



# BRAZILIAN PERFORMANCE WANTAGH NY SCHEDULE

MON	TUES	WED	THUR	FRI	SAT
10:30am - <b>GPT</b> 11:30am		10:30am - <b>GPT</b> 11:30am		10:30am - <b>GPT</b> 11:30am	10:15am - <b>GPT</b> 11:15am
	5:30 <b>Open Gym</b> 6:30pm		5:30 <b>Open Gym</b> 6:30pm		
5:30pm - <b>GPT</b> 6:30pm		5:30pm - <b>GPT</b> 6:30pm			



## GPT - Group Personal training

High intensity conditioning training designed for a small group of people.

## Open Gym

Open workout by Sam for BP members only

1913 Wantagh Ave, Wantagh NY 11793 (516) 557 2888