

NOVEMBER 2020

CUBII FACEBOOK LIVE WORKOUT SCHEDULE

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

