

SGPT



DEC 15-DEC 20, 2025

MONDAY

5:30AM -JOY

9:00AM -JOCELYN

FULL BODY
HIIT

TUESDAY

5:30AM -JOY

7:30AM -JOY

9:00AM -JOCELYN

LOWER
STRENGTH W/
CARDIO
BURNER

WEDNESDAY

5:30AM -JOY

9:00AM -JOCELYN

CORE
CONDITIONING

THURSDAY

9:00AM -JOY

UPPER
STRENGTH W/
CARDIO
BURNER

FRIDAY

5:30AM -JOY

10:00AM -JOY

FULL BODY
HIIT

SATURDAY

NO CLASS



SGPT



DEC 22-DEC 27, 2025



MONDAY

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

LOWER
STRENGTH

TUESDAY

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

FULL BODY
HIIT W/
CORE
FINISHER

WEDNESDAY

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

CORE
CONDITIONING

THURSDAY

Merry Christmas

FRIDAY

10:00AM -JOY

ARM
BLAST W/ABS
FINISHER

SATURDAY

9:00AM -JOY

FULL BODY
HIIT