

# St. Bernard Dance and Fitness Studio

## MAY

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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>St. Bernard Dance</b> Questions: Call Laura Mosley 617-3443	<b>Tae Kwon Do</b> Saturdays: 12-1pm- Beginner/White Belts 1-2pm- Advanced/Color Belts 2-3pm- Family Class	1 <b>PiYo</b> 9:30-10:30am <b>Tai Chi</b> 10:45-11:30a <b>StB Dance</b> <b>Yoga</b> 6:00 - 7:00pm <b>Zumba</b> 7:00-8:00pm	2 <b>Zumba</b> 9:30 - 10:30am <b>StB Dance</b>  <b>PiYo</b> 6:15-7:15pm	3 <b>Yoga</b> 8:30-9:30am	4 <b>PiYo</b> 9:00-10:00am <b>NO STRONG</b> by Zumba  <b>Tae Kwon Do</b> 12:00-3:00pm (See Above)
	5	6 <b>Zumba</b> 9:30 - 10:30am  <b>Adult Fitness Hip Hop</b> 6:15-7:00pm <b>StB Dance</b>	7 <b>Yoga</b> 8:30-9:30am  <b>StB Dance</b>	8 <b>PiYo</b> 9:30-10:30am <b>Tai Chi-Standing</b> 10:45-11:45am <b>StB Dance</b> <b>Yoga</b> 6:00 - 7:00pm <b>Zumba</b> 7:00-8:00pm	9 <b>Zumba</b> 9:30 - 10:30am <b>Tai Chi-Seated</b> 10:45-11:45am <b>StB Dance</b>  <b>PiYo</b> 6:00-7:00pm	10 <b>Yoga</b> 8:30-9:30am
12 <b>StB DANCE RECITAL WEEK</b> <b>SEE SCHEDULE BELOW</b>	13 <b>Zumba</b> 9:30 - 10:30am  <b>StB Dance RBHS</b> *Recital Pics- SignUp online*  <b>NO PM Zumba</b>	14 <b>Yoga</b> 8:30-9:30am  <b>StB Dance RBHS</b> <b>PiYo</b> 6:00-7:00pm <b>Yin Yoga</b> 7:00-8:00	15 <b>PiYo</b> 9:30-10:30am <b>Tai Chi-Standing</b> 10:45-11:45am  <b>**StB Dance StB Studio**</b> <b>Yoga</b> 6:00 - 7:00pm <b>Zumba</b> 7:00-8:00pm	16 <b>Zumba</b> 9:30 - 10:30am <b>Tai Chi-Seated</b> 10:45-11:45am  <b>StB Dance Dress Rehearsal</b> <b>PiYo</b> 6:00-7:00pm	17 <b>Yoga</b> 8:30-9:30am  <b>StB Dance Recital</b>	18 <b>PiYo</b> 9:00-10:00am <b>NO STRONG</b> by Zumba  <b>StB Dance Recital</b> <b>Tae Kwon Do</b> 12:00-3:00pm (See Above)
19	20 <b>Zumba</b> 9:30 - 10:30am  <b>Zumba</b> 7:00-8:00pm	21 <b>Yoga</b> 8:30-9:30am  <b>PiYo</b> 6:00-7:00pm <b>NO Yin Yoga</b>	22 <b>PiYo</b> 9:30-10:30am <b>Tai Chi-Standing</b> 10:45-11:45am <b>Yoga</b> 6:00 - 7:00pm <b>Zumba</b> 7:00-8:00pm	23 <b>Zumba</b> 9:30 - 10:30am <b>Tai Chi-Seated</b> 10:45-11:45am  <b>PiYo</b> 6:00-7:00pm	24 <b>Yoga</b> 8:30-9:30am	25 <b>PiYo</b> 9:00-10:00am <b>NO STRONG</b> by Zumba  <b>Tae Kwon Do</b> 12:00-3:00pm (See Above)
26	27 <b>MEMORIAL DAY</b>  <b>NO CLASSES</b>	28 <b>Yoga</b> 8:30-9:30am  <b>PiYo</b> 6:00-7:00pm <b>Yin Yoga</b> 7:00-8:00	29 <b>PiYo</b> ***9:15-10:15am <b>Tai Chi-Standing</b> 10:45-11:45am <b>Yoga</b> 6:00 - 7:00pm <b>Zumba</b> 7:00-8:00pm	30 <b>Zumba</b> 9:30 - 10:30am <b>Tai Chi-Seated</b> 10:45-11:45am  <b>PiYo</b> 6:00-7:00pm	31 <b>Yoga</b> 8:30-9:30am  <b>**MAY UNLIMITED**</b> Class Pass/Fitness Center Pass <b>\$50/mo.- See your Instructor!</b> (cash or check)	

2019 StB Dance Recital Week Schedule - RBHS except for Wednesday			DRESS REHEARSAL	RECITAL	RECITAL
5/13-Monday	5/14-Tuesday	5/15-Wednesday	5/16-Thursday	5/17-Friday	5/18-Saturday
"Wednesday Classes"- Alex at RBHS 3:15p- Kinder Ballet 4:00p-Ballet I 4:45p- Ballet II <b>*Recital Pics at Main Hall*</b> 7:00p- Adult HipHop	"Tuesday Classes"-Katie/Lindsay at RBHS Regular schedule	"Thursday Classes "- Bonnie ***at StB Studio 3:30p- Preschool Ballet / Tap 4:15p- Preschool Ballet/ Tap 5:00p- Tap I and II	"Dress Rehearsal" at RBHS <b>5:00p-7:00p</b> <b>Arrive IN COSTUME, ready to</b> <b>go btwn 4:45-4:55p</b>  <b>**Group Photos will be taken**</b>	at RBHS <b>Recital 7pm</b> <b>Arrive IN COSTUME, ready to</b> <b>go btwn 6:15-6:30p</b>	at RBHS <b>Recital 3pm</b> <b>Arrive IN COSTUME, ready to</b> <b>go btwn 2:15-2:30p</b>