

## MPOWER DANCE STUDIO

### Updated 2023 Fall SCHEDULE

**08.07.23 - 12.01.23**

*End-Of-Season Production will be on Saturday 12/02.*

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
										Sat - 9:30 AM	
										Open Gym - Tumbling (ages 5+) Kelly 9:30 - 10:30	
	Mon - 10:30 AM									Fri - 10:30 AM	
	Tots Combo Class (ages 3-6) Dance / Tumble Maria 10:30 - 11:30									You & Me (ages 2 - 5) Maria 10:30 - 11:15	
										Sat - 10:30 AM	
										Open Gym - Tumbling (ages 3 - 5) Kelly 10:30 - 11:15	
MEMBERSHIP OPTIONS Click <a href="#">HERE</a> 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. <a href="#">Email</a> 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 <a href="mailto:tiffanycutcliff@gmail.com">tiffanycutcliff@gmail.com</a> for more info!	
										REB3L Groove w/ Shaunna Abing Offered Sunday @ 9:15 AM Contact <a href="mailto:shaunnaabing@yahoo.com">shaunnaabing@yahoo.com</a> for more info!	
										REB3L Groove w/ Maria Oskey Offered Monday @ 9:30 AM Contact <a href="mailto:maria.mpowerdance@gmail.com">maria.mpowerdance@gmail.com</a> for more info!	
M - 4:00 PM	M - 4:00 PM					W - 4:00 PM	W - 4:00 PM				
Tumbling Fundamentals (ages 5+) Kelly & Trish 4:00 - 5:00	Tots Combo Class (ages 3-6) Tap / Tumble Kaitlyn 4:00 - 5:00			Junior/Teen Hip Hop & Tricks (ages 10+) Maria 4:00 - 5:00	Petite Cheer / Poms (ages 5-9) Hannah 4:00 - 5:00			TH - 4:30 PM	TH - 4:30 PM	FRI - 4:30 PM	
		T - 4:30 PM	T - 4:30 PM					JUNIOR PIZZAZZ Rehearsal Maria & Christa 4:30 - 5:30	PETITE POWER Rehearsal Maria & Christa 4:30 - 5:30	PETITE POWER (1 / month) JUNIOR POWER (every week) TEEN POWER (every week) Technique / Stretch / Conditioning Maria & Christa 4:30 - 6:30 PM <i>Open to ALL COMPANY!!</i>	
		TINY TWINKLES Rehearsal/Technique Maria & Christa 4:30 - 5:30	MINI MAGIC Rehearsal/Technique Maria & Christa 4:30 - 5:30								
M - 5:00 PM	M - 5:00 PM					W - 5:00 PM	W - 5:00 PM				
Beginning Tumbling (eval required) Kelly & Kaitlyn 5:00 - 6:00	Jazz Fusion (ages 5+) Trish & Ava 5:00 - 6:00										
		T - 5:30 PM	T - 5:30 PM			Petite Hip Hop & Tricks (ages 5-9) Maria 5:00 - 6:00	Junior/Teen Cheer / Poms (ages 10+) Hannah 5:00 - 6:00				
		Petite Ballet (Recreational & Comp) Christa 5:30 - 6:30 <small>Class Required for Petite Power. Open to ALL Recreational Students</small>	PETITE PRIMA Rehearsal/Technique Maria & Christa 5:30 - 6:30					TH - 5:30 PM			
								Company Line Practice Maria & Christa 5:30 - 6:30 PM			
M - 6:00 PM	M - 6:00 PM									TH - 6:00 PM	
Intermediate Tumbling (eval required) Kelly 6:00 - 7:00	Acro Contemporary (ages 5+) Trish & Kaitlyn 6:00 - 7:00									Musical Theater (ages 7+) Ginny 6:00 - 7:00	
		T - 6:30 PM	T - 6:30 PM			Comp Cheer Dazzling Darlings Hannah & Maria 6:00 - 7:00 PM	Comp Cheer Starlights Hannah & Maria 6:00 - 7:30 PM				
		Teen Ballet (Recreational & Comp) Christa 6:30 - 7:30 <small>Class Required for All Teen Company. Open to ALL Recreational Students</small>	PETITE POWER/ JUNIOR (Tricks & Skills) Maria 6:30 - 7:30								
M - 7:00 PM											
Advanced & Elite Tumbling (eval required) Kelly 7:00 - 8:00								JR. PRIMA & JR. POWER TEEN & TEEN POWER Maria & Christa 6:30 - 8:30 PM			
		T - 7:30 PM	T - 7:30 PM								
		Junior Ballet (Recreational & Comp) Christa 7:30 - 8:30 <small>Class Required for All Junior Company. Open to ALL Recreational Students</small>	TEEN (Tricks & Skills) Maria 7:30 - 8:30								
						Comp Cheer Glam Girls Hannah & Maria 7:00 - 9:00 PM					