

SGPT



SEP 15- SEP 20, 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