



Pietra Fitness Workout Plan

June 2026: Virtues

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>Sunday Rest</i>	¹ Crushing our Vices: Anger/ Meekness (Arms & Shoulders) 30 min	² Crushing our Vices: Lust/ Chastity (Legs) 35 min	³ Crushing our Vices: Sloth/ Diligence (Whole Body) 32 min	⁴ Live from Home: Composure 29 min	⁵ From Home: Gentle Core 20 min	⁶ Total Body Boost 58 min
<i>Sunday Rest</i>	⁷ Crushing our Vices: Anger/ Meekness (Arms & Shoulders) 30 min	⁸ From Home: Lower Body Love 50 min	⁹ Live from Home: Whole Body Warmer 37 min	¹⁰ Live from Home: Unwind 35 min	¹¹ Live from Home: Core-ageous 28 min	¹² Live from Home: Do Work 50 min
<i>Sunday Rest</i>	¹³ Live from Home: Arm Balance Fun 27 min	¹⁴ Live from Home: Functional Movement Lower Body 37 min	¹⁵ Live from Home: Slow & Controlled 40 min	¹⁶ Live from Home: Composure 29 min	¹⁷ Crushing our Vices: Greed/ Generosity (Bums & Tums) 33 min	¹⁸ Be Intentional 38 min
<i>Sunday Rest</i>	¹⁹ Crushing our Vices: Anger/ Meekness (Arms & Shoulders) 30 min	²⁰ Crushing our Vices: Gluttony/ Temperance (Balance) 35 min	²¹ Crushing our Vices: Sloth/ Diligence (Whole Body) 32 min	²² Live from Home: Unwind 35 min	²³ From Home: Breathing & Core Activation 31 min	²⁴ Crushing our Vices: Pride/ Humility (Hips) 28 min
<i>Sunday Rest</i>	²⁵ Total Body Boost 58 min	²⁶ Live from Home: The Works 34 min	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!			