

Contemporary Dance and Fitness Studio

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

Autumn 2018 Sept 5-Dec 19

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
12noon-1pm Deep Yoga Workout AM	3:30-5 Ballet 4 IS	3:45-5:15 Teen/Adult Ballet 2 & up IS ***	3:30-5 Ballet 5 IS	10-11:30 Yoga w/ a Splash of Dance AM	8:30-9:45am AfroJazz & Yoga Workout AM
3:45-4:45 Ballet Conditioning AM	3:45-4:45 Jr Modern 1-2 AC	3:45-4:45 Jr Jazz 1-2 AC	3:45-4:45 BBoys BGirls 1-2 DJ & AH	2-2:45 Pre-Primary Ballet AC	9-10 Ballet 1 AC
3:45-4:30 TapKids 1 SB	3:45-4:30 Jr BBBG/HH ES & AH ***	4-4:45 Tap Kids Jr ages 6-8 SB	5-6:15 Musical Theater Dance ES	3:30-5:45 Teen Jazz AC	9:30-10:15 Jr BBoys/BGirls & Hip Hop DJ & ES
5-6 CardioFunk Adults SK	4:45-6 Jr Modern 3-4 KN	4:45-6 Jr Jazz 3-4 AC	5-5:45 Pointe Prep & Maint. IS	5-6 Adult Beginning Tap KC	9:45-11:15 Ballet 3 IS
4:30-5:30 Jr Hip Hop 1-2 RL	5-6 Pointe 2-3 IS	4:45-5:45 Tap Kids 2-3 SB	5:45-6 Pointe 1 IS	6-7:15 Hip Hop 1-2 OZ	10-10:45 Primary Ballet AC
5:45-7 Boys Fusion RL ages 10 and up	5:15-6:30 AfroJazz & Yoga Wkt AM ***	5:15-6:15 Deep Yoga Wkt AM ***	5:15-6:15 Ballet Barre Wkt. WW ***	6-7:15 Hip Hop 1-2 OZ	10:30-11:15 Jr BBoys/BGirls & Hip Hop DJ & ES
6-7:15 Jr Hip Hop 3-4 OZ	6-7:30 Modern 1-2 KN	6-7:15 Adult Adv.Beg Jazz AP	6:15-7:45 Modern 3-4 IS	6:15-7:15 BBoys BGirls 3 RH & DM	10:45-11:30 Pre Primary Ballet ages 3 ½ -5 AC
7-8:15 Jazz 1-2 AP	6-7:30 Contemporary Ballet IS	6-7 Tap 1-2 SB	6:15-7:45 Jazz 5 WW	7-8:15 BBoys BGirls 4-5 IS, RL, DJ, DM, AH, CC BBBG 5 'til 8:30	11:15-12:45 Ballet 4
7:15-8:45 Hip Hop 3-4 OZ	7:30-9 Jazz 3-4 WW	7-8:30 Interm Tap SB	7:45-9:15 Fusion 4-5 RL	6:30-8:30 Student Choreo 2nd Fri AC	12:45-1:30 Pointe 1 IS
	7:30-9:15 Modern 5 TM	7:15-8:30 Fusion 2-3 RL	*** Class is held in 2nd floor studio.	6:30-8:30 Teen Jazz 3rd Fri AC	12-1:15 Ballet 2 AC
					1:15-2 Pre-Primary Ballet ages 3 ½ -5 AC
					1:45-3:15 Ballet 5
					3:15-3:30 Pointe 2-3 IS

AM Allison Mann AP Abby Pepin AC Amia Cervantes RL Rosemary Leach IS Isadora Snapp
 KN Kaitlyn Nascimento TM Tracy Martin WW Willow Wonder SB Sue Booth DJ Daniel Jestes
 ES Erin Sullivan OZ Olivia Zoecklein DM Dylan Marcinkowski SK Shannon Kelly
 CC Coulter Cluett AH Auden Hubbard KC Kristin Campbell