

SGPT



APRIL 29-MAY 4, 2024

MONDAY:

5:30 AM -JOY

9:00 AM -PAM

FULL BODY

HIIT

TUESDAY:

5:30 AM -JOY

9:00 AM -PAM (BOXING)

10:00 AM -JOY

LOWER BODY
& ABS STRENGTH

WEDNESDAY:

5:30 AM -JOY

9:00 AM -PAM

FULL BODY

HIIT

THURSDAY:

9:00 AM -PAM

UPPER &
ABS STRENGTH

FRIDAY:

5:30 AM - JOY

10:00 AM -JOY

FULL BODY

HIIT

SATURDAY:

NO CLASS

SGPT



MAY 6-11, 2024

MONDAY:

5:30 AM -JOY

9:00 AM -PAM

CORE AND
BALANCE

TUESDAY:

5:30 AM -JOY

9:00 AM -PAM (BOXING)

10:00 AM -JOY

UPPER BODY
& ABS STRENGTH

WEDNESDAY:

5:30 AM -JOY

9:00 AM -PAM

CARDIO POWER

THURSDAY:

9:00 AM -PAM

FULL BODY
HIIT

FRIDAY:

5:30 AM - JOY

10:00 AM -JOY

LOWER
STRENGTH

SATURDAY:

9:00 AM- JOY

FULL BODY HIIT

SGPT



MAY 13-18, 2024

MONDAY:

5:30 AM - JOY

9:00 AM - PAM

QUADS &
SHOULDERS

TUESDAY:

5:30 AM - JOY

9:00 AM - PAM

CARDIO
FUN

WEDNESDAY:

5:30 AM - JOY

9:00 AM - PAM

ARM BLAST

THURSDAY:

9:00 AM - PAM

CHEST &
CORE

FRIDAY:

5:30 AM - JOY

10:00 AM - PAM

HAMS
& GLUTES

SATURDAY:

NO CLASS

SGPT



MAY 20-25, 2024

MONDAY:

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

PULL STRENGTH
&
CARDIO BURNER

TUESDAY:

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

CORE
CONDITIONING

WEDNESDAY:

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

PUSH STRENGTH
&
CARDIO BURNER

THURSDAY:

9:00 AM - PAM

CARDIO
POWER

FRIDAY:

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

LOWER
STRENGTH &
CARDIO BURNER

SATURDAY:

NO CLASS

SGPT



MAY 27-JUNE 1, 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

FULL BODY
HIIT

WEDNESDAY:

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

PUSH/PULL
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