

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 Yoga Straight Up AM	3:30-5 Ballet 4 IS	3:45-4:45 Jr Jazz 1-2 AC	3:30-5 Ballet 5 IS	10-11:30 Yoga w/ a Splash of Dance AM	8:30-9:45am Dance Fusion Wkt EM Sept & Oct. AM Nov & Dec
3:45-4:45 Ballet Conditioning AM	3:45-4:45 Jr Modern 1-2 AC	4-4:45 Tap Kids Jr ages 6-8 SB	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 ***	4:45-6 Jr Jazz 3-4 AC	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	4:45-5:45 Tap Kids 2-3 SB	5-5:45 Pointe Prep & Maint. IS	4-5:30 Beginning Ballet ages 12 and up IS	9:45-11:15 Ballet 3 IS
4:30-5:30 Jr Hip Hop 1-2 RL	5-6 Pointe 2-3 IS	5:15-6:15 Deep Yoga Wkt AM ***	5:45-6 Pointe 1 IS	10-10:45 Primary Ballet AC	10-10:45 Primary Ballet AC
4:15-5:45 Acting & Auditions ages 10 and up SA ***	5:15-6:15 Deep 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
5:45-7 Boys Fusion RL ages 10 and up	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 Hip Hop 1-2 OZ	10:45-11:30 Pre Primary Ballet ages 3 ½ -5 AC
6-7:15 Jr Hip Hop 3-4 OZ	6-7:30 Contemporary Ballet IS	6-7 Tap 1-2 SB	6:15-7:45 Jazz 5 WW	6:15-7:15 BBoys BGirls 3 TBA	11:15-12:45 Ballet 4
7-8:15 Jazz 1-2 AP	7:30-9 Jazz 3-4 WW	7-8:30 Interm Tap SB	7:45-9:15 Fusion 4-5 RL	7-8:15 BBoys BGirls 4-5 IS, RL, DJ, DM, AH, CC BBBG 5 'til 8:30	12:45-1:30 Pointe 1 IS
7:15-8:45 Hip Hop 3-4 OZ	7:30-9:15 Modern 5 TM	7:15-8:30 Fusion 2-3 RL	7:45-9:15 Teen & Adult Ballet 2 and up IS	6:30-8:30 Student Choreo 2 nd & 4 th Fri AC	12-1:15 Ballet 2 AC
				6:30-8:30 Teen Jazz 3 rd Fri 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

*** Class is held in 2nd floor studio.

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
 SA Sorsha Anderson DJ Daniel Jestes ES Erin Sullivan OZ Olivia Zoecklein DM Dylan
 Marcinkowski SK Shannon Kelly EM Emma Manion CC Coulter Cluett AH Auden Hubbard