






# HIIT/Small Group Training

## PERIMETER

Week of 07/14/25  
\*HZ / HIITZone

	MONDAY, 07/14/25	TUESDAY, 07/15/25	WEDNESDAY, 07/16/25	THURSDAY, 07/17/25	FRIDAY, 07/18/25	SATURDAY, 07/19/25	SUNDAY, 07/20/25
MORNING 	<b>ExtremeHIIT (HIITZone)</b> - HZ* 6:30 - 45m Mya The Instructor		<b>Superset HIIT (HIITZone)</b> - HZ* 6:30 - 45m Ashlee		<b>CircHIIT (HIITZone)</b> - HZ* 6:30 - 45m Mya The Instructor	<b>Tough HIIT Out (HIITZone)</b> - HZ* 9:00 - 45m Liv	
MID-DAY 							
EVENING 	<b>AccelerateHIIT (HIITZone)</b> - HZ* 6:30 - 45m Mya The Instructor	<b>Superset HIIT (HIITZone)</b> - HZ* 6:30 - 45m Ashlee	<b>TripleHIIT (HIITZone)</b> - HZ* 6:30 - 45m Ashlee	<b>CircHIIT (HIITZone)</b> - HZ* 6:30 - 45m Mya The Instructor			



# CLASS DESCRIPTIONS

# PERIMETER

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

**4540 Olde Perimeter Way | 678.273.3610**

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.}

**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.}

**ExtremeHIIT (HIITZone):** Get ready to conquer the most extreme workout! This workout will challenge strength, speed, power and agility utilizing a specially designed course featuring the HIIT4 unit and turf. Push yourself to the max as you complete the grueling course along with challenge rounds at every station. Bring your inner warrior to the course and get ready for the ultimate battle!}

**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!}