

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

SGPT



MAY 5-MAY 10, 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-HEATHER

FULL BODY
HIIT

FRIDAY

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

LOWER
BODY

SATURDAY

NO CLASS