

# Contemporary Dance and Fitness Studio

18 Langdon Street Montpelier, VT 05602 (802) 229-4676 www.cdandfs.com

Autumn 2020 Sept 8-Dec 21

## MONDAY

11-12 **Yoga** AM

3:15-4 **Jr B-Boys**  
**B-Girls** EL

3:30-4:15 **Ballet**  
**Conditioning** AM

4:30-5:15 **B-Boys**  
**B-Girls 1-2** EL

5-6 **Ballet Barre**  
**Workout** WW

5:30-6:30 **Teen**  
**Jazz Tech** IS RL  
& Guests  
once monthly 5:30-7:30

6:15-7:30 **Modern**  
**Jazz 5** WW  
In-person only

## ONLINE

4:30-5:15 **Jr Hip**  
**Hop 1-2** RL

*ALSO: ONLINE*  
**Kids Kreate** TM  
Day/Time TBA  
**Modern 5** TM  
Day/Time TBA

## TUESDAY

11-12  
**Conditioning** AM

3:30-4:15 **Jr**  
**Modern 1-2** MCD

4-4:45 **Tap Kids**  
**3-4** SB

4:30-5:30 **Jr**  
**Modern 3-4** KN  
In-person only

5-6:15 **Adv Beg &**  
**Interm Tap** SB

5:45-7 **Modern 1-2**  
KN In-person only

6:30-7:45 **B-Boys**  
**B-Girls 3-5**  
EL & Crew

## ONLINE

4-5:15 **Ballet 4** IS  
5:30-6:45 **Ballet 5**  
IS

## WEDNESDAY

11-12 **Dance &**  
**Stretch** AM

3:20-4:05 **Jr Jazz**  
**1-2** MCD

3:30-5:30 **Jr**  
**Company** IS

4:20-5:20 **Jazz 2**  
**and up** AP

5:30-6:30 **Jr Jazz**  
**3-4** AP

5:45-7  
**Contemporary**  
**Ballet** IS

7:15-8:15 **Jazz 4** IS

## THURSDAY

3:15-3:55 **Jr Tap**  
**& Jazz** AM

3:30-4:15 **Pointe**  
**Prep &**  
**Maintenance** IS  
4:15-4:30 **Pointe 1**  
4:15-5 **Pointe 2**  
5-6 **Pointe 3**

5:15-6:20 **Jr Hip**  
**Hop 3-4** OZ  
In-person only. Tentative

6:15-7:30  
**Modern 3-4** MCD

6:30-7:40 **Hip Hop**  
**1-2** OZ In-person only  
Tentative

## FRIDAY

11-12  
**Conditioning** AM

3:20-4 **Tap Kids 1-**  
**2** AM

3:30-4:30 **Ballet**  
**open level** IS

4:45-7 **Teen Jazz**  
IS & RL (both studios)

7:15-8:30 **Hip Hop**  
**3-4** OZ In-person only  
Tentative

12:45-1:15 **Pointe 2**  
IS

12:45-1:30 **Pointe 3**  
IS

2-3:15 **Ballet 4** IS

3:15-3:30 **Pointe 1**  
IS

## SATURDAY

9-9:40 **Pre-Primary**  
**Ballet** MCD

9:30-10:50 **Ballet 3**  
IS

10-10:40 **Primary**  
**Ballet** MCD

11-11:50 **Ballet 1**  
WW

11:15-12:45 **Ballet**  
**5** IS

12:15-1:15 **Ballet 2**  
WW

12:45-1:15 **Pointe 2**  
IS

12:45-1:30 **Pointe 3**  
IS

2-3:15 **Ballet 4** IS

3:15-3:30 **Pointe 1**  
IS

## FACULTY

AM Allison Mann AP Abby Pepin SB Sue Booth RL Rosemary Leach  
TM Tracy Martin IS Isadora Snapp KN Kaitlyn Nascimento WW Willow Wonder  
OZ Olivia Zoecklein MCD Mary Chris DeBelina EL Evan Lewis

Classes designated "in-person only" will meet at the studio if/when we can.  
They will not transition to the on-line mode.

Daytime Fitness  
Special MSAC  
Rates, ON-LINE  
only