



HIIT/Small Group Training

TAMPA PALMS

Week of 04/21/25
*HZ / HIITZone

	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 		StrongHIIT (HIITZone) - HZ* 8:30 - 45m Onessa	AccelerateHIIT (HIITZone) - HZ* 9:00 - 45m Onessa	StrongHIIT (HIITZone) - HZ* 9:00 - 45m Reggie	StrongHIIT (HIITZone) - HZ* 9:30 - 45m Onessa	AccelerateHIIT (HIITZone) - HZ* 9:30 - 45m Jamie T	
MID-DAY 							
EVENING 	AccelerateHIIT (HIITZone) - HZ* 6:45 - 45m Jamie T		AccelerateHIIT (HIITZone) - HZ* 6:45 - 45m Jamie T				



CLASS DESCRIPTIONS

TAMPA PALMS

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

15313 Amberly Dr | 813.609.4710

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.}

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.}