

# JANUARY 2021



## CUBII FACEBOOK LIVE WORKOUT SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<b>1</b> Jump into Januarii <i>Special Squishii Grip Strengthen Class</i> with Anne 11am EST	<b>2</b> Slim Down Saturday with Carrie 4pm EST
<b>3</b> Sunday Reset with Anne 4pm EST	<b>4</b> Muscle Moving Monday with Rosalie 6pm EST	<b>5</b> Low-Impact Aerobics with Anne 4pm EST	<b>6</b> Wellness Wednesday with Rosalie 6pm EST	<b>7</b> Core with Carrie 4pm EST	<b>8</b> Flexibility & Lower Body Friday with Anne 6pm EST	<b>9</b> Slim Down Saturday with Carrie 4pm EST
<b>10</b> Sunday Reset with Anne 4pm EST	<b>11</b> Muscle Moving Monday with Rosalie 6pm EST	<b>12</b> Low-Impact Aerobics with Anne 4pm EST	<b>13</b> Wellness Wednesday with Rosalie 6pm EST	<b>14</b> Core with Carrie 4pm EST	<b>15</b> Flexibility & Lower Body Friday with Anne 6pm EST	<b>16</b> Slim Down Saturday with Carrie 4pm EST
<b>17</b> Sunday Reset with Anne 4pm EST	<b>18</b> Muscle Moving Monday with Rosalie 6pm EST	<b>19</b> Low-Impact Aerobics with Anne 4pm EST	<b>20</b> Wellness Wednesday with Rosalie 6pm EST	<b>21</b> Core with Carrie 4pm EST	<b>22</b> Flexibility & Lower Body Friday with Anne 6pm EST	<b>23</b> Slim Down Saturday with Carrie 4pm EST
<b>24</b> Sunday Reset with Anne 4pm EST	<b>25</b> Muscle Moving Monday with Rosalie 6pm EST	<b>26</b> Low-Impact Aerobics with Anne 4pm EST	<b>27</b> Wellness Wednesday with Rosalie 6pm EST	<b>28</b> Core with Carrie 4pm EST	<b>29</b> Flexibility & Lower Body Friday with Anne 6pm EST	<b>30</b> Slim Down Saturday with Carrie 4pm EST
<b>31</b> Sunday Reset with Anne 4pm EST						

