



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!				1 Live from Home: Lunge into the New Year 33 min	2 Supine Gentle Core 11 min Gentle Glutes and Legs 14 min	3 From Home: Ballet Circuit 1 21 min
4 <i>Sunday Rest</i>	5 Progressions 1: Gentle 60 min	6 For His Glory: Gentle Total Body #1 22 min	7 Live from Home: Lunge into the New Year 33 min	8 Release, Restore, & Recover #1 20 min	9 For His Glory: Gentle Cardio #1 22 min	10 From Home: Ballet Circuit 1 21 min
11 <i>Sunday Rest</i>	12 Progressions 1: Gentle 60 min	13 For His Glory: Gentle Total Body #2 22 min	14 Live from Home: Lunge into the New Year 33 min	15 Release, Restore, & Recover #2 22 min	16 For His Glory: Gentle Cardio #2 23 min	17 From Home: Ballet Circuit 2 23 min
18 <i>Sunday Rest</i>	19 Progressions 1: intermediate 60 min	20 For His Glory: Gentle Total Body #3 22 min	21 Live from Home: Lunge into the New Year 33 min	22 Release, Restore, & Recover #3 18 min	23 For His Glory: Gentle Cardio #3 22 min	24 From Home: Ballet Circuit 2 23 min
25 <i>Sunday Rest</i>	26 Progressions 1: intermediate 60 min	27 For His Glory: Gentle Total Body #4 23 min	28 Live from Home: Lunge into the New Year 33 min	29 Release, Restore, & Recover #4 20 min	30 For His Glory: Gentle Cardio #1 22 min	31 Simplicity: Planks 34 min

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