

mPower Athletics 2023-2024 Gymnastics and Ninja Schedule						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00						Parent Tot (45 min)
9:30						* Adv. KK (90 min)
10:00			Parent Tot (45 min)		Parent Tot (45 min)	Gym KK
					Ninja KK	Girls 6-8
11:00			Gym KK		Gym KK	Girls 6-8
					Ninja KK	Int 6+ (1.5 hrs)
4:00	Ninja KK	Ninja KK	Ninja 6-8	Ninja KK	Ninja 7+	
	Girls 6-8	Girls 6-8	Gym KK	Girls 8+	Boys 6-8	
	Int 6+	Pre-Team (4:00-5:30)	Girls 8+	Girls 6-8	Gym KK	
				Pre-Team (4:00-5:30)	Bronze *opt* (4:00-7:00)	
5:00	Boys KK	Girls 6-8	Boys 7-9	Girls 6-8	Ninja 6-8	
	Ninja 8+	Ninja 6-8	Ninja KK	*Adv. KK (90 min)	Ninja KK	
	Gym KK	Gym KK	Int 8+ (1.5 hrs)		Girls 6-8	
	Boys Team (3 hrs)	Boys Pre- Team (5:00-7:00)	Boys Team (3 hrs)	Boys Pre-Team (5:00-7:00)	Boys Team (3 hrs)	
5:30		Bronze (5:30-8:00)		Bronze (5:30-8:00)		
6:00	Ninja 6-8	Girls Advanced (2 hr)	Ninja 8+	Girls Adv (2 hrs)	Ninja 8+	
	Int 8+ (1.5 hrs)	Tumbling (1.5 hrs)	Tumbling (1.5 hrs)			
	Girls 6-8					

**Class Pricing:**

- Ninja all ages groups (60 minutes) \$129/month
- Parent/Tot (walking to age 3) (45 minutes) - \$99/month
- Gym KK 4-5 yrs. (50 minutes) - \$119/month \*ADV KK (invite only) 3 hours/week \$265/month
- Beginner Gymnastics Boys + Girls 6-8 yrs. (1 hour) - \$119/month
- Intermediate Gymnastics (90 minutes) - \$169/month
- TT/Trampoline (90 minutes) - \$169/month
- Advanced Gymnastics - \$299/month

Join us Monday-Friday for mPower Hour

12:00-1:00 (FREE for currently enrolled students) \$10/drop in rate

\*mPower Hours don't run on school vacation weeks or no school days

**Follow us on Facebook to stay in the loop on the BONUS OPEN GYM scoop!**

School Year Classes Kick Off September 5th!

Interested in a program? Call us at 978-692-9907 to sign up for a free trial!