



# Soulaia

S	M	T	W	T	F	S
					1	2
3	<b>The Reset: Power HIIT workout with Petra - 9:30 a.m.</b>	<b>Soulaia SOULciables 6:30 p.m.</b>	<b>Midweek Motivation - 8:30 a.m. The Reset: Yoga flow with Carmen - 12 p.m.</b>	<b>The Reset: Meal Prep 101 6:30 p.m.</b>	<b>The Reset: Barre workout with Meaghan - 9:30 a.m.</b>	9
10	<b>The Reset: Power HIIT workout with Petra - 9:30 a.m.</b>	<b>Heal Your Mind with Nutrition- Session 1 7 p.m.</b>	<b>Midweek Motivation - 8:30 a.m. The Reset: Pilates with Corrina - 12 p.m.</b>	14	<b>The Reset: Barre workout with Meaghan - 9:30 a.m.</b>	16
17	18	<b>Soulaia SOULciables 6:30 p.m.</b>	<b>Midweek Motivation - 8:30 a.m.</b>	21	22	23
24	25	<b>Heal Your Mind with Nutrition- Session 2 7 p.m.</b>	<b>Midweek Motivation - 8:30 a.m.</b>	 28	29	30
31						

January 2021


Soulaia

February 2021

S	M	T	W	T	F	S
	1	2 Soulaia Survival Series 6:30 p.m.	3 Midweek Motivation - 8:30 a.m.	4	5	6
7	8	9 Heal Your Mind with Nutrition- Session 3 7 p.m.	10 Midweek Motivation - 8:30 a.m.	11	12	13
14	15	16 Tribe Tuesday - Wine, Chocolate, and Self-Love 6:30 p.m.	17 Midweek Motivation - 8:30 a.m.	18	19	20
21	22	23 Heal Your Mind with Nutrition- Session 4 7 p.m.	24 Midweek Motivation - 8:30 a.m.	25	26	27  FOUNDations full day 10 a.m. to 4 p.m.
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Soulaiia

March 2021

S	M	T	W	T	F	S
	1	2 Tribe Tuesday - Celebrating Women! 6:30 p.m.	3 Midweek Motivation - 8:30 a.m.	4	5	6
7	8	9 Rise of the Divine Feminine 7 p.m.	10 Midweek Motivation - 8:30 a.m.	11	12	13
14	15	16 Tribe Tuesday - the Cards 6:30 p.m.	17 Midweek Motivation - 8:30 a.m.	18	19	20
21	22	23 Member Q+A Session 7 p.m.	24 Midweek Motivation - 8:30 a.m.	25	26	27
 28	29	30	31 Midweek Motivation - 8:30 a.m.			