

# SGPT



DEC 2-7, 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  
BODY

THURSDAY

9:00AM-HEATHER

UPPER  
BODY

FRIDAY

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

CORE  
CONDITIONING

SATURDAY

NO CLASS