

# SGPT



JULY 29 - AUG 3, 2024

MONDAY

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

PUSH STRENGTH  
W/ CARDIO

TUESDAY

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

CARDIO  
POWER

WEDNESDAY

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

LOWER  
STRENGTH

THURSDAY

9:00AM - HEATHER

CORE  
CONDITIONING

FRIDAY

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

PULL STRENGTH  
W/ CARDIO

SATURDAY

9:00AM - ANANDA

FULL  
BODY HIIT

# SGPT



AUG 5-10, 2024

MONDAY

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

CORE &  
CARDIO

TUESDAY

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

PUSH  
STRENGTH

WEDNESDAY

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

LOWER  
BODY  
HIIT

THURSDAY

9:00AM -HEATHER

PULL  
STRENGTH

FRIDAY

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

BODY WEIGHT  
CONDITIONING

SATURDAY

9:00AM -HEATHER

FULL BODY  
HIIT

# SGPT



AUG 12-17, 2024

MONDAY

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

FULL BODY  
STRENGTH

TUESDAY

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

LOWER  
HIIT

WEDNESDAY

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

FULL BODY  
STRENGTH

THURSDAY

9:00AM -HEATHER

ARM BLAST

FRIDAY

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

FULL BODY  
STRENGTH

SATURDAY

9:00AM -HEATHER

FULL BODY  
HIIT

# SGPT



AUG 19-24, 2024

MONDAY

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

PUSH / PULL  
CARDIO

TUESDAY

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

CORE &  
BALANCE

WEDNESDAY

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

SHOULDERS  
ARMS  
CARDIO

THURSDAY

9:00AM -HEATHER

LOWER  
STRENGTH

FRIDAY

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

CARDIO  
FUN

SATURDAY

9:00AM -JOY

FULL BODY  
HIIT

# SGPT



AUG 26-31, 2024

MONDAY

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

LOWER BODY  
STRENGTH

TUESDAY

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

FULL BODY  
HIIT

WEDNESDAY

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

PUSH/PULL  
STRENGTH

THURSDAY

9:00AM -HEATHER

CORE  
CONDITIONING

FRIDAY

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

QUADS &  
SHOULDERS

SATURDAY

9:00AM -ANANDA

FULL BODY  
HIIT