

# Class Schedule

[listrive.com](http://listrive.com)



## Monday

3:30-4:15 PM  
CONNECTED & CONFIDENT  
TEEN AGES 14-18

3:30-4:20PM  
GAMING U  
AGES14+

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

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

5:00-5:30 PM  
OPEN GAMES/SOCIAL\*  
AGES 14+

5:30 - 6:30 PM  
MIXED MARTIAL ARTS/  
SELF DEFENSE  
AGES 14+

## Tuesday

10:00-2:45 PM  
STRENGTH & CONDITIONING  
VARIOUS CLASSES

12:30-1:15PM  
TAI CHI  
AGES14+

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

3:45-4:30 PM  
DANCE FUSION  
AGES 7-14  
4:30-5:30 PM  
MUSICAL THEATRE  
AGES 18+

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

## Wednesday

12:00-1:00 PM  
CROCHETING WITH LI STRIVE  
AGES 18+

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

3:30 PM-4:20 PM  
FOUNDATIONS FOR  
INDEPENDENCE  
AGES 18+

## Thursday

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

2-3:15 PM  
COMMUNITY EXPLORATIONS  
AGES 14+

3:30-4:20  
RHYTHM & DRUMMING  
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+

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

\*Offered to students of LI Strive