# St. Bernard Dance and Fitness Studio

**JANUARY**

[Website Link](https://www.facebook.com/StBDanceandFitness)

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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<tbody>
<tr>
<td><strong>STB Studio</strong> St Bernard, OH Questions: 324-3813 or Rec. Dept: 641-3137</td>
<td><strong>STB/Weekends/Tea Kwon Do</strong></td>
<td><strong>STB/West Side/Tea Kwon Do</strong></td>
<td><strong>HAPPY</strong></td>
<td><strong>Zumba</strong></td>
<td><strong>Yoga</strong></td>
<td><strong>PIYo</strong></td>
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<tr>
<td>Class Pass/Fitness Center Pass $80/mo.- See your instructor! (cash or check) * Made payable to STB Rec in 10 Class: $85</td>
<td>CLOSED</td>
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<td>8:30-9:30am</td>
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<tr>
<td>Fitness Class Pass</td>
<td>NO Classes</td>
<td>NO Classes</td>
<td>Talent</td>
<td>Talent</td>
<td>Talent</td>
<td>Tea Kwon Do</td>
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<td>10 Class: $85</td>
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**Classes**

- **Slow Flow Yoga**
  - **10:15-11:15am**
  - Adult Ballet Fitness 2:00-3:00pm

- **Zumba**
  - 9:30 - 10:30am
  - STB Dance (See Below)

- **Tae Kwon Do**
  - 7:30-8:30pm: Beginner
  - 2:00-3:00pm: Advanced

**Units**

- **STB Dance**
- **PIYo**
- **Yoga**
- **Restorative Yoga**
- **Talent**

**See Below for Schedule**