

SGPT



JUNE 3-8, 2024

MONDAY

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

PULL &
CARDIO

TUESDAY

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

CHEST &
CORE

WEDNESDAY

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

BOOTY &
CARDIO

THURSDAY

9:00AM - HEATHER

SHOULDERS
& ARMS

FRIDAY

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

LEGS &
CARDIO

SATURDAY

9:00AM -
HEATHER

BURST
HIIT

SGPT



JUNE 10-15, 2024

MONDAY

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

QUADS &
SHOULDERS

TUESDAY

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

CARDIO
FUN

WEDNESDAY

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

ARM
BLAST

THURSDAY

9:00AM -HEATHER

HAMS &
GLUTES

FRIDAY

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

CHEST &
BACK

SATURDAY

9:00AM -
HEATHER

FULL BODY
HIIT

SGPT



JUNE 17-22, 2024

MONDAY

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

FULL BODY
HIIT

TUESDAY

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

LOWER
STRENGTH

WEDNESDAY

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

FULL BODY
HIIT

THURSDAY

9:00AM -HEATHER

UPPER
STRENGTH

FRIDAY

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

FULL BODY
HIIT

SATURDAY

9:00AM -
HEATHER

FULL BODY
HIIT

SGPT



JUNE 24-29, 2024

MONDAY

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

PUSH
STRENGTH

TUESDAY

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

CARDIO
POWER

WEDNESDAY

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

LOWER
STRENGTH

THURSDAY

9:00AM -HEATHER

CORE
CONDITIONING

FRIDAY

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

PULL
STRENGTH

SATURDAY

9:00AM - JOY

FULL BODY
HIIT