

SGPT



SEP 1- SEP 6, 2025

MONDAY

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

FULL BODY
STRENGTH
W/ CARDIO
BURNER

TUESDAY

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

CORE
&
CARDIO

WEDNESDAY

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

ARM BLAST

THURSDAY

9:00AM -JOY

FULL BODY
HIIT

FRIDAY

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

LOWER BODY
&
ABS

SATURDAY

NO CLASS

SGPT



SEP 8- SEP 13, 2025

MONDAY

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

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