



SGPT



DEC 29, 2025-JAN 3, 2026

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

happy new year

9:00AM -JOY

FULL BODY HIIT

FRIDAY

10:00AM -JOY

ARM
BLAST W/ABS
FINISHER

SATURDAY

NO CLASS

