



Pietra Fitness Gentle 14-Day Map

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>Sunday Rest</i>	<u>Restore Your Temple</u>	<u>Your Rhythm</u>	<u>Live & Move: A Series for Women – Gentle Relax & Restore</u>	<u>Spinal Agility</u>	<u>Back BeneFIT</u>	<u>Live from Home: Full body Soothe</u>
<i>Sunday Rest</i>	<u>Let Go, Let God</u>	<u>Live from Home: Lymph & Mobility Fitness</u>	<u>Sunrise Stretch</u>	<u>Night Prayers</u>	<u>Live from Home: Refresh</u>	<u>TOB: Stress Relief</u>

* The Gentle 14-Day Map can be started on any day of the week. The days of the week are added to help you stay focused and increase your chances of sticking with it! It also reminds you to rest on Sunday!

* Make sure you are logged into your Pietra Fitness account for the links to bring you directly to the class videos.

