



# HIIT/Small Group Training

BRADENTON

Week of 07/28/25  
\*BX / Boxing HZ / HIITZone

	MONDAY, 07/28/25	TUESDAY, 07/29/25	WEDNESDAY, 07/30/25	THURSDAY, 07/31/25	FRIDAY, 08/01/25	SATURDAY, 08/02/25	SUNDAY, 08/03/25
MORNING 	<b>StrongHIIT (HIITZone)</b> - HZ* 9:00 - 45m Laura Ann	<b>Strike Strong</b> - BX* 9:00 - 45m Jade	<b>TripleHIIT (HIITZone)</b> - HZ* 9:00 - 45m Laura Ann	<b>12 Round TKO</b> - BX* 9:00 - 45m Jade	<b>Superset HIIT (HIITZone)</b> - HZ* 9:00 - 45m Ivory L	<b>StrongHIIT (HIITZone)</b> - HZ* 9:00 - 45m Ivory L <b>Strike Strong</b> - BX* 10:00 - 45m Jade	
MID-DAY 							
EVENING 	<b>Fight Camp</b> - BX* 6:00 - 45m Rob	<b>StrongHIIT (HIITZone)</b> - HZ* 6:30 - 45m Rob		<b>12 Round TKO</b> - BX* 6:00 - 45m Rob			



# CLASS DESCRIPTIONS

# BRADENTON

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

4836 14th Street W | 941.216.3854

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

**12 Round TKO:** Take your workout to the extreme in this fiercely fun Tabata-based workout. Develop core strength, plyometric explosiveness, power, and full-body mobility as you fight through four dedicated 12-round blocks of work. Kick your endurance and agility into overdrive with footwork drills that will leave you laser-focused for whatever challenges lie ahead!

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

**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.}

**Strike Strong:** Come out swinging in this boxing workout combining kettlebell strength training with badass boxing moves. This dynamic combination delivers a powerful 1-2 punch, demanding strength, endurance and power. Hit it hard and strike strong in this sizzling mashup.}

**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.}

**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!}