St Bernard Dance and Fitness Studio November

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
StB Studio	NOVEMBER Unlimited		Ì			
4803 Tower Avenue	Class Pass/Fitness Center Pass	* HYBRID (In Studio & ZOOM)				
St Bernard, OH	\$50/mo See your Instructor!			1	Strength Foundations	PiYo
Questions:	(cash or check)	ZOOM Link			10:00-11:00am	10:00-11:00am
Kate: 513-324-3513	Regular Class Rates:	ID: 997 276 3326	-	1	10:00 11:000	10.00 11.000
or	1st Class Free/ \$7 Drop-In	Passcode:StBStudio		_		<u> </u>
Rec. Dept: 513-641-3137	10 Class=\$50/ 20 Class=\$85	1 assectae.otbotaaio				
Rec. Dept: 513-641-3137	10 Class=\$50/ 20 Class=\$85					
		_		 	<u> </u>	9
3	4 *ZUMBA (Kate)	5	6	NO PiYo	8 NO Strength Foundations	9
	10:00-11:00am	Yoga	Tai Chi	NO PITO	NO Strength Foundations	
	10.00-11.00am	9:30-10:30am	10:45-11:45am			NO PiYo
	 	9.50-10.50am	10.43-11.434111	_		NOTITO
			*Zumba Tone (Pat)		-	
	*Zumba (Pat)		5:30-6:30pm	+		
	5:30-6:30pm	Rental/Stretch&Strength	1	*Zumba (Allison)		
		7:00-8:00pm	1	7:15-8:15pm		
10	11	12	13	14	15	16
	NO ZUMBA (Kate)		i	NO PiYo		
		Yoga	Tai Chi			
		9:30-10:30am	10:45-11:45am		Strength Foundations	PiYo
					10:00-11:00am	10:00-11:00am
	*Zumba (Pat)		*Zumba Tone (Pat)			
	5:30-6:30pm	Rental/Stretch&Strength	5:30-6:30pm	*Zumba (Allison)		
		7:00-8:00pm		7:15-8:15pm		
17	18	19	20	21	22	23
	*ZUMBA (Kate)	Wa ma	Total Obj	PiYo		
	10:00-11:00am	Yoga 9:30-10:30am	Tai Chi 10:45-11:45am	10:00-11:00am	Strength Foundations	PiYo
		9.50-10.50am	10.45-11.45am	_	10:00-11:00am	10:00-11:00am
	-		*Zumba Tone (Pat)	_	10.00-11.00am	10.00-11.00am
	*Zumba (Pat)		5:30-6:30pm	+	+	+
	5:30-6:30pm	Rental/Stretch&Strength	5.55 6.66pm	*Zumba (Allison)		1
		7:00-8:00pm	1	7:15-8:15pm		
24	25	26	27	28	29	30
	*ZUMBA (Kate)		İ		NO Strength Foundations	
	10:00-11:00am	Yoga	Tai Chi	i	<u> </u>	
		9:30-10:30am	10:45-11:45am	HAPPY THANKSGIVING!		PiYo
				Studio is Closed		10:00-11:00am
			*Zumba Tone (Pat)			
	*Zumba (Pat)		5:30-6:30pm			
	5:30-6:30pm	Rental/Stretch&Strength				
		7:00-8:00pm				