

# SGPT



APR 21-26, 2025



MONDAY

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

FULL BODY

TUESDAY

5:30AM -JOY  
7:30AM-JOY  
9:00AM -PAM

UPPER  
BODY

WEDNESDAY

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

CORE  
&  
CARDIO

THURSDAY

9:00AM-PAM

FULL BODY  
HIIT

FRIDAY

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

LOWER  
BODY

SATURDAY

NO CLASS

# SGPT



APR 28-MAY 3, 2025

MONDAY

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

UPPER  
BODY

TUESDAY

5:30AM -JOY  
7:30AM-JOY  
9:00AM -PAM

CORE  
&  
CARDIO

WEDNESDAY

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

FULL BODY  
STRENGTH  
W/CARDIO

THURSDAY

9:00AM-HEATHER

LOWER BODY  
BOOTY  
BUILDER

FRIDAY

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

FULL BODY  
WITH  
CARDIO  
FINISHER

SATURDAY

NO CLASS