

# SGPT

DEC 1-DEC 6, 2025

|           |                                              |                      |
|-----------|----------------------------------------------|----------------------|
| MONDAY    | 5:30AM -JOY<br>9:00AM -JOCELYN               | CORE<br>CONDITIONING |
| TUESDAY   | 5:30AM -JOY<br>7:30AM-JOY<br>9:00AM -JOCELYN | UPPER<br>BODY        |
| WEDNESDAY | 5:30AM -JOY<br>9:00AM -JOCELYN               | LOWER<br>BODY        |
| THURSDAY  | 9:00AM -JOY                                  | CARDIO<br>POWER      |
| FRIDAY    | 5:30AM -JOY<br>10:00AM -JOY                  | FULL BODY<br>HIIT    |
| SATURDAY  | NO CLASS                                     |                      |

# SGPT



DEC 8-DEC 13, 2025

MONDAY

5:30AM -JOY

9:00AM -JOCELYN

CARDIO FUN  
W/ STRENGTH  
BURNER

TUESDAY

5:30AM -JOY

7:30AM-JOY

9:00AM -JOCELYN

FULL BODY  
STRENGTH

WEDNESDAY

5:30AM -JOY

9:00AM -JOCELYN

ARM  
BLAST

THURSDAY

9:00AM -JOY

CORE  
CONDITIONING

FRIDAY

5:30AM -JOY

10:00AM -JOY

FULL BODY  
HIIT

SATURDAY

9:00AM -JOCELYN

FULL BODY  
HIIT