

Class Schedule

listrive.com



Monday

1:15-3:45 PM
STRENGTH & CONDITIONING
VARIOUS CLASSES

3:30-4:20PM
GAMING U
AGES 14+

4:15-5:00 PM
CONNECTED & CONFIDENT
AGES 18+

4:30-5:30 PM
MUSICAL THEATRE
AGES 18+

5:30-6:30 PM
PERFORMING ARTS
AGES 18+

Tuesday

12:30-2:45 PM
STRENGTH & CONDITIONING
VARIOUS CLASSES

2:30-3:30 PM
HEALTHY HABITS!
AGES 14+

3:45-4:30 PM
DANCE FUSION
AGES 7-14

3:30-4:30 PM
YOGA
AGES 14+

Wednesday

1:30-2:30 PM
CROCHETING WITH LISTRIVE
AGES 8-17

12:00-1:00 PM
CROCHETING WITH LISTRIVE
AGES 18+

4:30 - 5:30 PM
MIXED MARTIAL ARTS/
SELF DEFENSE
AGES 14+

Thursday

10:00-2:30 PM
MOVEMENT & WELLNESS
VARIOUS CLASSES

1:45-3:15 PM
COMMUNITY EXPLORATIONS
AGES 14+

3:30-4:30 PM
DANCE FUSION
AGES 16+

4:30-5:30 PM
SING & SHINE!
AGES 18+

Sunday

12:30-2:30 PM
MIXED MARTIAL ARTS/
SELF DEFENSE
AGES 14+
VARIOUS CLASSES

1:30-3:30 PM
COOKING WITH LISTRIVE
AGES 14+
VARIOUS CLASSES

3:30-4:30 PM
ART EXPLORATION
AGES 14+

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