



BRAZILIAN PERFORMANCE WANTAGH NY SCHEDULE

MON	TUES	WED	THUR	FRI	SAT
10:30am - GPT 11:30am	5:30pm - GPT 6:30pm	10:30am - GPT 11:30am	5:30pm - GPT 6:30pm	10:30am - GPT 11:30am	10:30am - IC 11:30am
5:30pm - GPT 6:30pm		5:30pm - GPT 6:30pm			



B BRAZILIAN PERFORMANCE SCHEDULE

GPT - Group Personal training	IC - Indoor Cycling	Crossfit
High intensity conditioning training designed for a small group of people.	Unique stationary exercise bicycle class focusing on endurance, strength, intervals, high intensity (race days) and recovery.	CrossFit is constantly varied functional movements performed at high intensity. All CrossFit workouts are based on functional movements, and these movements reflect the best aspects of gymnastics, weightlifting, running, rowing and more.

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