

OCTOBER 2020



CUBII FACEBOOK LIVE WORKOUT SCHEDULE

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|---|--|---|--|--|
| | | | | 1 Tone & Tighten with Carrie 4pm EST | 2 Functional Fitness with Anne 10am EST | 3 Cardio & Core with Carrie 4pm EST |
| 4 Cubii Yoga with Anne 10am EST | 5 LABOR DAY no classes | 6 Aerobics with Anne 1pm EST | 7 Resistance Workout with Rosalie 6pm EST | 8 Tone & Tighten with Carrie 4pm EST | 9 Functional Fitness with Anne 10am EST | 10 Cardio & Core with Carrie 4pm EST |
| 11 Cubii Yoga with Anne 10am EST | 12 Strength Circuits with Rosalie 6pm EST | 13 Aerobics with Anne 1pm EST | 14 Resistance Workout with Rosalie 6pm EST | 15 Tone & Tighten with Carrie 4pm EST | 16 Functional Fitness with Anne 10am EST | 17 Cardio & Core with Carrie 4pm EST |
| 18 Cubii Yoga with Anne 10am EST | 19 Strength Circuits with Rosalie 6pm EST | 20 Aerobics with Anne 1pm EST | 21 Resistance Workout with Rosalie 6pm EST | 22 Tone & Tighten with Carrie 4pm EST | 23 Functional Fitness with Anne 10am EST | 24 Cardio & Core with Carrie 4pm EST |
| 25 Cubii Yoga with Anne 10am EST | 26 Strength Circuits with Rosalie 6pm EST | 27 Aerobics with Anne 1pm EST | 28 Resistance Workout with Rosalie 6pm EST | 29 Tone & Tighten with Carrie 4pm EST | 30 Functional Fitness with Anne 10am EST | 31 Cardio & Core with Carrie 4pm EST |