

SGPT

OCT 28–NOV 2, 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

LOWER
STRENGTH

THURSDAY

9:00AM –HEATHER

UPPER
STRENGTH

FRIDAY

5:30AM –JOY
10:00AM –JOY

CORE
CONDITIONING

SATURDAY

NO CLASS



NOVEMBER 4-9, 2024

MONDAY

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

FULL BODY

TUESDAY

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

LOWER
STRENGTH

WEDNESDAY

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

UPPER
STRENGTH

THURSDAY

9:00AM -HEATHER

CORE
CONDITIONING

FRIDAY

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

BODY WEIGHT
CONDITIONING

SATURDAY

NO CLASS



NOVEMBER 11-16, 2024

MONDAY	5:30AM -JOY 9:00AM -PAM	LOWER STRENGTH
TUESDAY	5:30AM -JOY 9:00AM-PAM (BOXING) 10:00AM -PAM	UPPER STRENGTH
WEDNESDAY	5:30AM -JOY 9:00AM -PAM	CORE CONDITIONING
THURSDAY	9:00AM -HEATHER	BODY WEIGHT CONDITIONING
FRIDAY	5:30AM -JOY 10:00AM -JOY	FULL BODY
SATURDAY	9:00AM -JOY	FULL BODY



NOVEMBER 18-23, 2024

MONDAY

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

CORE
CONDITIONING

TUESDAY

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

BODY WEIGHT
CONDITIONING

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

NO CLASS

SGPT

NOV 25-30, 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

LOWER
STRENGTH

FRIDAY

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

UPPER
STRENGTH

SATURDAY

NO CLASS