



SGPT, weekly schedule.

MEMBERS CAN BOOK THEIR SESSIONS TWO WEEKS IN ADVANCE. CANCELLATION WINDOW IS WITHIN 6HRS, CANCEL OR PAUSE MEMBERSHIPS ANYTIME. CREDITS MUST BE USED WITHIN 30 DAYS.

MONDAY

6.15AM FULL BODY
7.20AM UPPER

TUESDAY

8AM FULL BODY
9.15AM LOWER
7PM PLYO & POWER

WEDNESDAY

6.15AM UPPER
10.30AM UPPER
7.45PM FULL BODY

THURSDAY

9.15AM MOBILITY
10.30AM LOWER
7PM CORE METHOD

FRIDAY

6.15AM LOWER
7.20AM PLYO & POWER

SATURDAY

8AM FULL BODY
9.15AM PLYO & POWER

SUNDAY

8AM MOBILITY
9AM CORE METHOD

THIS IS AN EXAMPLE OF OUR OPENING SGPT SCHEDULE, OUR OFFICIAL SCHEDULE WILL BE LIVE OCTOBER 1ST. WE AIM TO INCREASE THE NUMBER OF SGPT SESSIONS IN JAN 2026 WITH DEMAND.

