

Contemporary Dance and Fitness Studio

18 Langdon Street Montpelier, VT 05602

(802) 229-4676 www.cdandfs.com

Winter/Spring 2017 Jan 2-May 13

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
		9-10:15 Yoga RB		10-11:30 AfroJazz & Yoga Wkt AM	8:30-9:45-AfroJazz Workout AM 9-10 Ballet 1 AC
3:30-4:45 Hip Hop 1-2 AC	3:30-5 Ballet 5 AC 5-5:30 Pointe 2	3:15-3:40 Rhythm & Games	3:15-3:40 Rhythm & Games	2-2:45 Pre-Primary Ballet AC	9:45-10:30 Jr BBoys/BGirls & Hip Hop EL & DJ
3:45-4:45 TapKids SB	3:45-4:45 Jr Modern 1-2 TM	3:30-5 Ballet 4 IS	3:30-4:15 Ballet Conditioning AC	3:30-5 BBoys BGirls 5 JH	10-10:45 Primary Ballet AC
4:45-6 Jr Hip Hop 3-4 RL	4:45-6 Jr Modern 3-4 KN	3:45-4:45 Jr Jazz 1-2 AC	4:15-5 Pointe Prep 5-5:30 Pointe 1	3:45-4:45 Jr Tap & Jazz ages 6-8 AC	10:30-11:15 Jr BBoys/BGirls & Hip Hop EL & DJ
4:45-7 Teen Jazz AC	5:30-7 AfroJazz & Yoga Wkt AM	4:45-6 Jr Jazz 3-4 AC	3:45-4:45 Jr Hip Hop 1-2 RL	5-6 BBoys BGirls 1-2 JH	10:45-11:30 Pre Primary Ballet ages 3 ½ -5 AC
6-7:15 Fusion 2-3 RL	6-7:30 Modern 1-2 KN	5-6 Tap Basics Workout AM	4:45-5:45 Boys Tech. & Perf. RL	5-6:15 Musical Theater Dance AC	11:15-12:45 Ball 4 12:45-1:15 Pointe 1 IS
7-8:15 Beginning Ballet IS	7-8:30 Modern 5 TM	6-7:15 Adult Adv.Beg Jazz AP	5:30-7 Interm Tap SB	6-7:30 BBoys BGirls 3-4 JH	12-1:15 Ballet 2 AC
7:30-9 Fusion 4-5 RL	7:30-9 Contemp. Ballet IS	6-7:30 Modern 3-4 IS	5:45-7 Jazz 1-2 AP	6:30-8:30 Student Choreo 2 nd & 4 th Fri AC	1:15-2:45 Ballet 3 AC
		7:30-9 Adv Beg/ Interm Ballet IS	7-8:30 Hip Hop 3-4 RL	6:30-8:30 Teen Jazz 3 rd Fri AC	1:30-3 Ballet 5 3-3:45 Pointe 2 IS
		7:30-9 Jazz 3-4 AP	7-8:30 Jazz 5 AP		