

Class Schedule

listrive.com



Monday

12-1 PM Strength & Conditioning 50+
1:30-4:15 PM Strength & Conditioning-Heidi
3:30-4:20 PM Strength & Conditioning-Courtney
3:30-4:20 PM Gaming U
4:30-5:30 PM Musical Theatre

Tuesday

3:30-4:30 PM Yoga 14+
NUTRITION CLASSES coming SOON!

Wednesday

3-4:30 PM
Connected & Confident
(ages 18+)

Thursday

11-3:45 PM Movement & Wellness classes
3:30-4:30 PM Dance Fusion
4:30-5:30 PM Sing and Shine!

Sunday

10-10:50 AM Dance Fusion (Ages 9-15)
1:30-2:20 PM Art Exploration
2:30-3:30 PM Cooking with Stars

460 County Road 111, Suite 21, Manorville, NY 11949