

MPOWER DANCE STUDIO SCHEDULE

☆ SPRING 2022 ☆

Our Spring 2022 Season Kicks off January 3rd and goes through our MPower Showcase (date TBA). Please note our Ballet & Lyrical classes taught by Christa will launch the week of 01/17/22. Ballet/Jazz (3-5) and Ballet/Tap (3-5) will start on 01/03/22!

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2
9:15 AM	Cheer (ages 3 - 5) Hannah 9:15 - 10:00		Musical Theater Ginny 9:30 - 10:15	ADULT Reb3l Groove Maria 9:30 - 10:30							Open Gym Kelly 9:00 - 10:00	OPEN // ADULT Private Ballroom Dance Lessons Contact Al Brewer 303-909-7103
10:30 AM	Ballet/Jazz (ages 3 - 5) Maria 10:30 - 11:15				Hip Hop (ages 3 - 5) Maria 10:30 - 11:15	ADULT Yoga Tiffany 10:30 - 11:30	Tumbling (ages 3 - 5) Maria 10:30 - 11:15	ADULT Barre Christa 10:30 - 11:30	You & Me (ages 2-3) Maria 10:30 - 11:15			Offered on Saturday & Sundays at MPower
☆ Noon - 4 PM - OPEN FOR PRIVATE LESSONS AND STUDIO RENTAL ☆												
	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2
4:30 PM	LVL 1 Tumbling Kelly/Hannah 4:30 - 5:30	LVL 2 Tumbling Kelly/Hannah 4:30 - 5:30	LVL 1 Hip Hop Maria 4:30 - 5:30	Ballet & Tap (ages 3 - 5) Lauren 4:30 - 5:30	LVL 1 Cheer Hannah / Delaney 4:30 - 5:30	Acro - Contortion & Flexibility Maria 4:30 - 5:30	LVL 1 Ballet Christa 4:30 - 5:30	LVL 2 Jazz / Leaps & Turns Maria 4:30 - 5:30	Company Poms Minis & Poms 1 Maria 4:30 - 6:00			
5:30 PM	Acro Company Hannah 5:30 - 6:30	HS Tumbling Kelly 5:30 - 6:30	LVL 2 Hip Hop Maria 5:30 - 6:30	Lyrical (ages 9+) Christa 5:30 - 6:30	LVL 2/3 Cheer Hannah / Delaney 5:30 - 6:30	ADULT Reb3l Groove Shaunna 5:30 - 6:30	LVL 2 Ballet Christa 5:30 - 6:30	LVL 1 Jazz / Leaps & Turns Maria 5:30 - 6:30		Hot Shots Kaitlyn 5:00 - 6:00		
6:30 PM	LVL 3 Tumbling Kelly/Hannah 6:30 - 7:30	LVL 4 Tumbling Kelly/Hannah 6:30 - 7:30	LVL 3 Hip Hop Maria 6:30 - 7:30	ADULT Barre Christa 6:30 - 7:30	Comp. Cheer 1 Hannah / Delaney 6:30 - 7:30	OPEN/ PRIVATE LESSONS	LVL 3 Ballet (Pre-Pointe) Christa 6:30 - 7:45	ADULT Yoga Tiffany 6:30 - 7:30	Company Hip Hop 2 Maria 6:00 - 7:00	Company Hip Hop 1 Lilly 6:00 - 7:00		
7:30 PM	LVL 5 Tumbling Kelly/Hannah 7:30 - 8:30	LVL 6 Tumbling Kelly/Hannah 7:30 - 8:30	Company Poms 2 Maria 7:30 - 8:30	OPEN/ PRIVATE LESSONS	Comp. Cheer 2 Hannah / Delaney 7:30 - 8:30	OPEN/ PRIVATE LESSONS	OPEN/ PRIVATE LESSONS					
8:30 PM								LVL 3 Jazz / Leaps & Turns Maria 7:45 - 8:45				