

St Bernard Dance and Fitness Studio

May

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	1	2	3	4	5	6	
StB Studio 4803 Tower Avenue St Bernard, OH Questions: Kate: 513-324-3513 or Rec. Dept: 513-641-3137	*ZUMBA TONE 10:00-11:15am Rental/Gotta Dance 3:30-5:45pm Tae Kwon Do 7:30-9:30pm- ALL Belts	Yoga 9:30-10:30am 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 (Weather Permitting) 10:00-11:00a NO Yoga *Zumba (Allison) 7:00-8:00pm		Rental/Tone&Tighten 8:45-9:45am PiYo 10:00-11:00am TaeKwon Do- By Invitation 11:00-12:30	
	7	8	9	10	11	12	
	* HYBRID (In Studio & ZOOM) ZOOM Link ID: 997 276 3326 Passcode:StBStudio	*ZUMBA 10:00-11:15am Rental/Gotta Dance 3:30-5:45pm Tae Kwon Do 7:30-9:30pm- ALL Belts	Yoga 9:30-10:30am Rental/Gotta Dance 3:30-5:30pm 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 (Weather Permitting) 10:00-11:00a NO Yoga *Zumba (Allison) 7:00-8:00pm		Rental/Tone&Tighten 8:45-9:45am PiYo 10:00-11:00am TaeKwon Do- By Invitation 11:00-12:30
	14	15	16	17	18	19	20
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21	22	23	24	25	26	27	
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28	29	30	31				
	Happy Memorial Day Class Schedule TBA	Yoga 9:30-10:30am 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	StB/Westside Tae Kwon Do Monday/Wednesday: 7:30-9:30pm- ALL Belts Saturday- By Invitation Questions: Donald Middendorf middpackorbetter@yahoo.com	MAY 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	