

St Bernard Dance and Fitness Studio

AUGUST

www.facebook.com/StBDanceandFitness

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
StB Studio 4803 Tower Avenue St Bernard, OH Questions: Kate: 324-3513 or Rec. Dept: 641-3137	Tae Kwon Do 4-6yo: Saturdays 12n 7-13yo: Saturdays 1pm Self Defense: Saturdays 2pm : T/TH 4pm	TFC Dance Sign-Ups 8/28 Questions: Call Laura Mosley 617-3443	1 PiYo 9:30-10:30am Yoga 6:00 - 7:00pm Zumba 7:00-8:00pm	2 Zumba 9:30 - 10:30am Self-Defense (\$5/class) 4:30-5:30pm PiYo 6:00-7:00pm	3 Yoga 8:30-9:30am	4 Power Core Yoga 9:00-10:00am Tae Kwon Do 12:00-2:00pm Self-Defense (\$5/class) 2:00-3:40pm
	5	6 Zumba 9:30 - 10:30am Zumba 7:00-8:00pm	7 Yoga 8:30-9:30am Self-Defense (\$5/class) 4:30-5:30pm	8 PiYo 9:30-10:30am Yoga 6:00 - 7:00pm Zumba 7:00-8:00pm	9 Zumba 9:30 - 10:30am Self-Defense (\$5/class) 4:30-5:30pm PiYo 6:00-7:00pm	10 Yoga 8:30-9:30am
12	13 Zumba 9:30 - 10:30am Zumba 7:00-8:00pm	14 NO Yoga Self-Defense (\$5/class) 4:30-5:30pm	15 PiYo 9:30-10:30am NO Yoga Zumba 7:00-8:00pm	16 Zumba 9:30 - 10:30am Self-Defense (\$5/class) 4:30-5:30pm PiYo 6:00-7:00pm	17 NO Yoga	18 PiYo 9:00-10:00am Tae Kwon Do 12:00-2:00pm Self-Defense (\$5/class) 2:00-3:40pm
19	20 Zumba 9:30 - 10:30am Zumba 7:00-8:00pm	21 Yoga 8:30-9:30am Self-Defense (\$5/class) 4:30-5:30pm	22 PiYo 9:30-10:30am Yoga 6:00 - 7:00pm Zumba 7:00-8:00pm	23 Zumba 9:30 - 10:30am Self-Defense (\$5/class) 4:30-5:30pm PiYo 6:00-7:00pm	24 Yoga 8:30-9:30am	25 PiYo 9:00-10:00am Tae Kwon Do 12:00-2:00pm Self-Defense (\$5/class) 2:00-3:40pm
26	27 Zumba 9:30 - 10:30am Zumba 7:00-8:00pm	28 Yoga 8:30-9:30am Self-Defense (\$5/class) 4:30-5:30pm DANCE SIGNUPS Ballet!Tap!Jazz!HipHop! 7:00-8:00pm More info will follow soon!	29 PiYo 9:30-10:30am Yoga 6:00 - 7:00pm Zumba 7:00-8:00pm	30 Zumba 9:30 - 10:30am Self-Defense (\$5/class) 4:30-5:30pm PiYo 6:00-7:00pm Yin Yoga 7:00-8:00pm	31 Yoga 8:30-9:30am	*Get your AUGUST Unlimited* Class Pass/Fitness Center Pass \$50/mo.- See your Instructor! (cash or check)