

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