

# SGPT



MAY 19-MAY 24, 2025

MONDAY

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

FULL  
BODY  
HIIT

TUESDAY

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

LOWER  
BODY

WEDNESDAY

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

FULL BODY  
STRENGTH  
WITH  
CARDIO

THURSDAY

9:00AM-JOY

UPPER  
BODY

FRIDAY

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

CORE  
CONDITIONING

SATURDAY

NO CLASS

# SGPT



MAY 26-MAY 31, 2025

MONDAY

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

LOWER  
BODY

TUESDAY

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

FULL  
BODY  
HIIT

WEDNESDAY

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

CORE  
&  
CARDIO

THURSDAY

NO CLASS

FRIDAY

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

UPPER  
BODY

SATURDAY

NO CLASS