

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 -JOY

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

NO CLASS



NOVEMBER 18-23, 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



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

NO CLASS

HAPPY
THANKSGIVING

FRIDAY

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

UPPER
STRENGTH

SATURDAY

NO CLASS