

Class Schedule

listrive.com



Monday

**10-11:00 AM
YOGA
14+**

**11-11:30 AM
REIKI & SOUND BATHE
18+**

**4-4:45 PM
CONNECTED & CONFIDENT
AGES 18+**

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

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

Tuesday

**10:15-11:00 AM
ZUMBA
14+**

**10:00-2:45 PM
STRENGTH & CONDITIONING
45 MINUTE CLASSES
OFFERED BY REQUEST**

**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+**

Thursday

**10:00-2:30 PM
MOVEMENT & WELLNESS
45 minute classes
offered by request**

**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

**1:30-2:30 PM
MIXED MARTIAL ARTS/
SELF DEFENSE
AGES 14+**

**2:30-3:30 PM
COOKING WITH LISTRIVE
AGES 14+**

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

REGISTER AT: INFO@LISTRIVE.COM

OR CALL: 631-223-8806 FOR MORE INFO

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