

SGPT



OCT 13- OCT 18, 2025

MONDAY

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

FULL BODY
STRENGTH
W/ CARDIO
BURNER

TUESDAY

5:30AM - DELANIE
9:30AM - 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

PUSH & PULL
STRENGTH W/
CARDIO BURNER

SATURDAY

NO CLASS

SGPT



OCT 20- OCT 25, 2025

MONDAY

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

LOWER BODY
STRENGTH W/
BOOTY BURNER

TUESDAY

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

METCON
FULL BODY

WEDNESDAY

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

FULL BODY
HIIT

THURSDAY

9:00AM -JOY

ARM
BLAST

FRIDAY

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

CORE
CONDITIONING

SATURDAY

9:00AM -JOY

FULL BODY
HIIT