Contemporary Dance and Fitness Studio

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

Autumn 2019 Sept 4-Dec 17

MONDAY

12-1pm **Yoga I** AM

3:15-4 **Kids Kreate** ages 5-7 TM

3:30-4:15 **Jr BBBG/Hip Hop**** JH

3:45-4:45 **Ballet Conditioning** AM

4-4:45 **TapKids 1-2** SB

4:15-5 **Jr BBBG/Hip Hop**** JH

4:45-5:45 **Jr Hip Hop 1-2** RL

5-6 **BBBG 1-2** JH

5-6 **Adult ** Conditioning** AM

5:45-7 **Jazz 1-2** AP

6-7 **BBBG 3** JH

6-7:15 **Boys Fusion** RL **

7-8:45 **BBBG 4-5** JH

7-8:45 **Modern 5** TM

TUESDAY

11-12 **Tap I & Stretch** AM

3:30-5 **Ballet 5** IS

3:45-4:45 **Jr Modern 1-2** AC

4:45-6 **Jr Modern 3-4** KN

5-5:45 **Pointe Prep** IS

5:45-6 **Pointe 1** IS

5:15-6:45 **AfroJazz & Yoga Wkt** AM **

6-7:30 **Modern 1-2** KN

6-7:30 **Contemporary Ballet** IS

7:30-9 **Jazz 3-4** WW

7:30-9 **Fusion 4-5** RL

WEDNESDAY

11-11:55 **Dance & Stretch** AM

12:05-1 **Yoga II**

3:45-4:45 **Jr Jazz 1-2** AC

4-4:45 **Jr Tap & Jazz** ages 6-8 SB

4:45-6 **Jr Jazz 3-4** AC

4:45-5:45 **Tap Kids 3-4** SB

6-7:15 **Musical Theater Dance AC**

6-7 **Tap 2** SB

7-8 **Interm Tap** SB

7:15-8:30 **Fusion 2-3** RL

THURSDAY

3:30-5 **Ballet 4** IS

5-6:15 **Adult Beg. Jazz** AP

5-6 **Pointe 2** IS

5-6 **Ballet Barre Wkt.** WW **

6:15-7:45 **Hip Hop 3-4** OZ

6:15-7:45 **Teen/Adult Ballet 2** IS **

6:15-7:45 **Modern-Jazz 5** WW

7:45-9:15 **Modern 3-4** IS

FRIDAY

11-12 **Conditioning** AM

3:30-5:45 **Teen Jazz** AC

5-6 **Teen/Adult Beg. Tap** KC

6-7:15 **Jr Hip Hop 3-4** OZ

7:15-8:30 **Hip Hop 1-2** OZ

6:30-8:30 **Student Choreo** 2nd & 4th Fri AC

6:30-8:30 **Teen Jazz** 3rd Fri AC

SATURDAY

9-9:45 **Pre-Primary Ballet** MCD

9:30-11 **Ballet 3** IS

9:45-10:30 **Pre-Primary Ballet** MCD

11-12:30 **Ballet 4** IS

10:30-11:15 **Primary Ballet** MCD

11:30-12:30 **Ballet 1** WW

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

1:30-3 **Ballet 5** IS

12:30-1:45 **Ballet 2** WW

3-3:30 **Pointe 2** IS

**** Class is held in Studio C, 2nd floor**

Daytime Fitness Special Rates

FACULTY

AM Allison Mann AP Abby Pepin AC Amia Cervantes
RL Rosemary Leach TM Tracy Martin
IS Isadora Snapp KN Kaitlyn Nascimento WW Willow Wonder
SB Sue Booth OZ Olivia Zoecklein JH Justin Hover
MCD Mary Chris DeBelina KC Kristin Campbell