

# SEPTEMBER 2020

## CUBII FACEBOOK LIVE WORKOUT SCHEDULE

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

