

Class Schedule

listrive.com



L.I. STRIVE

Monday

1:30-4:15 PM Strength & Conditioning
(various classes)-Heidi
3:45-4:30 PM Strength & Conditioning Ages 7-14 -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
Ages 7-14
3:30-4:30 PM Yoga 14+

Wednesday

3:00-4:15 PM Connected & Confident 18+
3:30-4:20 Mixed Martial Arts (MMA)

Thursday

11-3:45 PM Movement & Wellness
(various classes)
1:45-3:15 PM Community Explorations
3:30-4:30 PM Dance Fusion 14+
4:30-5:30 PM Sing and Shine! 14+

Sunday

12:30-2:20 PM Mixed Martial Arts (MMA)
(various classes)
2:30-3:30 PM Cooking with Stars
3:30-4:20 PM Art Exploration

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