

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

SGPT



OCT 27- NOV 1, 2025

MONDAY

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

CREEPY CORE
&
CARDIO
(CORE CONDITIONING)

TUESDAY

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

SPOOKY SWEAT
FULL BODY
HIIT
W/STRENGTH
BURNER

WEDNESDAY

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

DEAD WEIGHT
UPPER BODY
HIIT

THURSDAY

9:00AM -JOY

FULL BODY
STRENGTH
W/ CARDIO
BURNER

FRIDAY



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

HAUNTED HIIT
(LOWER BODY
HIIT)

SATURDAY

NO CLASS

