

St Bernard Dance and Fitness Studio

JANUARY

www.facebook.com/StBDanceandFitness

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																												
1	<p>*ZUMBA 10:00-11:00am Studio Rental/Gotta Dance 3:30-5:45pm</p> <p>Tae Kwon Do 7:30-9:30pm- ALL Belts</p>	<p>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</p>	<p>Tai Chi-Standing 10:45-11:45am</p> <p>Tae Kwon Do 7:30-9:30pm- ALL Belts</p>	<p>NO PIYO NO Yoga</p> <p>*Zumba 7:00-8:00pm</p>		<p>Studio Rental/Cardio Blast 8:45-9:45am PiYo 10:00-11:00am TaeKwon Do- By Invitation 11:00-12:30</p>																												
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<p>* HYBRID (In Studio & ZOOM)</p> <p>ZOOM Link ID: 997 276 3326 Passcode:StBStudio</p>																																		
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