

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: 513-324-3513 or Rec. Dept: 513-641-3137	1 *ZUMBA 10:15-11:15am *ZUMBA 6:00-7:00pm Tae Kwon Do 7:30-9:30pm- ALL Belts	2 Yoga 9:30-10:30am Studio Rental/BARRE 7:00-8:00pm	3 NO PiYo NO Tai Chi-Standing Studio Rental/Power Yoga 6:00-7:00pm Tae Kwon Do 7:30-9:30pm- ALL Belts	4 NO Yoga *Zumba 7:00-8:00pm	5	6 Studio Rental/Cardio Blast 8:45-9:45am PiYo 10:00-11:00am TaeKwon Do- By Invitation 11:00-12:30					
7 * HYBRID (In Studio & ZOOM) ZOOM Link ID: 997 276 3326 Passcode:StBStudio	8 NO ZUMBA *ZUMBA 6:00-7:00pm Tae Kwon Do 7:30-9:30pm- ALL Belts	9 Yoga 9:30-10:30am Studio Rental/BARRE 7:00-8:00pm	10 NO PiYo Tai Chi-Standing 10:45-11:45am Studio Rental/Power Yoga 6:00-7:00pm Tae Kwon Do 7:30-9:30pm- ALL Belts	11 NO Yoga *Zumba 7:00-8:00pm	12	13 Studio Rental/Cardio Blast 8:46-9:45am PiYo 10:00-11:00am TaeKwon Do- By Invitation 11:00-12:30					
14	15 *ZUMBA 10:15-11:15am *ZUMBA 6:00-7:00pm Tae Kwon Do 7:30-9:30pm- ALL Belts	16 Yoga 9:30-10:30am Studio Rental/BARRE 7:00-8:00pm	17 NO PiYo Tai Chi-Standing 10:45-11:45am Studio Rental/Power Yoga 6:00-7:00pm Tae Kwon Do 7:30-9:30pm- ALL Belts	18 NO Yoga *Zumba 7:00-8:00pm	19	20 Studio Rental/Cardio Blast 8:46-9:45am PiYo 10:00-11:00am TaeKwon Do- By Invitation 11:00-12:30					
21	22 *ZUMBA 10:15-11:15am *ZUMBA 6:00-7:00pm Tae Kwon Do 7:30-9:30pm- ALL Belts	23 Yoga 9:30-10:30am GOTTA DANCE OPEN HOUSE 6:00-7:00pm Studio Rental/BARRE 7:00-8:00pm	24 NO PiYo Tai Chi-Standing 10:45-11:45am Studio Rental/Power Yoga 6:00-7:00pm Tae Kwon Do 7:30-9:30pm- ALL Belts	25 NO Yoga *Zumba 7:00-8:00pm	26	27 Studio Rental/Cardio Blast 8:46-9:45am PiYo 10:00-11:00am TaeKwon Do- By Invitation 11:00-12:30					
28	29 *ZUMBA 10:15-11:15am *ZUMBA 6:00-7:00pm Tae Kwon Do 7:30-9:30pm- ALL Belts	30 Yoga 9:30-10:30am Studio Rental/BARRE 7:00-8:00pm	31 NO PiYo Tai Chi-Standing 10:45-11:45am Studio Rental/Power Yoga 6:00-7:00pm Tae Kwon Do 7:30-9:30pm- ALL Belts	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <th style="width: 50%;">StB/Westside Tae Kwon Do</th> <th style="width: 50%;">AUGUST Unlimited*</th> </tr> <tr> <td> Monday/Wednesday: 7:30-9:30pm- ALL Belts Saturday- By Invitation Questions: Donald Middendorf middpackorbetter@yahoo.com </td> <td> Class Pass/Fitness Center Pass \$50/mo.- See your Instructor! (cash or check) Regular Class Rates: 1st Class Free/ \$7 Drop-In 10 Class=\$50/ 20 Class=\$85 </td> </tr> </table>	StB/Westside Tae Kwon Do	AUGUST Unlimited*	Monday/Wednesday: 7:30-9:30pm- ALL Belts Saturday- By Invitation Questions: Donald Middendorf middpackorbetter@yahoo.com	Class Pass/Fitness Center Pass \$50/mo.- See your Instructor! (cash or check) Regular Class Rates: 1st Class Free/ \$7 Drop-In 10 Class=\$50/ 20 Class=\$85	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <th style="width: 100%;">St. Bernard Dance</th> </tr> <tr> <td> Questions: Call Laura Mosley 513-617-3443 </td> </tr> </table>	St. Bernard Dance	Questions: Call Laura Mosley 513-617-3443
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