

LI Strive @ Dance Centre of the Hamptons
presents:

MIXED MARTIAL ARTS COMMUNITY CLASS



Program Title:

Mixed Martial Arts

Location:

LI Strive - 460 County Rd 111, Manorville, NY

Dates / Day / Time: 1/1/26-8/31/26

Every other Sunday, 12:30-1:30 PM OR 1:30-2:30 PM

Dates: 2/22/26, 3/8/26, 3/22/26, NO class 4/5/26,

4/19/26, 5/3/26, 5/17/26, 5/31/26, NO class 6/14/26,

6/28/26, 7/12/26, 7/26/26, 8/9/26, and 8/23/26

Open To: Everyone ages 14+

Pricing: \$75/class

Description:

Teens and adults learn a combination of martial arts styles in a supportive, inclusive environment. Focus areas include discipline, focus, confidence, strength, coordination, endurance, proper form, conditioning drills, and real-world application of skills. Instructor: Steven Ventimiglia, MMA Trainer

**FOR MORE INFORMATION AND TO REGISTER
VISIT US AT LISTRIVE.COM**