



# HIIT/Small Group Training

SARASOTA BEE RIDGE

Week of 07/07/25  
\*HZ / HIITZone

	MONDAY, 07/07/25	TUESDAY, 07/08/25	WEDNESDAY, 07/09/25	THURSDAY, 07/10/25	FRIDAY, 07/11/25	SATURDAY, 07/12/25	SUNDAY, 07/13/25
MORNING 	<b>StrongHIIT (HIITZone) - HZ*</b> 7:00 - 45m Kathy		<b>StrongHIIT (HIITZone) - HZ*</b> 7:00 - 45m Milva B		<b>Superset HIIT (HIITZone) - HZ*</b> 7:00 - 45m Tina R	<b>StrongHIIT (HIITZone) - HZ*</b> 9:45 - 45m Lisa H	
MID-DAY 							
EVENING 	<b>CircHIIT (HIITZone) - HZ*</b> 6:00 - 45m KAREN						



# CLASS DESCRIPTIONS

# SARASOTA BEE RIDGE

3762 Bee Ridge Rd | 941.923.4653

Monday: 5:00am - 12:00am Tue - Fri: 12:00am - 12:00am Saturday: 12:00am - 7:00pm Sunday: 7:00am - 7:00pm

Visit [crunch.com](http://crunch.com) for online schedules and club information. This schedule is subject to change

**CircHIIT (HIITZone):** Get electrified in this turf-based, circuit training spectacular! Charge the circuit, amplify, then supercharge your efforts with circuit-breaker athletic and reaction drills in between each round for high performance cross-training benefits.}

**StrongHIIT (HIITZone):** Strong never looked so good! StrongHIIT features specially designed triple round work efforts that focus on power and strength. Challenge yourself to work harder and be stronger as the rounds progress. Focus on controlled strength based movements that will chisel your body while torching calories.}

**Superset HIIT (HIITZone):** Take Strong to the next level! This unique HIITZone class utilizes supersets to challenge your strength, endurance and skill. Superset HIIT is designed to take your strength workout to the next level while incorporating a "super strength" challenge at every station.}