

# 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

# SGPT



JUN 16-JUN 21, 2025

MONDAY

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

FULL  
BODY  
HIIT

TUESDAY

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

UPPER  
STRENGTH

WEDNESDAY

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

LOWER  
BODY

THURSDAY

9:00AM -JOY

FULL BODY  
STRENGTH  
WITH  
CARDIO

FRIDAY

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

CORE  
CONDITIONING

SATURDAY

NO CLASS