



Pietra Fitness Oct Workout Plan 2026

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

"The Rosary is a rose which is offered to Our Lady; each Hail Mary is a petal of that rose, and the whole Rosary is a crown of spiritual roses." – St. Louis de Montfort 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 Rosary: Luminous Mysteries (Restorative) 31 min 	² Rosary: Sorrowful Mysteries (Core) 46 min  	³ Rosary: A Contemplative Prayer (Lower Body) 32 min 
⁴ Rest ...or spend some time outside!	⁵ Rosary: Joyful Mysteries (Sweat & Tone) 44 min  	⁶ Rosary: A Powerful Weapon (Upper Body) 39 min 	⁷ Rosary: Glorious Mysteries (Elevate) 40 min 	⁸ Rosary: Luminous Mysteries (Restorative) 31 min 	⁹ Rosary: Sorrowful Mysteries (Core) 46 min  	¹⁰ Rosary: A Contemplative Prayer (Lower Body) 32 min 
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