

# St Bernard Dance and Fitness Studio

## JUNE

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>StB Studio</b> <b>4803 Tower Avenue</b> <b>St Bernard, OH</b> <b>Questions:</b> <b>Kate: 324-3513</b> <b>or</b> <b>Rec. Dept: 641-3137</b>	<b>St. Bernard Dance</b> Questions: Call Laura Mosley 617-3443 <b>Sign-ups for 2019-20</b> School Year Coming <b>IN AUGUST</b>	<b>Tae Kwon Do</b> Saturdays: 12-1pm- Beginner/White Belts 1-2pm- Advanced/Color Belts 2-3pm- Faith and Family Class	<b>*Get your JUNE Unlimited*</b> Class Pass/Fitness Center Pass <b>\$50/mo.- See your Instructor!</b> (cash or check)			1 PiYo 9:00-10:00am  Tae Kwon Do 12:00-3:00pm (See Above)
2	3 NO Zumba  Coming Soon- Yoga 6pm Zumba 7:00-8:00pm	4 Yoga 8:30-9:30am  PiYo 6:00-7:00pm Yin Yoga 7:00-8:00pm	5 PiYo 9:30-10:30am Tai Chi-Standing 10:45-11:45am Yoga 6:00 - 7:00pm Zumba 7:00-8:00pm	6 Zumba 9:30 - 10:30am Tai Chi-Seated 10:45-11:45am  PiYo 6:00-7:00pm	7 Yoga 8:30-9:30am	8 PiYo 9:00-10:00am  Tae Kwon Do 12:00-3:00pm (See Above)
9	10 Zumba 9:30 - 10:30am  Coming Soon- Yoga 6pm Zumba 7:00-8:00pm	11 Yoga 8:30-9:30am  PiYo 6:00-7:00pm Yin Yoga 7:00-8:00pm	12 PiYo 9:30-10:30am Tai Chi-Standing 10:45-11:45am Yoga 6:00 - 7:00pm Zumba 7:00-8:00pm	13 Zumba 9:30 - 10:30am Tai Chi-Seated 10:45-11:45am  PiYo 6:00-7:00pm	14 Yoga 8:30-9:30am	15 PiYo 9:00-10:00am  NO Tae Kwon Do  NO Faith and Family TKD
16	17 Zumba 9:30 - 10:30am  Coming Soon- Yoga 6pm Zumba 7:00-8:00pm	18 Yoga 8:30-9:30am  PiYo 6:00-7:00pm Yin Yoga 7:00-8:00pm	19 PiYo 9:30-10:30am Tai Chi-Standing 10:45-11:45am Yoga 6:00 - 7:00pm Zumba 7:00-8:00pm	20 Zumba 9:30 - 10:30am Tai Chi-Seated 10:45-11:45am  PiYo 6:00-7:00pm	21 Yoga 8:30-9:30am	22 PiYo 9:00-10:00am  NO Tae Kwon Do  NO Faith and Family TKD
23	24 Zumba 9:30 - 10:30am  Coming Soon- Yoga 6pm Zumba 7:00-8:00pm	25 Yoga 8:30-9:30am  PiYo 6:00-7:00pm Yin Yoga 7:00-8:00pm	26 PiYo 9:30-10:30am Tai Chi-Standing 10:45-11:45am Yoga 6:00 - 7:00pm Zumba 7:00-8:00pm	27 Zumba 9:30 - 10:30am Tai Chi-Seated 10:45-11:45am  PiYo 6:00-7:00pm	28 Yoga 8:30-9:30am	29 PiYo 9:00-10:00am  NO Tae Kwon Do  NO Faith and Family TKD
30	24 Zumba 9:30 - 10:30am  Coming Soon- Yoga 6pm Zumba 7:00-8:00pm	25 Yoga 8:30-9:30am  PiYo 6:00-7:00pm Yin Yoga 7:00-8:00pm	26 PiYo 9:30-10:30am Tai Chi-Standing 10:45-11:45am Yoga 6:00 - 7:00pm Zumba 7:00-8:00pm	27 Zumba 9:30 - 10:30am Tai Chi-Seated 10:45-11:45am  PiYo 6:00-7:00pm	28 Yoga 8:30-9:30am	29 PiYo 9:00-10:00am  NO Tae Kwon Do  NO Faith and Family TKD