

SGPT



JUN 23-JUN 28, 2025

MONDAY

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

UPPER BODY
WITH
PUSH BURNER

TUESDAY

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

LOWER BODY
STRENGTH
WITH
CARDIO BURNER

WEDNESDAY

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

CARDIO
POWER

THURSDAY

9:00AM -JOY

CORE
CONDITIONING

FRIDAY

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

FULL BODY
WITH BOOTY
BURNER

SATURDAY

9:00AM -JOY

FULL
BODY
HIIT

SGPT



JUN 30-JULY 5, 2025

MONDAY

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

LOWER BODY
STRENGTH
WITH
BOOTY BURNER

TUESDAY

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

METCON
FULL BODY

WEDNESDAY

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

FULL
BODY
HIIT

THURSDAY

9:00AM-JOY

ARM
BLAST

FRIDAY

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

CORE
CONDITIONING

SATURDAY

NO CLASS