

# SGPT



APRIL 15-20, 2024

**MONDAY:**

5:30 AM - JOY  
9:00 AM - PAM

FULL BODY W  
BUDDY BURNER

**TUESDAY:**

5:30 AM - JOY  
9:00 AM - BROOKE

CARDIO FUN  
W/ CORE  
FINISHER

**WEDNESDAY:**

5:30 AM - JOY  
9:00 AM - PAM

FULL BODY  
HIIT

**THURSDAY:**

9:00 AM - PAM

BODY WEIGHT  
CONDITIONING

**FRIDAY:**

NO CLASS

**SATURDAY:**

NO CLASS

# SGPT



APRIL 22-27, 2024

**MONDAY:**

5:30 AM - JOY  
9:00 AM - PAM

LOWER BODY  
STRENGTH

**TUESDAY:**

5:30 AM - JOY  
9:00 AM - PAM (BOXING)  
10:00 AM - JOY

BODY  
WEIGHT  
CONDITIONING

**WEDNESDAY:**

5:30 AM - JOY  
9:00 AM - PAM

PUSH/PULL  
UPPER  
STRENGTH

**THURSDAY:**

9:00 AM - PAM

CORE  
CONDITIONING

**FRIDAY:**

5:30 AM - JOY  
10:00 AM - JOY

ARM BLAST

**SATURDAY:**

9:00 AM - JOY

FULL BODY  
CARDIO