

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

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!