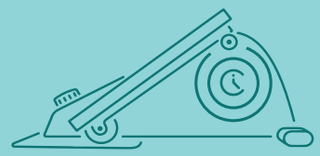
FEBRUARY 2021



CUBII FACEBOOK LIVE WORKOUT SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31 **Sunday Reset** with Anne 4pm EST	**1** **Muscle Moving Monday** with Rosalie 6pm EST	**2** **Low Impact Aerobics** with Anne 4pm EST	**3** **Wellness Wednesday** with Rosalie 6pm EST	**4** **Core** with Carrie 4pm EST	**5** **Flexibility & Lower Body** with Anne 6pm EST	**6** **Slim Down Saturday** with Carrie 4pm EST
7 **Sunday Reset** with Anne 4pm EST	**8** **Muscle Moving Monday** with Rosalie 6pm EST	**9** **Low Impact Aerobics** with Anne 4pm EST	**10** **Wellness Wednesday** with Rosalie 6pm EST	**11** **Core** with Carrie 4pm EST	**12** **Flexibility & Lower Body** with Anne 6pm EST	**13** **Slim Down Saturday** with Carrie 4pm EST
14 **Move With Heart Workout** with Dr. Kristan Fish 1pm EST	**15** **Muscle Moving Monday** with Rosalie 6pm EST	**16** **Low Impact Aerobics** with Anne 4pm EST	**17** **Wellness Wednesday** with Rosalie 6pm EST	**18** **Core** with Carrie 4pm EST	**19** **Flexibility & Lower Body** with Anne 6pm EST	**20** **Slim Down Saturday** with Carrie 4pm EST
21 **Sunday Reset** with Anne 4pm EST	**22** **Muscle Moving Monday** with Rosalie 6pm EST	**23** **Low Impact Aerobics** with Anne 4pm EST	**24** **Wellness Wednesday** with Rosalie 6pm EST	**25** **Core** with Carrie 4pm EST	**26** **Flexibility & Lower Body** with Anne 6pm EST	**27** **Slim Down Saturday** with Carrie 4pm EST
28 **Sunday Reset** with Anne 4pm EST						