

MAY 2021



CUBII FACEBOOK LIVE WORKOUT SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25 Dr. Fish Special Class	26 Journii Kick-Off Mindful Movement with Katie Rowe Mitchell 3pm EST	27 Low Impact Aerobics with Anne 4pm EST	28 Rest Day! Share something you're grateful for with a friend or the Cubii Communitii	29 Rosalie's Core 4pm EST	30 Rest Day! Read a chapter of your favorite book	1 Journii Kickoff Class with Carrie 4pm EST
2 Rest/Replay Day	3 Muscle Moving Monday with Rosalie 6pm EST	4 Low Impact Aerobics with Anne 4pm EST	5 Rest/Replay Day	6 Carrie's Core 4pm EST	7 Rest/Replay Day	8 #StrideFor YourMind
9 Mother's Day with Carrie 4pm EST	10 Muscle Moving Monday with Rosalie 6pm EST	11 Low Impact Aerobics with Anne 4pm EST	12 Rest/Replay Day	13 Carrie's Core 4pm EST	14 Rest/Replay Day	15 #StrideFor YourMind
16 Rest/Replay Day	17 Muscle Moving Monday with Rosalie 6pm EST	18 Low Impact Aerobics with Anne 4pm EST	19 Rest/Replay Day	20 Carrie's Core 4pm EST	21 Rest/Replay Day	22 #StrideFor YourMind
23 Rest/Replay Day	24 Muscle Moving Monday with Rosalie 6pm EST	25 Low Impact Aerobics with Anne 4pm EST	26 Rest/Replay Day	27 Carrie's Core 4pm EST	28 Rest/Replay Day	29 #StrideFor YourMind
30 Rest/Replay Day	31 Muscle Moving Monday with Rosalie 6pm EST					

