

Contemporary Dance and Fitness Studio

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

Winter/Spring 2020 Jan 2-May 7

MONDAY

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

12:05-1pm **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****

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

6-7 **BBBG 3 JH****

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

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

7:15-9 **Modern 5 TM**

TUESDAY

11-12 **Tap Exercise AM**

12:05 -1 **Conditioning 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**

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

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

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

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

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

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**

*** This class currently has a waiting list.**

THURSDAY

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

4-4:45 **Primary Ballet MCD**

5-6 **Pointe 2 IS**

5-6 **Ballet Barre Workout WW**

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

6-7:30 **Teen/Adult Ballet 2 IS****

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

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

FRIDAY

11-12 **Conditioning AM**

12:05-1pm **Yoga III AM**

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

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

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

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

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

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**

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

Class Descriptions at www.cdandfs.com

DAYTIME CLASSES: \$5 \$4 for MSAC Drop In Start Anytime No Experience Needed