

St Bernard Dance and Fitness Studio

MARCH

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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	MARCH 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	1	2	3	4
			NO Tai Chi-Standing	PiYo 10:00-11:00a		Studio Rental/Tone&Tighten 8:45-9:45am NO PiYo
			Tae Kwon Do 7:30-9:30pm- ALL Belts	*Zumba (Tamar) 7:00-8:00pm		TaeKwon Do- By Invitation 11:00-12:30
			5	6	7	8
* HYBRID (In Studio & ZOOM)	NO ZUMBA	NO Yoga	Tai Chi-Standing 10:45-11:45am	PiYo 10:00-11:00a NO Yoga		Studio Rental/Tone&Tighten 8:45-9:45am PiYo 10:00-11:00am TaeKwon Do- By Invitation 11:00-12:30
ZOOM Link ID: 997 276 3326 Passcode:StBStudio	Studio Rental/Gotta Dance 3:30-5:45pm	Studio Rental/Gotta Dance 3:30-5:30pm Studio Rental/Tone&Tighten 6:00-6:45pm Rental/Stretch&Strength 7:00-8:00pm	Tae Kwon Do 7:30-9:30pm- ALL Belts	*Zumba (TBD) 7:00-8:00pm		
12	13	14	15	16	17	18
	*ZUMBA 10:00-11:00am Studio Rental/Gotta Dance 3:30-5:45pm Tae Kwon Do 7:30-9:30pm- ALL Belts	NO Yoga Studio Rental/Gotta Dance 3:30-5:30pm Studio Rental/Tone&Tighten 6:00-6:45pm Rental/Stretch&Strength 7:00-8:00pm	Tai Chi-Standing 10:45-11:45am Tae Kwon Do 7:30-9:30pm- ALL Belts	PiYo 10:00-11:00a NO Yoga *Zumba (Tamar) 7:00-8:00pm		Studio Rental/Tone&Tighten 8:45-9:45am PiYo 10:30-11:30am TaeKwon Do- By Invitation 11:00-12:30
19	20	21	22	23	24	25
	NO *ZUMBA Studio Rental/Gotta Dance 3:30-5:45pm Tae Kwon Do 7:30-9:30pm- ALL Belts	Yoga 9:30-10:30am Studio Rental/Gotta Dance 3:30-5:30pm Studio Rental/Tone&Tighten 6:00-6:45pm Rental/Stretch&Strength 7:00-8:00pm	Tai Chi-Standing 10:45-11:45am Tae Kwon Do 7:30-9:30pm- ALL Belts	NO PiYo NO Yoga *Zumba (TBD) 7:00-8:00pm		Studio Rental/Tone&Tighten 8:45-9:45am NO PiYo TaeKwon Do- By Invitation 11:00-12:30
26	27	28	29	30	31	
	*ZUMBA 10:00-11:15am Studio Rental/Gotta Dance 3:30-5:45pm Tae Kwon Do 7:30-9:30pm- ALL Belts	Yoga 9:30-10:30am Studio Rental/Gotta Dance 3:30-5:30pm Studio Rental/Tone&Tighten 6:00-6:45pm Rental/Stretch&Strength 7:00-8:00pm	Tai Chi-Standing 10:45-11:45am Tae Kwon Do 7:30-9:30pm- ALL Belts	PiYo 10:00-11:00a NO Yoga *Zumba (Tamar) 7:00-8:00pm		St. Bernard Dance Questions: Call Laura Mosley 513-617-3443