

St Bernard Dance and Fitness Studio

SEPTEMBER

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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	September 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	1 NO Yoga *Zumba 7:00-8:00pm	2	3 Studio Rental/Cardio Blast 8:45-9:45am NO PiYo NO TaeKwon Do
4 * HYBRID (In Studio & ZOOM) ZOOM Link ID: 997 276 3326 Passcode:StBStudio	5 NO ZUMBA NO ZUMBA NO Tae Kwon Do	6 NO Yoga Studio Rental/BARRE 7:00-8:00pm	7 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	8 NO Yoga *Zumba 7:00-8:00pm	9- StC Festival!	10- StC Festival Studio Rental/Cardio Blast 8:46-9:45am PiYo 10:00-11:00am TaeKwon Do- By Invitation 11:00-12:30
11- StC Festival	12 *ZUMBA 10:15-11:15am Studio Rental/Gotta Dance 3:30-5:45pm *ZUMBA 6:00-7:00pm 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/BARRE 7:00-8:00pm	14 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	15 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 *ZUMBA 10:15-11:15am Studio Rental/Gotta Dance 3:30-5:45pm *ZUMBA 6:00-7:00pm 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/BARRE 7:00-8:00pm	21 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	22 NO Yoga *Zumba 7:00-8:00pm	23	24 NO Studio Rental/Cardio Blast PiYo 10:00-11:00am TaeKwon Do- By Invitation 11:00-12:30
25	26 *ZUMBA 10:15-11:15am Studio Rental/Gotta Dance 3:30-5:45pm *ZUMBA 6:00-7:00pm 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/BARRE 7:00-8:00pm	28 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	29 NO Yoga *Zumba 7:00-8:00pm	30	1-Oct Studio Rental/Cardio Blast 8:46-9:45am NO PiYo TaeKwon Do- By Invitation 11:00-12:30