

Class Schedule

listrive.com



Monday

12-1 PM Strength & Conditioning 50+
1:30-4:15 PM Strength & Conditioning-Heidi
3:45-4:30 PM Strength & Conditioning 7+-Courtney
3:30-4:20 PM Gaming U
4:30-5:30 PM Musical Theatre

Tuesday

2:30-3:30 PM Healthy Habits!!!
3:45-4:30 PM Dance Fusion 7+
3:30-4:30 PM Yoga 14+

Wednesday

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

Thursday

11-3:45 PM Movement & Wellness classes
1:45-3:15 PM Community Explorations
3:30-4:30 PM Dance Fusion
4:30-5:30 PM Sing and Shine!

Sunday

2:30-3:30 PM Cooking with Stars
3:30-4:20 PM Art Exploration

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