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Set Up Programming (Workout of the Day)

Laura Gibson - 2026-05-15 - [Calendar & Scheduling](#)

Kilo GMS provides a **Programming** feature designed to help Gym owners and Coaches plan, manage, and deliver training programs to their athletes efficiently. Once published, programming is visible to Coaches and Athletes in their Kilo app.

Note

Any programming entered becomes immediately available to athletes via the member view of the Kilo system. When athletes select a class for which they'd like to register, they will see any programming that has been entered for that session.

How to Access and Add Programming

1. **Log in** to your Kilo GMS account.
2. In the left-hand menu, click on **Calendar - Programming**.
3. You'll land in the **Calendar View**, showing a monthly layout of your programs.
4. Click on the Class event
 1. Note: Classes must first be added in the Schedule to populate on the Programming calendar
5. Add:
 1. Description
 2. Components (warm-up, strength, Metcon, notes)
6. Save

While Programming in Kilo GMS is used to deliver workouts to clients, it is not a system for tracking workout results or performance data. **A workout tracker feature is coming to Kilo Gym Management in June 2026.**

If you have further questions about Programming in Kilo, please contact our Support team at hello@usekilo.com.