

St. Bernard Dance and Fitness Studio

SEPTEMBER

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 1p Self Defense: Sat 2p/ Mon 4p	St. Bernard Dance Questions: Call Laura Mosley 617-3443	**SEPTEMBER Unlimited** Class Pass/Fitness Center Pass \$50/mo.- See your Instructor! (cash or check)			1 PiYo 9:00-10:00am NO Tae Kwon Do NO Self-Defense
2	3 LABOR DAY AQUA ZUMBA (FREE) 12:00-1:00p St Bernard Aquatic Center NO PM ZUMBA	4 Yoga 8:30-9:30am Self-Defense (\$5/class) 4:00-5:30pm	5 PiYo 9:30-10:30am PiYo on the Porch Wiedemann's - 5:30p Yoga 6:15 - 7:15pm Zumba 7:15-8:15pm	6 Zumba 9:30 - 10:30am Self-Defense (\$5/class) 4:00-5:30pm PiYo 6:30-7:30p	7 Yoga 8:30-9:30am	8 PiYo 9:00-10:00am Tae Kwon Do 12:00-2:00pm Self-Defense (\$5/class) 2:00-3:40pm
9 WELCOME DANCERS! Please use Washigton Ave entrance for StB Dance Classes.	10 Zumba 9:30 - 10:30am Self-Defense (\$5/class) 4:00-5:30pm Adult Fitness Hip Hop 6:15-7:00pm StB Dance (See Below) 7:00-7:45pm	11 Yoga 8:30-9:30am StB Dance (See Below) 3:30-8:30pm	12 PiYo 9:30-10:30am StB Dance (See Below) 3:15-5:30pm Yoga 6:15 - 7:15pm Zumba 7:15-8:15pm	13 Zumba 9:30 - 10:30am StB Dance (See Below) 3:30-6:30pm PiYo 6:30-7:30p	14 Yoga 8:30-9:30am	15 PiYo 9:00-10:00am Tae Kwon Do 12:00-2:00pm Self-Defense (\$5/class) 2:00-3:40pm
16	17 Zumba 9:30 - 10:30am Self-Defense (\$5/class) 4:00-5:30pm Adult Fitness Hip Hop 6:15-7:00pm StB Dance (See Below) 7:00-7:45pm	18 Yoga 8:30-9:30am StB Dance (See Below) 3:30-8:30pm	19 PiYo 9:30-10:30am StB Dance (See Below) 3:15-5:30pm Yoga 6:15 - 7:15pm Zumba 7:15-8:15pm	20 Zumba 9:30 - 10:30am StB Dance (See Below) 3:30-6:30pm PiYo 6:30-7:30p	21 Yoga 8:30-9:30am	22 PiYo 9:00-10:00am Tae Kwon Do 12:00-2:00pm Self-Defense (\$5/class) 2:00-3:40pm
23	24 Zumba 9:30 - 10:30am Self-Defense (\$5/class) 4:00-5:30pm Adult Fitness Hip Hop 6:15-7:00pm StB Dance (See Below) 7:00-7:45pm	25 Yoga 8:30-9:30am StB Dance (See Below) 3:30-8:30pm	26 PiYo 9:30-10:30am StB Dance (See Below) 3:15-5:30pm Yoga 6:15 - 7:15pm Zumba 7:15-8:15pm	27 Zumba 9:30 - 10:30am StB Dance (See Below) 3:30-6:30pm PiYo 6:30-7:30p NO Yin Yoga	28 Yoga 8:30-9:30am	29 PiYo 9:00-10:00am Tae Kwon Do 12:00-2:00pm Self-Defense (\$5/class) 2:00-3:40pm
30	30 Zumba 9:30 - 10:30am Self-Defense (\$5/class) 4:00-5:30pm Adult Fitness Hip Hop 6:15-7:00pm StB Dance (See Below) 7:00-7:45pm					

2018 StB Dance Weekly Schedule			
Mondays	Tuesdays	Wednesdays	Thursdays
6:15p- Adult "Fitness" HipHop 7:00p- Adult "Recital" HipHop Fitness= Punch Card/class Recital= Register w/Recital	3:15p- Elementary HipHop 4:00p- Elementary HipHop 4:45p- Elementary Ballet 5:30p- Elementary Jazz 6:15p- HipHop I 7:00p- HipHop II 7:45p- Advanced 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 5:45p- Tap II