

# Contemporary Dance and Fitness Studio

18 Langdon Street Montpelier, VT 05602 (802) 229-4676 info@cdandfs.comcastbiz.net

Autumn 2021 Sept 7-Dec 20

| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  | SATURDAY                                      |
|---|--|--|--|---|---|
| 11-11:55 <b>Dance &amp; Stretch</b> AM                    | 3:30-4:30 <b>Ballet</b> A<br><b>Conditioning</b> WW  | 11-11:55 <b>Dance &amp; Stretch</b> AM                     | 3:30-5 <b>Ballet 4</b> IS B  | 9-9:30 <b>Co-Motion</b><br>MCD<br>For ages 0-5 & their adults                                   | 9-9:45 <b>Pre-Primary Creative Ballet</b> MCD |
| 12:05-1pm <b>Yoga I</b><br>AM <i>In-Person &amp; Zoom</i> | 3:45-4:40 <b>Jr</b> B<br><b>Modern 1-2</b> MCD       | 12:05-1pm <b>Yoga II</b><br>AM <i>In-Person &amp; Zoom</i> | 4-4:45 <b>Jr B-Kids</b><br>(formerly Jr B-Boys B-Girls) LF<br>& BL C | 9:45-10:30 <b>Pre-Primary Creative Ballet</b> ages 3 1/2-5 MCD                                  | 9:30-11 <b>Ballet 3</b> IS                    |
| 4-4:45 <b>Jr Tap &amp; Jazz</b> AM A                      | 4:30-6:30 <b>Ballet 5 &amp; Conditioning</b> IS<br>A | 3:30-5:30<br><b>Jr. Company</b> IS &<br>Guests B           | 4:15-5:15 <b>Jr Hip Hop</b><br>1-2 RL A                              | 11-12 <b>Conditioning</b><br>AM <i>In-Person &amp; Zoom</i>                                     | 9:55-10:40 <b>Primary Ballet 1</b> MCD        |
| 4-4:50 <b>Tap Kids</b><br>1-2 SB B                        | 4:45-5:55 <b>Jr</b> B<br><b>Modern 3-4</b> MCD       | 3:45-4:40 <b>Jr Jazz 1-2</b><br>MCD A                      | 5:05-6:30 <b>Modern 5</b><br>TM B                                    | 3:30-4:30 <b>Ballet open level</b> IS & NCT A   | 10:50-11:35 <b>Primary Ballet 2</b> MCD       |
| 4:45-6 <b>Teen Jazz Tech</b> IS RL & Guests<br>A          | 4:45-6 <b>Ballet Barre Workout</b> WW C              | 4:45-5:55 <b>Jr Jazz 3-4</b><br>AP A                       | 5:15-6:15 <b>Pointe 2</b> IS<br>C                                    | 4-4:45 <b>BKids 1-2</b><br>(formerly BBoys BGirls 1-2)<br>BL JM B                               | 11:15-12:30 <b>Ballet 5</b><br>IS             |
| 4:55-6 <b>Tap Kids</b><br>3-4 SB B                        | 6-7:15 <b>B-Kids 3-5</b><br>DM B                     | 6-7:15 <b>Jazz 2-3</b> AP B                                | 5:20-6:20 <b>Jazz 1+</b><br>KN A                                     | 4:45-7 <b>Teen Jazz</b> IS<br>RL and guests A or B  | 11:45-12:45 <b>Ballet 1</b><br>WW             |
| 6:05-7:15 <b>Tap 2+</b><br>Teen/Adult SB B                | 6:45-7:30 <b>Pointe Prep &amp; Maint.</b> IS         | 6-7:30<br><b>Contemporary Ballet</b> IS A                  | 6:15-7:30 <b>Pointe 3</b> IS<br>C                                    | 5-6:20 <b>Musical Theater Dance</b> ES<br>1-2 years Jazz required,<br>Ages 11 and up.<br>A or B | 12:30-12:45 <b>Pointe 2 &amp; 3</b> IS        |
| 6:30-8 <b>Hip Hop 3-4</b><br>RL A                         | 7:15-8:30 <b>Fusion</b><br>3-4 RL B                  | 7:45-9 <b>Jazz 4</b> IS A                                  | 6:25-7:45 <b>Modern</b><br>1-2 KN A                                  | 6:30-8 <b>Modern 3-4</b><br>MCD B   | 12:50-2 <b>Ballet 2</b> WW                    |
|   | 7:30-8 <b>Pointe 1/1A</b><br>IS A                    |  |  |   | 1:30-3 <b>Ballet 4</b> IS                     |

## FACULTY

AM Allison Mann IS Isadora Snapp RL Rose Leach AP Abby Pepin SB Sue Booth  
MCD Mary Chris DeBelina WW Willow Wonder KN Kait Nascimento ES Erin Sullivan  
TM Tracy Martin DM Donald Mayville

## JR FACULTY

NCT Nora Chase-Tatko LF Leonie Fournier BL Ben Loga JM Josephine Mikus

## Special Rates:

~Co-Motion: sliding scale. Please Call.  
~Allison's Adult Fitness: \$5/class