

St Bernard Dance and Fitness Studio

DECEMBER

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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	StB/Westside Tae Kwon Do Monday/Wednesday: 7:30-9:30pm- ALL Belts Saturday- By Invitation Questions: Donald Middendorf middpackorbetter@yahoo.com	DECEMBER Unlimited* 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	St. Bernard Dance Questions: Call Laura Mosley 513-617-3443	NO PIYO NO Yoga *Zumba 7:00-8:00pm		Studio Rental/Cardio Blast 8:46-9:45am PIYo 10:00-11:00am TaeKwon Do- By Invitation 11:00-12:30
4 * HYBRID (In Studio & ZOOM) ZOOM Link ID: 997 276 3326 Passcode:StBStudio	5 *ZUMBA 10:15-11:15am Studio Rental/Gotta Dance 3:30-5:45pm NO PM ZUMBA Tae Kwon Do 7:30-9:30pm- ALL Belts	6 Yoga 9:30-10:30am Studio Rental/Gotta Dance 3:30-5:30pm Studio Rental/Tone&Tighten 6:00-6:45pm Studio Rental/BARRE 7:00-8:00pm	7 Tai Chi-Standing 10:45-11:45am Tae Kwon Do 7:30-9:30pm- ALL Belts	8 PIYo 10:00-11:00a NO Yoga *Zumba 7:00-8:00pm	9	10 Studio Rental/Cardio Blast 8:46-9:45am PIYo 10:00-11:00am TaeKwon Do- By Invitation 11:00-12:30
11	12 *ZUMBA 10:15-11:15am Studio Rental/Gotta Dance 3:30-5:45pm NO PM ZUMBA Tae Kwon Do 7:30-9:30pm- ALL Belts	13 Yoga 9:30-10:30am Studio Rental/Gotta Dance 3:30-5:30pm Studio Rental/Tone&Tighten 6:00-6:45pm Studio Rental/BARRE 7:00-8:00pm	14 Tai Chi-Standing 10:45-11:45am Tae Kwon Do 7:30-9:30pm- ALL Belts	15 PIYo 10:00-11:00a NO Yoga *Zumba 7:00-8:00pm	16	17 Studio Rental/Cardio Blast 8:46-9:45am PIYo 10:00-11:00am TaeKwon Do- By Invitation 11:00-12:30
18	19 NO ZUMBA Studio Rental/Gotta Dance 3:30-5:45pm NO PM ZUMBA Tae Kwon Do 7:30-9:30pm- ALL Belts	20 Yoga 9:30-10:30am Studio Rental/Gotta Dance 3:30-5:30pm Studio Rental/Tone&Tighten 6:00-6:45pm Studio Rental/BARRE 7:00-8:00pm	21 NO Tai Chi-Standing Tae Kwon Do 7:30-9:30pm- ALL Belts	22 PIYo 10:00-11:00a NO Yoga *Zumba 7:00-8:00pm	23	24 Studio Rental/Cardio Blast 8:46-9:45am NO PIYo TaeKwon Do- By Invitation 11:00-12:30
25	26 *ZUMBA 10:15-11:15am Studio Rental/Gotta Dance 3:30-5:45pm NO PM ZUMBA Tae Kwon Do 7:30-9:30pm- ALL Belts	27 Yoga 9:30-10:30am Studio Rental/Gotta Dance 3:30-5:30pm Studio Rental/Tone&Tighten 6:00-6:45pm Studio Rental/BARRE 7:00-8:00pm	28 NO Tai Chi-Standing Tae Kwon Do 7:30-9:30pm- ALL Belts	29 PIYo 10:00-11:00a NO Yoga *Zumba 7:00-8:00pm	30	31 Studio Rental/Cardio Blast 8:46-9:45am NO PIYo TaeKwon Do- By Invitation 11:00-12:30