

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 Strength Circuits with Rosalie 6pm EST	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 Muscle Moving Monday with Rosalie 4pm EST	27 Low-impact Aerobics with Rosalie 4pm EST	28 Wellness Wednesday with Anne 4pm EST	29 Core with Carrie 4pm EST	30 Flexibility & Lower Body Friday with Anne 4pm EST	31 Slim Down Saturday with Carrie 4pm EST