St Bernard Dance and Fitness Studio

October

www.facebook.com/StBDanceandFitness

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
StB Studio			**PiYo**			
4803 Tower Avenue			9:30-10:30am	**NO ZUMBA (Kate)**	**NO Strength Foundations**	**NO PiYo**
St Bernard, OH			**Tai Chi**			
Questions:			10:45-11:45am			
Kate: 513-324-3513						
or			***Zumba Tone (Pat)**			
Rec. Dept: 513-641-3137			5:30-6:30pm	**NO Zumba (Allison)**		
5	6	7	8	9	10	11
		Yoga	**NO PIYO**			
	NO ZUMBA (Kate)	9:30-10:30am		**NO ZUMBA (Kate)**	**NO Strength Foundations**	**NO PIYO**
*** HYBRID (In Studio & ZOOM)**			**Tai Chi**			
			10:45-11:45am			
ZOOM Link						
ID: 997 276 3326	***Zumba (Pat)**		***Zumba Tone (Pat)**			
Passcode:StBStudio	5:30-6:30pm		5:30-6:30pm	***Zumba (Allison)**		
				7:15-8:15pm		
12	13	14	15	16	17	18
		Yoga	**PiYo**			
	***Zumba (Kate)**	9:30-10:30am	9:30-10:30am	***Zumba (Kate)**	**Strength Foundations**	**PiYo**
	10:00-11:00am		**Tai Chi**	10:00-11:00am	10:00-11:00am	10:00-11:00pm
			10:45-11:45am			
	***Zumba (Pat)**		***Zumba Tone (Pat)**			
	5:30-6:30pm		5:30-6:30pm	***Zumba (Allison)**		
				7:15-8:15pm		
19	20	21	22	23	24	25
		Yoga	**PiYo**			
	***Zumba (Kate)**	9:30-10:30am	9:30-10:30am	***Zumba (Kate)**	**Strength Foundations**	**PiYo**
	10:00-11:00am		**Tai Chi**	10:00-11:00am	10:00-11:00am	10:00-11:00pm
			10:45-11:45am			
	***Zumba (Pat)**		***Zumba Tone (Pat)**			
	5:30-6:30pm		5:30-6:30pm	***Zumba (Allison)**		
				7:15-8:15pm		
26	27	28	29	30	31	
		Yoga	**PiYo**			**OCTOBER Unlimited**
	***Zumba (Kate)**	9:30-10:30am	9:30-10:30am	***Zumba (Kate)**	**Strength Foundations**	Class Pass/Fitness Pass
	10:00-11:00am		**Tai Chi**	10:00-11:00am	10:00-11:00am	**$50/mo.- See your Instructor!**
			10:45-11:45am			(cash or check)
						Regular Class Rates:
	***Zumba (Pat)**		***Zumba Tone (Pat)**			1st Class Free/ $7 Drop-In
	5:30-6:30pm		5:30-6:30pm	***Zumba (Allison)**		10 Class=$50/ 20 Class=$85
				7:15-8:15pm		