– MATTHEW 2:10**