



HIIT/Small Group Training

SOUTH TAMPA

Week of 04/21/25
*HZ / HIITZone BX / Boxing

	MONDAY, 04/21/25	TUESDAY, 04/22/25	WEDNESDAY, 04/23/25	THURSDAY, 04/24/25	FRIDAY, 04/25/25	SATURDAY, 04/26/25	SUNDAY, 04/27/25
MORNING 	AccelerateHIIT (HIITZone) - HZ* 8:00 - 45m El'Quincy G	CircHIIT (HIITZone) - HZ* 6:15 - 45m Jirina H CircHIIT (HIITZone) - HZ* 8:00 - 45m Jirina H	Tough HIIT Out (HIITZone) - HZ* 8:00 - 45m El'Quincy G	BuildHIIT(HIITZone) - HZ* 6:15 - 45m Jirina H BuildHIIT(HIITZone) - HZ* 8:00 - 45m Jirina H	HIIT The Bells (HIITZone) - HZ* 8:00 - 60m El'Quincy G	BuildHIIT(HIITZone) - HZ* 9:00 - 45m Thanecha	TripleHIIT (HIITZone) - HZ* 9:45 - 45m Dayana D
MID-DAY 					BuildHIIT(HIITZone) - HZ* 12:15 - 45m Dayana D		
EVENING 	BuildHIIT(HIITZone) - HZ* 6:00 - 45m Dayana D	HIIT The Bells (HIITZone) - HZ* 6:00 - 60m Jirina H	Superset HIIT (HIITZone) - HZ* 6:00 - 45m Dayana D	Fight Camp - BX* 7:15 - 45m El'Quincy G			



CLASS DESCRIPTIONS

SOUTH TAMPA

Visit crunch.com for online schedules and club information. This schedule is subject to change

4055 S Dale Mabry Hwy | 813.284.7777

Mon - Thu: 5:00am - 11:00pm Friday: 5:00am - 10:00pm Sat - Sun: 7:00am - 7:00pm

AccelerateHIIT (HIITZone): Channel your inner athlete in this intense training class designed to improve speed, agility and power. Torch calories and push your workout into overdrive in this high intensity drill-based cardio class utilizing the turf and HIIT unit. Get your heart racing and body moving with rounds of interval work followed by brief rest periods. Push your limits and focus on all out cardio efforts in this workout guaranteed leave you dripping in sweat.}

BuildHIIT(HIITZone): The BUILD HIIT class is designed to take your workout and abilities to the next level. It's a progressive workout effort carefully created to improve strength, balance, increased heart rate, lung efficiency and muscle endurance.}

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.}

Fight Camp: Want to train like the pros in the ring? Become brilliant at the basics in this workout designed to hone your boxing skills and sharpen your mind. Punch with power on the heavy bag, develop timing and fluidity in combinations, develop your core stability, and train your reaction time. In Fight Camp, you'll walk away feeling like a champ, with strength, endurance, speed, and power to spare!

*Participants should bring their own boxing or MMA-style gloves to this class.}

HIIT The Bells (HIITZone): Take it to the turf for this seriously STRONG format that builds metabolism-boosting muscle. Your body will hum when these bells start clanging; grueling rounds of work using kettlebells, dumbbells and barbells deliver ironclad results. Don't just hit these bells; annihilate them!}

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.}

Tough HIIT Out (HIITZone): Tough HIIT Out in this challenging strength-based workout that mixes increasing strength sets with dynamic Tabata bursts to provide a 1-2 punch that will demand determination, will, and ultimate toughness to lift, push and pull your max at each station.}

TripleHIIT (HIITZone): Get ready to tear up the turf with a twist in TripleHIIT! Featuring 9 stations organized within 3 pods each containing 3 exercises, this high intensity workout will be sure to get you fitter than ever! Between each pod, participants will work as a team to complete 3 core-shredding exercises for 3 minutes on the turf. 3 X 3 = Triple the sweat and triple the fun!}