

# SGPT



APR 7-12, 2025

MONDAY

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

FULL BODY  
HIIT

TUESDAY

5:30AM -JOY  
9:00AM-JOY  
10:00AM -PAM

LOWER  
BODY

WEDNESDAY

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

FULL BODY  
STRENGTH  
WITH CARDIO

THURSDAY

9:00AM-HEATHER

UPPER  
BODY

FRIDAY

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

CORE  
CONDITIONING

SATURDAY

NO CLASS

# SGPT



APR 14-19, 2025

**MONDAY**

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

CORE  
&  
CARDIO

**TUESDAY**

5:30AM -JOY  
9:00AM-JOY  
10:00AM -PAM

FULL BODY  
HIIT

**WEDNESDAY**

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

LOWER  
BODY

**THURSDAY**

9:00AM-HEATHER

FULL BODY  
STRENGTH  
WITH CARDIO

**FRIDAY**

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

UPPER  
BODY

**SATURDAY**

NO CLASS