

SGPT



JULY 7-JULY 12, 2025

MONDAY

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

CORE
CONDITIONING

TUESDAY

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

FULL BODY HIIT
WITH
STRENGTH
BURNER

WEDNESDAY

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

UPPER
BODY
HIIT

THURSDAY

9:00AM -JOY

FULL BODY
STRENGTH WITH
CARDIO
BURNER

FRIDAY

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

LOWER
BODY
HIIT

SATURDAY

NO CLASS

SGPT



JULY 14-JULY 19, 2025

MONDAY

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

FULL BODY
STRENGTH WITH
CARDIO
BURNER

TUESDAY

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

CORE
&
CARDIO

WEDNESDAY

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

ARM
BLAST

THURSDAY

9:00AM -JOY

FULL
BODY
HIIT

FRIDAY

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

LOWER
BODY
& ABS

SATURDAY

NO CLASS