

St. Bernard Dance and Fitness Studio

FEBRUARY

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
StB Studio 4803 Tower Avenue St Bernard, OH Questions: Kate: 324-3513 or Rec. Dept: 641-3137	**FEBRUARY Unlimited** Class Pass/Fitness Center Pass \$50/mo.- See your Instructor! (cash or check)	St. Bernard Dance Questions: Call Laura Mosley 617-3443	Tae Kwon Do Saturdays: 12:00n-1:30pm Self Defense Saturdays: 1:30-3:00pm		1 NO Yoga "Pop-Up" PiYo 9:30-10:30am Vinyasa Flow Yoga 5:30-6:30pm	2 PiYo 9:00-10:00am STRONG <small>by Zumba</small> 10:30-11:30am Tae Kwon Do 12:00-1:30pm Self-Defense (\$5/class) 1:30-3:00pm
	3	4 Zumba 9:30 - 10:30am Adult Fitness Hip Hop 6:15-7:00pm StB Dance (See Below) 7:00-7:45pm	5 Yoga 8:30-9:30am StB Dance (See Below) 3:30-9:15pm	6 PiYo 9:30-10:30am StB Dance (See Below) 3:15-5:30pm Yoga 6:00 - 7:00pm Zumba 7:00-8:00pm	7 Zumba 9:30 - 10:30am StB Dance (See Below) 3:30-5:45pm PiYo 6:15-7:15pm Vinyasa Flow Yoga 7:30-8:30pm	8 Yoga 8:30-9:30am Vinyasa Flow Yoga 5:30-6:30pm
10	11 Zumba 9:30 - 10:30am Adult Fitness Hip Hop 6:15-7:00pm StB Dance (See Below) 7:00-7:45pm	12 Yoga 8:30-9:30am StB Dance (See Below) 3:30-9:15pm	13 PiYo 9:30-10:30am StB Dance (See Below) 3:15-5:30pm Yoga 6:00 - 7:00pm Zumba 7:00-8:00pm	14 Zumba 9:30 - 10:30am StB Dance (See Below) 3:30-5:45pm PiYo 6:15-7:15pm Vinyasa Flow Yoga 7:30-8:30pm	15 Yoga 8:30-9:30am Vinyasa Flow Yoga 5:30-6:30pm	16 PiYo 9:00-10:00am STRONG <small>by Zumba</small> 10:30-11:30am Tae Kwon Do 12:00-1:30pm Self-Defense (\$5/class) 1:30-3:00pm
17	18 Zumba 9:30 - 10:30am Adult Fitness Hip Hop 6:15-7:00pm StB Dance (See Below) 7:00-7:45pm	19 Yoga 8:30-9:30am StB Dance (See Below) 3:30-9:15pm	20 PiYo 9:30-10:30am StB Dance (See Below) 3:15-5:30pm Yoga 6:00 - 7:00pm Zumba 7:00-8:00pm	21 Zumba 9:30 - 10:30am StB Dance (See Below) 3:30-5:45pm PiYo 6:15-7:15pm Vinyasa Flow Yoga 7:30-8:30pm	22 Yoga 8:30-9:30am Vinyasa Flow Yoga 5:30-6:30pm	23 PiYo 9:00-10:00am STRONG <small>by Zumba</small> 10:30-11:30am Tae Kwon Do 12:00-1:30pm Self-Defense (\$5/class) 1:30-3:00pm
24	25 Zumba 9:30 - 10:30am Adult Fitness Hip Hop 6:15-7:00pm StB Dance (See Below) 7:00-7:45pm	26 Yoga 8:30-9:30am StB Dance (See Below) 3:30-9:15pm	27 PiYo 9:30-10:30am StB Dance (See Below) 3:15-5:30pm Yoga 6:00 - 7:00pm Zumba 7:00-8:00pm	28 Zumba 9:30 - 10:30am StB Dance (See Below) 3:30-5:45pm PiYo 6:15-7:15pm Vinyasa Flow Yoga 7:30-8:30pm		

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