

Class Schedule

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+

4:00-5:00 PM
MUSICAL THEATRE
AGES 18+

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

5:00- 6:00 PM
MIXED MARTIAL ARTS/
SELF DEFENSE
AGES 14+

Tuesday

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

1:15-2:00PM
TAI CHI
AGES14+

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

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

1:00-2-00 PM
COMMUNITY EXPLORATIONS
AGES 14+

2:45-3:30PM
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