

SGPT

JAN 6-11, 2025

MONDAY

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

LOWER
BODY

TUESDAY

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

FULL
BODY
HIIT

WEDNESDAY

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

CORE
CONDITIONING

THURSDAY

9:00AM-HEATHER

BODY WEIGHT
CONDITIONING

FRIDAY

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

UPPER
BODY

SATURDAY

9:00AM- HEATHER

FULL
BODY
HIIT

SGPT

JAN 13-18, 2025

MONDAY

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

UPPER
BODY

TUESDAY

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

CORE
CONDITIONING

WEDNESDAY

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

FULL BODY
STRENGTH
W/ CARDIO

THURSDAY

9:00AM-HEATHER

LOWER
BODY

FRIDAY

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

FULL
BODY
HIIT

SATURDAY

NO CLASS