

# SGPT



SEPTEMBER 2-7, 2024

MONDAY

5:30AM - JOY  
9:30AM\*\*\* - PAM

POWER HIIT

TUESDAY

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

LOWER  
STRENGTH

WEDNESDAY

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

UPPER  
STRENGTH

THURSDAY

9:00AM - HEATHER

CORE  
CONDITIONING

FRIDAY

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

BODY WEIGHT  
CONDITIONING

SATURDAY

9:00AM - ANANDA

FULL BODY

# SGPT



SEPT 9-14, 2024

MONDAY

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

UPPER  
STRENGTH

TUESDAY

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

CORE  
CONDITIONING

WEDNESDAY

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

BODY WEIGHT  
CONDITIONING

THURSDAY

9:00AM -HEATHER

FULL BODY

FRIDAY

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

FULL BODY

SATURDAY

9:00AM -HEATHER

LOWER  
STRENGTH

# SGPT



SEPT 16-21, 2024

MONDAY

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

CORE  
CONDITIONING

TUESDAY

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

BODY WEIGHT  
CONDITIONING

WEDNESDAY

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

FULL BODY

THURSDAY

9:00AM -HEATHER

FULL BODY

FRIDAY

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

LOWER  
STRENGTH

SATURDAY

9:00AM -HEATHER

UPPER  
STRENGTH

# SGPT



SEPT 23-28, 2024

MONDAY

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

BODY WEIGHT  
CONDITIONING

TUESDAY

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

FULL BODY

WEDNESDAY

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

FULL BODY

THURSDAY

9:00AM -HEATHER

LOWER  
STRENGTH

FRIDAY

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

UPPER  
STRENGTH

SATURDAY

9:00AM -JOY

CORE  
CONDITIONING