

# St. Bernard Dance and Fitness Studio

## DECEMBER

[www.facebook.com/StBDanceandFitness](http://www.facebook.com/StBDanceandFitness)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>StB Studio</b> 4803 Tower Avenue St Bernard, OH Questions: Kate: 324-3513 or Rec. Dept: 641-3137	<b>Tae Kwon Do</b>	<b>St. Bernard Dance</b>	<b>**DECEMBER Unlimited**</b> Class Pass/Fitness Center Pass \$50/mo.- See your Instructor! (cash or check)			1 Power Flow Yoga 9:00-10:00am <b>STRONG</b> by Zumba 10:30-11:30am Tae Kwon Do 12:00-1:30pm Self-Defense (\$5/class) 1:30-3:00pm
	Saturdays: 12:00n-1:30pm Self Defense Saturdays: 1:30-3:00pm	Questions: Call Laura Mosley 817-3443				
2	3 Zumba 9:30 - 10:30am  Adult Fitness Hip Hop 6:15-7:00pm StB Dance (See Below) 7:00-7:45pm	4 Yoga 8:30-9:30am  StB Dance (See Below) 3:30-9:15pm	5 PIYo 9:30-10:30am StB Dance (See Below) 3:15-5:30pm Yoga 6:00 - 7:00pm Zumba 7:00-8:00pm	6 Zumba 9:30 - 10:30am  StB Dance (See Below) 3:30-6:30pm PIYo 6:30-7:30pm	7 Yoga 8:30-9:30am	8 PIYo 9:00-10:00am <b>STRONG</b> by Zumba 10:30-11:30am Tae Kwon Do 12:00-1:30pm Self-Defense (\$5/class) 1:30-3:00pm
9	10 Zumba 9:30 - 10:30am  Adult Fitness Hip Hop 6:15-7:00pm StB Dance (See Below) 7:00-7:45pm	11 Yoga 8:30-9:30am  StB Dance (See Below) 3:30-9:15pm	12 PIYo 9:30-10:30am StB Dance (See Below) 3:15-5:30pm Yoga 6:00 - 7:00pm Zumba 7:00-8:00pm	13 Zumba 9:30 - 10:30am  StB Dance (See Below) 3:30-6:30pm PIYo 6:30-7:30pm	14 Yoga 8:30-9:30am	15 PIYo 9:00-10:00am <b>STRONG</b> by Zumba 10:30-11:30am Tae Kwon Do 12:00-1:30pm Self-Defense (\$5/class) 1:30-3:00pm
16 TurboKick Instructor Training See Our Event Page on FB Register at Beachbodylive.com *space is limited* 9:00am-5:00pm	17 Zumba 9:30 - 10:30am  Adult Fitness Hip Hop 6:15-7:00pm StB Dance (See Below) 7:00-7:45pm	18 Yoga 8:30-9:30am  StB Dance (See Below) 3:30-9:15pm	19 PIYo 9:30-10:30am StB Dance (See Below) 3:15-5:30pm Yoga 6:00 - 7:00pm Zumba 7:00-8:00pm	20 Zumba 9:30 - 10:30am  StB Dance (See Below) 3:30-6:30pm PIYo 6:30-7:30pm	21 Yoga 8:30-9:30am	22 PIYo 9:00-10:00am <b>STRONG</b> by Zumba 10:30-11:30am  NO Tae Kwon Do NO Self-Defense
23	24 Zumba 9:30 - 10:30am NO StB DANCE	25 MERRY CHRISTMAS NO CLASSES	26 PIYo 9:30-10:30am  NO StB DANCE Yoga 6:00 - 7:00pm Zumba 7:00-8:00pm	27 Zumba 9:30 - 10:30am  NO StB DANCE PIYo 6:30-7:30pm	28 Yoga 8:30-9:30am	29 PIYo 9:00-10:00am <b>STRONG</b> by Zumba 10:30-11:30am Tae Kwon Do 12:00-1:30pm Self-Defense (\$5/class) 1:30-3:00pm
30	31 Zumba 9:30 - 10:30am NO StB DANCE	1 HAPPY NEW YEAR Yoga 10:00-11:00am				

2018 StB Dance Weekly Schedule			
Mondays	Tuesdays	Wednesdays	Thursdays
6:15p- Adult "Fitness" HipHop 7:00p- Adult "Recital" HipHop	3:15p- Elementary HipHop 4:00p- Elementary HipHop 4:45p- Elementary Ballet 5:30p- Elementary Jazz	3:15p- Kinder Ballet 4:00p- Ballet I 4:45p- Ballet II	3:30p- Preschool Ballet/Tap 4:15p- Preschool Ballet/Tap 5:00p- Tap I 5:45p- Tap II
<i>Fitness= Punch Card/class Recital= Register w/Recital</i>	6:15p- HipHop I 7:00p- HipHop I 7:45p- HipHop II 8:30p- Advance HipHop		