

# St Bernard Dance and Fitness Studio

## OCTOBER

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>StB Studio</b> 4803 Tower Avenue St Bernard, OH Questions: Kate: 513-324-3513 or Rec. Dept: 513-641-3137	<b>StB/Westside Tae Kwon Do</b> Monday/Wednesday: 7:30-9:30pm- ALL Belts Saturday- By Invitation Questions: Donald Middendorf middpackorbetter@yahoo.com	<b>October Unlimited*</b> Class Pass/Fitness Center Pass <b>\$50/mo.- See your Instructor!</b> (cash or check) Regular Class Rates: 1st Class Free/ \$7 Drop-In 10 Class=\$50/ 20 Class=\$85	<b>St. Bernard Dance</b> Questions: Call Laura Mosley 513-617-3443			1  Studio Rental/Cardio Blast 8:45-9:45am NO PiYo  TaeKwon Do- By Invitation 11:00-12:30
2 * HYBRID (In Studio & ZOOM) ZOOM Link ID: 997 276 3326 Passcode:StBStudio	3 *ZUMBA 10:15-11:15am Studio Rental/Gotta Dance 3:30-5:45pm NO ZUMBA  Tae Kwon Do 7:30-9:30pm- ALL Belts	4 NO Yoga Studio Rental/Gotta Dance 3:30-5:30pm Studio Rental/Tone&Tighten 6:00-6:45pm Studio Rental/BARRE 7:00-8:00pm	5 NO PiYo Tai Chi-Standing 10:45-11:45am  Tae Kwon Do 7:30-9:30pm- ALL Belts	6 NO Yoga  *Zumba 7:00-8:00pm	7	8  Studio Rental/Cardio Blast 8:46-9:45am PiYo 10:00-11:00am TaeKwon Do- By Invitation 11:00-12:30
9	10 *ZUMBA 10:15-11:15am Studio Rental/Gotta Dance 3:30-5:45pm NO ZUMBA  Tae Kwon Do 7:30-9:30pm- ALL Belts	11 NO Yoga Studio Rental/Gotta Dance 3:30-5:30pm Studio Rental/Tone&Tighten 6:00-6:45pm Studio Rental/BARRE 7:00-8:00pm	12 NO PiYo Tai Chi-Standing 10:45-11:45am  Tae Kwon Do 7:30-9:30pm- ALL Belts	13 NO Yoga  *Zumba 7:00-8:00pm	14	15  Studio Rental/Cardio Blast 8:46-9:45am PiYo 10:00-11:00am TaeKwon Do- By Invitation 11:00-12:30
16	17 *ZUMBA 10:15-11:15am Studio Rental/Gotta Dance 3:30-5:45pm NO ZUMBA  Tae Kwon Do 7:30-9:30pm- ALL Belts	18 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	19 NO PiYo Tai Chi-Standing 10:45-11:45am  Tae Kwon Do 7:30-9:30pm- ALL Belts	20 NO Yoga  *Zumba 7:00-8:00pm	21	22  Studio Rental/Cardio Blast 8:46-9:45am PiYo 10:00-11:00am TaeKwon Do- By Invitation 11:00-12:30
23/30	24/31 *ZUMBA 10:15-11:15am Studio Rental/Gotta Dance 3:30-5:45pm NO ZUMBA  Tae Kwon Do 7:30-9:30pm- ALL Belts	25 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	26 NO PiYo Tai Chi-Standing 10:45-11:45am  Tae Kwon Do 7:30-9:30pm- ALL Belts	27 NO Yoga  *Zumba 7:00-8:00pm	28	29  Studio Rental/Cardio Blast 8:46-9:45am PiYo 10:00-11:00am TaeKwon Do- By Invitation 11:00-12:30