

Contemporary Dance and Fitness Studio

18 Langdon Street Montpelier, VT 05602 (802) 229-4676 www.cdandfs.com
 Winter/Spring 2019 Jan 2nd - May 11th

<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	2-2:45 Pre-Primary Ballet AC	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 <i>class closed</i>	3:45-4:45 BBoys BGirls 1-2 DJ & AH	3:30-5:45 Teen Jazz 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	5-6 Adult Beginning Tap KC	9:30-10:15 *** Jr BBoys/BGirls/Hip Hop DJ & ES
4:30-5:30 Jr Hip Hop 1-2 RL <i>class closed</i>	4:45-6 Jr Modern 3-4 KN	4:45-6 Jr Jazz 3-4 AC	5-5:45 Pointe Prep & Maint. IS	6-7:15 Hip Hop 1-2 OZ	9:45-11:15 Ballet 3 IS
5-6 Adult Conditioning AM <i>New Classes!</i>	5:15-6:30 AfroJazz & Yoga Wkt AM ***	4:45-5:45 Tap Kids 2-3 SB	5:15-6:15 Ballet Barre Wkt WW	6:15-7:15 BBoys BGirls 3 RH & DM	10-10:45 Primary Ballet AC
5:45-7 Boys Fusion RL ages 10 and up	6-7:30 Modern 1-2 KN	5:15-6:15 Deep Yoga Wkt AM ***	5:45-6 Pointe 1 IS	7-8:15 BBoys BGirls 4-5 IS, RL, DJ, DM, AH, CC	10:15-11 *** Jr BBoys/BGirls & Hip Hop DJ & ES <i>time change</i>
6-7:15 Jr Hip Hop 3-4 OZ	6-7:30 Contemporary Ballet IS	6-7:15 Adult Adv.Beg Jazz AP	6:15-7:45 Modern 3-4 IS <i>class closed</i>	BBBG 5 'til 8:30	10:45-11:30 Pre Primary Ballet ages 3 ½ -5 AC
7-8:15 Jazz 1-2 AP	7:30-9 Jazz 3-4 WW	6-7 Teen Tap 2 SB	6:15-7:45 Jazz 5 WW	6:30-8:30 Student Choreo 2 nd Fri AC	11:15-12:45 Ballet 4
7:15-8:45 Hip Hop 3-4 OZ	7:30-9:15 Modern 5 TM	7-8:30 Interm Tap SB	7:45-9:15 Fusion 4-5 RL	6:30-8:30 Teen Jazz 3 rd Fri AC	12:45-1:30 Pointe 1 IS
		7:15-8:30 Fusion 2-3 RL			12-12:45 Pre-Primary Ballet ages 3½ -5 AC <i>time change</i>
			*** Class is held in 2 nd floor studio.		12:45-2 Ballet 2 AC <i>time change</i>
					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 CC Coulter Cluett
 AH Auden Hubbard KC Kristin Campbell