

MPOWER DANCE STUDIO
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							Thu - 10:30 AM		Fri - 10:30 AM	
	Tots Combo Class (ages 3-6) Dance / Tumble Maria 10:30 - 11:30							Tots Combo Class (ages 3-6) Dance / Tumble Maria 10:30 - 11:30		You & Me (ages 2 - 5) Maria 10:30 - 11:15	
			T - 3:45 PM								
			Beginning Ballet/Jazz (ages 5+) Christa 3:45 - 4:30								
M - 4:00 PM	M - 4:00 PM	T - 4:00 PM		W - 4:00 PM	W - 4:00 PM	TH - 4:00 PM		FRI - 4:00 PM		MEMBERSHIP OPTIONS Click HERE to register!	
Tumbling Fundamentals (ages 5+) Kelly 4:00 - 5:00	Tots Combo Class (ages 3-6) Tap / Tumble Kaitlyn 4:00 - 5:00	Tiny Twinkles (Rehearsal) 4:00 - 4:30		Intermediate Hip Hop & Tricks (ages 10+) Maria 4:00 - 5:00	Beginning Cheer / Poms (ages 5-9) Hannah 4:00 - 5:00	Petite Power Junior Pizzazz (Rehearsal) 4:00 - 6:00 PM		Petite Power (1 / month) Junior Power (every week) Teen Power (every week) (Contemporary // Leaps & Turns) Katie 4:00 - 6:30 PM Open to Junior Prima and Teen Company		Tot Classes (Light Pink on Schedule) Open to All! Memberships start at \$70/month	
		Tiny Twinkles & Mini Magic (Technique) 4:30 - 5:00	T - 4:30 PM							Recreational Classes (Dark Pink on Schedule) Open to All! Memberships start at \$70 / month	
M - 5:00 PM	M - 5:00 PM	T - 5:00 PM	T - 5:00 PM	W - 5:00 PM	W - 5:00 PM					Company / Competitive Cheer (Purple on Schedule) Tryout required. Email for more info!	
Beginning Tumbling (eval required) Kelly & Kaitlyn 5:00 - 6:00	Beginning Jazz Fusion (ages 5-9) Katie 5:00 - 6:00	Mini Magic (Rehearsal) 5:00 - 6:00	Petite Prima Petite Power Junior Pizzazz (Tricks & Skills) 5:00 - 6:00	Beginning Hip Hop & Tricks (ages 5-9) Maria 5:00 - 6:00	Intermediate Cheer / Poms (ages 10+) Hannah 5:00 - 6:00					ADULT CLASSES	
M - 6:00 PM	M - 6:00 PM	T - 6:00 PM	T - 6:00 PM	W - 6:00 PM	W - 6:00 PM	TH - 6:00 PM	TH - 6:00 PM			Ballroom Dance w/ Al Brewer Offered Saturday & Sunday Contact Al at 303-909-7103 for more info!	
Intermediate Tumbling (eval required) Kelly 6:00 - 7:00	Beginning Contemporary (ages ages 5-9) Katie 6:00 - 7:00	Intermediate Ballet (Recreational & Comp) Christa 6:00 - 7:00 <i>Class Required for Petite Power & Junior Prima. Open to Junior Power</i>	Junior Pizzazz (Foundations) Maria 6:00 - 7:00	Comp Cheer Dazzling Darlings Hannah & Maria 6:00 - 7:00 PM	Comp Cheer Starlights Hannah & Maria 6:00 - 7:30 PM	Company Line Practice Maria, Christa & Katie 6:00 - 7:00 PM	Musical Theater (ages 7+) Ginny 6:00 - 7:00			Foothills Yoga w/ Tiffany Cutcliff Offered Saturday @ 9:30 AM Contact tiffanycutcliff@gmail.com for more info!	
M - 7:00 PM	M - 7:00 PM	T - 7:00 PM	T - 7:00 PM	W - 7:00 PM		TH - 7:00 PM				REB3L Groove w/ Shaunna Abling Offered Sunday @ 9:15 AM Contact shaunnaabling@yahoo.com for more info!	
Advanced Tumbling (eval required) Kelly 7:00 - 8:00	Intermediate Jazz Fusion (ages 10+) Katie 7:00 - 8:00	Advanced Ballet (Recreational & Comp) Christa 7:00 - 8:00 <i>Class Required for all Teen / Teen Power</i>	Junior Prima Junior Power (Tricks & Skills) Maria 7:00 - 8:00	Comp Cheer Glam Girls Hannah & Maria 7:00 - 9:00 PM						REB3L Groove w/ Maria Oskey Offered Monday @ 9:15 AM Contact maria.mpowerdance@gmail.com for more info!	
M - 8:00 PM	M - 8:00 PM	T - 8:00 PM	T - 8:00 PM								
Elite Tumbling (eval required) Kelly 8:00 - 9:00	Intermediate Contemporary (ages 10+) Katie 8:00 - 9:00	Junior Power (Ballet/Leaps & Turns) Christa 8:00 - 9:00 <i>Class Required for Junior Power. Open to Junior Prima</i>	Teen (Tricks & Skills) Maria 8:00 - 9:00								