

# SGPT



SEP 15- SEP 13, 2025

MONDAY

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

FULL BODY  
STRENGTH  
W/ CARDIO  
BURNER

TUESDAY

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

CARDIO POWER  
W/ STRENGTH  
FINISHER

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

ARM BLAST  
W/  
CARDIO BURNE

SATURDAY

9:00AM -JOY

FULL BODY  
HIIT

# SGPT



SEP 22- SEP 27, 2025

MONDAY

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

CORE  
CONDITIONING

TUESDAY

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

FULL BODY  
HIIT  
W/STRENGTH  
BURNER

WEDNESDAY

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

UPPER BODY  
HIIT

THURSDAY

9:00AM -JOY

FULL BODY  
STRENGTH  
W/ CARDIO  
BURNER

FRIDAY

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

LOWER BODY  
HIIT

SATURDAY

9:00AM -JOY

FULL BODY  
HIIT