

BUSTO'S BOOTCAMP SCHEDULE

Monday	
Tuesday	8:00 - 9:00 PM
Wednesday	8:00 - 9:00 PM
Thursday	8:00 - 9:00 PM
Friday	
Saturday	8:00 - 9:00 AM

**310 Main St.
Holbrook 11741**

**(631) 676-5831
senseimatt@bustosmartialarts.com**

A class built around and modified to each member's skill level, bootcamp is designed to increase endurance and build strength, improving overall physical and functional fitness. These high-intensity workouts deliver results by taking a total-body approach, combining bodyweight exercises, working out with weights, and high-intensity interval cardio movements.