

SGPT



NOV 17- NOV 22, 2025

MONDAY

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

FULL BODY
HIIT
W/ CARDIO
BURNER

TUESDAY

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

UPPER
BODY

WEDNESDAY

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

LOWER
BODY

THURSDAY

9:00AM -JOY

CARDIO
POWER

FRIDAY

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

CORE
&
CARDIO

SATURDAY

NO CLASS



SGPT



NOV 24- NOV 29, 2025



MONDAY

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

CARDIO
FUN

TUESDAY

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

CORE
CONDITIONING
W/CARDIO
BURNER

WEDNESDAY

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

FULL BODY
HIIT

THURSDAY



Happy Thanksgiving

FRIDAY

10:00AM -JOY

FULL BODY
HIIT

SATURDAY

NO CLASS

