

# St Bernard Dance and Fitness Studio

## JULY

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>StB Studio</b> 4803 Tower Avenue St Bernard, OH Questions: Kate: 324-3513 or Rec. Dept: 641-3137	<b>St. Bernard Dance</b> Questions: Call Laura Mosley 617-3443	<b>Tae Kwon Do</b> Saturdays: 12-12:45pm- ALL Belts 1:45-2:45pm Faith and Family Class Mondays: 7:30-8:30pm- ALL Belts	1 *PiYo 9:30-10:30am #Tai Chi-Standing 10:45-11:45am  *Zumba (Coming Aug)	2 *Zumba 10:00-11:00am  Zumba (Coming Aug) 7:00-8:00pm	3 #Yoga 10:30-11:30am	4 Happy July 4th!!  *PiYo 9:30-10:30am  NO Tae Kwon Do
			5 * HYBRID (In Studio & ZOOM)  # ZOOM only @ OUTDOORS- 4343 Errun Ln.	6 *Zumba 10:00-11:00pm  Tae Kwon Do 7:30-8:30pm- ALL Belts	7 Yoga 9:30-10:30am  Slow Flow Yoga 6:00-7:00pm	8 *PiYo 9:30-10:30am @Tai Chi-Standing 11:00-12:00noon  *Zumba (Coming Aug)
12	13 *Zumba 10:00-11:00pm  Tae Kwon Do 7:30-8:30pm- ALL Belts	14 Yoga 9:30-10:30am  Slow Flow Yoga 6:00-7:00pm	15 *PiYo 9:30-10:30am @Tai Chi-Standing 11:00-12:00noon  *Zumba (Coming Aug)	16 *Zumba 10:00-11:00am  *Zumba (Coming Aug) 7:00-8:00pm	17 #Yoga 10:30-11:30am	18 *PiYo 9:30-10:30am  NO Tae Kwon Do
19	20 *Zumba 10:00-11:00pm  Tae Kwon Do 7:30-8:30pm- ALL Belts	21 Yoga 9:30-10:30am  Slow Flow Yoga 6:00-7:00pm	22 *PiYo 9:30-10:30am @Tai Chi-Standing 11:00-12:00noon  *Zumba (Coming Aug)	23 *Zumba 10:00-11:00am  *Zumba (Coming Aug) 7:00-8:00pm	24 #Yoga 10:30-11:30am	25 *PiYo 9:30-10:30am  Tae Kwon Do 12:00-2:45pm (See Above)
26	27 *Zumba 10:00-11:00pm  Tae Kwon Do 7:30-8:30pm- ALL Belts	28 Yoga 9:30-10:30am  Slow Flow Yoga 6:00-7:00pm	29 *PiYo 9:30-10:30am @Tai Chi-Standing 11:00-12:00noon  *Zumba (Coming Aug)	30 *Zumba 10:00-11:00am  *Zumba (Coming Aug) 7:00-8:00pm	31 #Yoga 10:30-11:30am	*Get your JULY Unlimited* Class Pass/Fitness Center Pass \$50/mo.- See your Instructor! (cash or check)