

# SGPT



JULY 1-6, 2024

MONDAY

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

LOWER BODY  
STRENGTH

TUESDAY

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

FULL  
BODY

WEDNESDAY

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

PUSH/PULL  
UPPER

THURSDAY

9:00AM - HEATHER

ARM  
BLAST

FRIDAY

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

CORE  
CONDITIONING

SATURDAY

NO CLASS

# SGPT



JULY 8-13, 2024

MONDAY

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

CORE &  
BALANCE

TUESDAY

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

FULL BODY  
STRENGTH

WEDNESDAY

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

UPPER  
BODY  
HIIT

THURSDAY

9:00AM -HEATHER

FULL BODY  
STRENGTH

FRIDAY

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

LOWER BODY  
HIIT

SATURDAY

9:00AM -HEATHER

FULL BODY  
HIIT

# SGPT



JULY 15-20, 2024

MONDAY

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

QUADS &  
SHOULDERS

TUESDAY

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

CHEST &  
CORE

WEDNESDAY

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

ARM  
BLAST

THURSDAY

9:00AM -HEATHER

CARDIO  
FUN

FRIDAY

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

HAMS &  
GLUTES

SATURDAY

9:00AM -  
HEATHER

FULL BODY  
HIIT

# SGPT



JULY 22-27, 2024

MONDAY

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

PULL  
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

PUSH  
STRENGTH

FRIDAY

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

CORE &  
CARDIO

SATURDAY

NO CLASS