MPOWER DANCE STUDIO
WINTER/SPRING 2024 Schedule

MONDAY

Studio 1

M - 4:00 PM
Tumbling Fundamentals (ages 5+)
Kelly & Trish
4:00 - 5:00

M - 5:00 PM
Beginning Tumbling (eval required)
Kelly & Kaitlyn
5:00 - 6:00

M - 6:00 PM
Intermediate Tumbling (eval required)
Kelly
6:00 - 7:00

M - 7:00 PM
Advanced Tumbling (eval required)
Kelly
7:00 - 8:00

Studio 2

Mon - 10:30 AM
Tots Combo Class (ages 3-6) Dance / Tumble
Maria
10:30 - 11:30

M - 4:00 PM
Tots Combo Class (ages 3-6) Tap / Tumble
Kaitlyn
4:00 - 5:00

M - 5:00 PM
Jazz Fusion (ages 5+)
Trish & Ava
5:00 - 6:00

M - 6:00 PM
Acro Contemporary (ages 5+)
Trish & Kaitlyn
6:00 - 7:00

M - 7:00 PM
Elite Tumbling (eval required)
Kelly
7:00 - 8:30

TUESDAY

Studio 1

T - 4:30 PM
TINY TWINKLES Rehearsal/Technique
Maria & Christa
4:30 - 5:30

T - 5:30 PM
Petite Ballet (Recreational & Comp)
Christa
5:30 - 6:30
*Class **Required** for Petite Power. Open to ALL Recreational Students*

T - 6:30 PM
Teen Ballet (Recreational & Comp)
Christa
6:30 - 7:30
*Class **Required** for All Teen Company. Open to ALL Recreational Students*

T - 7:30 PM
Junior Ballet (Recreational & Comp)
Christa
7:30 - 8:30
*Class **Required** for All Junior Company. Open to ALL Recreational Students*

Studio 2

T - 4:30 PM
MINI MAGIC Rehearsal/Technique
Maria & Christa
4:30 - 5:30

T - 5:30 PM
PETITE PRIMA Rehearsal/Technique
Maria & Christa
5:30 - 6:30

T - 6:30 PM
PETITE POWER/ JUNIOR (Tricks & Skills)
Maria
6:30 - 7:30

T - 7:30 PM
TEEN (Tricks & Skills)
Maria
7:30 - 8:30

WEDNESDAY

Studio 1

W - 4:00 PM
Junior/Teen Hip Hop & Tricks (ages 10+)
Maria
4:00 - 5:00

W - 5:00 PM
Petite Hip Hop & Tricks (ages 5-9)
Maria
5:00 - 6:00

W - 6:00 PM
Comp Cheer Dazzling Darlings
Hannah & Maria
6:00 - 7:00 PM

W - 7:00 PM
Comp Cheer Glam Girls
Hannah & Maria
7:00 - 9:00 PM

Studio 2

W - 4:00 PM
Petite Cheer / Poms (ages 5-9)
Hannah
4:00 - 5:00

W - 5:00 PM
Junior/Teen Cheer / Poms (ages 10+)
Hannah
5:00 - 6:00

W - 6:00 PM
Comp Cheer Starlights
Hannah & Maria
6:00 - 7:30 PM

THURSDAY

Studio 1

Thu - 10:30 AM
Tots Combo Class (ages 3-6) Dance / Tumble
Maria
10:30 - 11:30

TH - 3:45 PM
MINIS & PETITES Technique/Rehearsal
Maria & Christa
3:45 - 4:30

TH - 4:30 PM
JUNIOR PIZZAZZ Rehearsal
Maria & Christa
4:30 - 5:30

TH - 5:30 PM
Company Line Practice
Maria & Christa
5:30 - 6:30 PM

TH - 6:30 PM
JR. PRIMA (6:30 - 7:30)
JR. POWER (6:30 - 8:30)
Maria & Christa
6:30 - 8:30 PM

Studio 2

TH - 4:30 PM
PETITE POWER Rehearsal
Maria & Christa
4:30 - 5:30

TH - 6:00 PM
Musical Theater (ages 7+)
Ginny
6:00 - 7:00

TH - 7:00 PM
TEEN & TEEN POWER
Maria & Christa
7:00 - 8:00 PM

FRIDAY

Studio 1

Fri - 10:30 AM
You & Me (ages 2 - 5)
Maria
10:30 - 11:15

FRI - 4:30 PM
PETITE POWER (1 / month)
JUNIOR POWER (every week)
TEEN POWER (every week)
Technique / Stretch / Conditioning
Maria & Christa
4:30 - 6:30 PM
Open to ALL COMPANY!!

Studio 2

SATURDAY

Studio 1

Sat - 9:30 AM
Open Gym - Tumbling (ages 5+)
Kelly
9:30 - 10:30

Studio 2

MEMBERSHIP OPTIONS
Click **HERE** to register!

Tot Classes (Light Pink on Schedule)
Open to All! Memberships start at $70/month

Recreational Classes (Dark Pink on Schedule)
Open to All! Memberships start at $70 / month

Company / Competitive Cheer (Purple on Schedule)
Tryout required. Email for more info!

ADULT CLASSES

Ballroom Dance w/ Al Brewer
Offered Saturday & Sunday
Contact Al at 303-909-7103 for more info!

Foothills Yoga w/ Tiffany Cutcliff
Offered Saturday @ 9:30 AM
Contact tiffanycutcliff@gmail.com for more info!

REB3L Groove w/ Shaunna Abling
Offered Sunday @ 9:15 AM
Contact shaunnaabling@yahoo.com for more info!

REB3L Groove w/ Maria Oskey
Offered Monday @ 9:30 AM
Contact maria.mpowerdance@gmail.com for more info!

720-206-8150 ☆ WWW.MPOWERDANCESTUDIO.COM ☆ Maria.MPowerDance@gmail.com