

# 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**

# SGPT



MAY 12-MAY 17, 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  
WITH  
CARDIO

**THURSDAY**

9:00AM-HEATHER

LOWER  
BODY BOOTY  
BURNER

**FRIDAY**

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

FULL  
BODY  
HIIT

**SATURDAY**

**NO CLASS**