

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

FULL BODY HIIT

WEDNESDAY

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

CORE
CONDITIONING

FULL BODY HIIT

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

LOWER
STRENGTH

9:00AM -JOCELYN

FULL BODY HIIT

TUESDAY

5:30AM -JOY

FULL BODY
HIIT W/ CORE
FINISHER

7:30AM-JOY

9:00AM -JOCELYN

FULL BODY HIIT

WEDNESDAY

5:30AM -JOY

CORE
CONDITIONING

9:00AM -JOCELYN

FULL BODY HIIT

THURSDAY

Merry Christmas

FRIDAY

10:00AM -JOY

ARM
BLAST W/ABS
FINISHER

SATURDAY

9:00AM -JOY

FULL BODY
HIIT