

# St. Bernard Dance and Fitness Studio

## OCTOBER

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday				
<b>StB Studio</b>	<b>St. Bernard Dance</b>	1	2	3	4	5				
<b>4803 Tower Avenue</b> <b>St Bernard, OH</b> <b>Questions:</b> <b>Kate: 324-3513</b> or <b>Rec. Dept: 641-3137</b>	Questions: Call Laura Mosley 617-3443  See Below for Schedule!	Yoga 8:30-9:30am <b>StB Dance (See Below)</b>  NO PiYo  Restorative Yoga 7:25-8:25pm	PiYo 9:30-10:30am <b>Tai Chi-Standing</b> 10:45-11:45am Yoga 6:00 - 7:00pm <b>Zumba</b> 7:00-8:00pm	<b>Zumba</b> 9:30 - 10:30am <b>Tai Chi-Seated</b> 10:45-11:45am <b>StB Dance (See Below)</b> PiYo 7:05-8:05pm <b>StB Dance (See Below)</b>	Yoga 8:30-9:30am	PiYo 9:00-10:00am  <b>Tae Kwon Do</b> 12:00-3:00pm (See Below)				
6	7	8	9	10	11	12				
Slow Flow Yoga 10:15-11:15am	<b>Zumba</b> 9:30 - 10:30am <b>StB Dance (See Below)</b> Yoga 6:20-7:20pm <b>Tae Kwon Do</b> 7:30-8:30pm- Beginner 8:30-9:30pm- Advanced	Yoga 8:30-9:30am <b>StB Dance (See Below)</b>  PiYo 6:20-7:20pm <b>Restorative Yoga</b> 7:25-8:25pm	PiYo 9:30-10:30am <b>Tai Chi-Standing</b> 10:45-11:45am Yoga 6:00 - 7:00pm <b>Zumba</b> 7:00-8:00pm	<b>Zumba</b> 9:30 - 10:30am <b>Tai Chi-Seated</b> 10:45-11:45am <b>StB Dance (See Below)</b> PiYo 7:05-8:05pm <b>StB Dance (See Below)</b>	Yoga 8:30-9:30am	PiYo 9:00-10:00am  <b>Tae Kwon Do</b> 12:00-3:00pm (See Below)				
13	14	15	16	17	18	19				
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20	21	22	23	24	25	26				
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27	28	29	30	31						
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<b>StB/Westside-Tae Kwon Do</b>	<b>**OCTOBER UNLIMITED**</b>									
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StB Dance Weekly Schedule				
Mondays	Tuesdays	Wednesdays	Thursday	Friday
3:15-4p- HipHop (5-7yo) 4-4:45p- HipHop (8-9yo) 4:45-5:30p- HipHop (Inter) 5:30-6:15p- HipHop (Advanced)	3:15-4p- HipHop (5-7yo) 4-4:45p- Ballet (5-7yo) 4:45-5:30- Jazz (5-9yo) 5:30-6:15p- HipHop (8yo)	NO StB DANCE	3:15-4p-Preschool Combo (3-4yo) 4-4:45p- Kinder Combo (5-7yo) 4:45-5:30p-Intermediate Tap (8-11) 5:30-6:15p- Advanced Tap (11&up) 6:15-7p- Advanced Ballet  8:15-9:00p- Adult HipHop	4-4:45p- Intermediate Ballet 4:45-5:45p- Ballet Tech/ Pointe