

MPOWER Dance Studio Schedule

☆ 2021 SPRING/SUMMER SEASON ☆

Spring/Summer Season Kicks-Off Monday, Feb 8 and goes thru Mid-June

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 AM	Leaps & Learning - Hannah	Tumbling - Jen				Ballet & Tap - Lauren
9:30 AM	9:15 - 10:00	9:15 - 10:00				9:15 - 10:00
10:00 AM						30 MIN Strength & Conditioning 10:00-10:30
10:30 AM	Ballet & Jazz - Maria	Poms & Cheer - Jen	Hip-Hop & Jazz - Maria	Tumbling - Maria	Me & You - Maria	ALL LVL Acro - Lilly & Mikeala
11:00 AM	10:30 - 11:15	10:30 - 11:15	10:30 - 11:15	10:30 - 11:15	10:30 - 11:15	10:30 - 11:30
11:30 AM					Open Gym - Maria	ALL LVL Pom - Lilly & Mikeala
12:00 PM					11:30 - 12:15	11:30 - 12:30
12:30 PM						
1:00 PM	Home School Open Gym - Hannah	Home School Dance - Maria	Home School Sports - Jen			
1:30 PM	1:00 - 2:00	1:00 - 2:00	1:00 - 2:00			
2:00 PM						
2:30 PM						
3:00 PM	HS Tumbling - Kelly					
3:30 PM	3:00 - 4:00					
4:00 PM	LVL 1 Tumbling - Kelly		LVL 1 Cheer - Hannah	LVL 1 Ballet Jazz - Maria	Company LVL 1/2 Dance - Maria	
4:30 PM	4:00 - 5:00	LVL 1 Hip Hop - Maria	4:00 - 5:00	4:00 - 5:00	4:00 - 5:00	
5:00 PM	LVL 2 Tumbling - Kelly	4:30 - 5:30	LVL 2/3 Cheer - Hannah	LVL 2 Ballet Jazz - Maria	Open Gym - Lilly & Mikeala	
5:30 PM	5:00 - 6:00	LVL 2 Hip Hop - Maria	5:00 - 6:00	5:00 - 6:00	5:00 - 6:00	
6:00 PM	LVL 3 Tumbling - Kelly	5:30 - 6:30	Competitive Cheer - Hannah	30 MIN Stretch & Strength 6:00 - 6:30		
6:30 PM	6:00 - 7:00	LVL 3 Hip Hop - Maria	6:00 - 7:00	LVL 3 Ballet Jazz - Maria		
7:00 PM	LVL 4 Tumbling - Kelly	6:30 - 7:30	Company LVL 3 Dance - Maria	6:30 - 7:30		
7:30 PM	7:00 - 8:00	HS Leaps & Turns - Maria	7:00 - 8:00			
8:00 PM	Company Acro - Hannah	7:30 - 8:30				
8:30 PM	8:00 - 9:00					

MPower UPDATES

WOW - Thank you all for your amazing support during our Fall/Winter Season! I am so happy to have such fabulous, talented and kind students and families as part of the **MPower Squad**. I am also SO grateful for my awesome team of instructors! Can't wait for you to see all the hard work your students have put into our **Winter Show Extravaganza** - LIVE on **Sat 03/13 @ 6PM !!** ♥♥♥ Maria, Owner & Director

Mon 02/15 - Sat 02/20 - "Bring Your Friend to Class" Week!

Mid-March '21 - Spring Choreography Workshops

Mid-June '21 - ★ **MPower Showcase** ★ (our Spring/Summer Recital)

If you or someone you know would like more information on how to join MPower Dance Studio, please visit our website or reach out directly! We will be launching our "MPower

COVID-19 SAFETY PROTOCOL

Jefferson County is in LVL Orange according to Dial Framework (updated Feb 3, 2021). The health and safety of our students, families and staff is our #1 priority.

MPower Safety Rules: Everyone who enters the studio is required to wear a mask. Student (ages 5+) are required to wear a mask during class. Temperature screening and hand washing before class is required for students and teachers. For more information about our COVID-19 Safety Protocol, please visit our website or read through our liability waiver.