

St. Bernard Dance and Fitness Studio

MARCH

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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	**MARCH 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 Yoga 8:30-9:30am NO Vinyasa Flow Yoga	2 SAVE A HEART STB PiYo- HS Gym (4615 Tower) 9:00-10:00am Body Tone Bootcamp- HS Gym 10:30-11:30am Tae Kwon Do- HS Gym 12:00-1:30pm Self-Defense (\$5/class)- Studio 1:30-3:00pm
	3	4	5	6	7	8
	Zumba 9:30 - 10:30am Adult Fitness Hip Hop 6:15-7:00pm StB Dance (See Below) 7:00-7:45pm	Yoga 8:30-9:30am StB Dance (See Below) 3:30-9:15pm	PiYo 9:30-10:30am StB Dance (See Below) 3:15-5:30pm Yoga 6:00 - 7:00pm Zumba 7:00-8:00pm	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	Yoga 8:30-9:30am Vinyasa Flow Yoga 6:00-7:00pm	9 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
10	11	12	13	14	15	16
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17	18	19	20	21	22	23
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24	25	26	27	28	29	30
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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