

# SGPT



AUG 18-AUG 23, 2025

MONDAY

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

PUSH & PULL  
HIIT

TUESDAY

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

LOWER  
STRENGTH

WEDNESDAY

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

FULL BODY  
HIIT

THURSDAY

9:00AM -JOY

UPPER  
STRENGTH  
W/BICEPS  
BURNER

FRIDAY

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

CORE  
CONDITIONING

SATURDAY

NO CLASS

# SGPT



AUG 25-AUG 30, 2025

MONDAY

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

FULL BODY  
STRENGTH  
W/ CARDIO  
BURNER

TUESDAY

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

CARDIO POWER  
W/ STRENGTH  
CARDIO  
BRUNER

WEDNESDAY

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

LOWER  
STRENGTH W/  
CARDIO  
BURNER

THURSDAY

9:00AM -JOY

CORE  
CONDITIONING

FRIDAY

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

PUSH & PULL  
STRENGTH W/  
CARDIO BURNER

SATURDAY

9:00AM -JOY

FULL BODY  
HIIT