

SGPT



JUN 2-JUN 7, 2025

MONDAY

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

FULL
BODY
HIIT

TUESDAY

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

CORE
CONDITIONING

WEDNESDAY

5:30AM -JOY
8:30AM -JOY

FULL BODY
STRENGTH
WITH CARDIO

THURSDAY

9:00AM -JOY

UPPER BODY
ARM BLAST

FRIDAY

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

LOWER
BODY

SATURDAY

NO CLASS

SGPT



JUN 9-JUN 14, 2025

MONDAY

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

CORE
&
CARDIO

TUESDAY

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

CARDIO FUN
WITH
STRENGTH
BURNER

WEDNESDAY

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

UPPER
BODY

THURSDAY

9:00AM -JOY

LOWER
BODY

FRIDAY

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

FULL
BODY
HIIT

SATURDAY

NO CLASS