



HIIT/Small Group Training

CHAMBLEE

Week of 06/23/25
*HZ / HIITZone BA / Boxing Area

	MONDAY, 06/23/25	TUESDAY, 06/24/25	WEDNESDAY, 06/25/25	THURSDAY, 06/26/25	FRIDAY, 06/27/25	SATURDAY, 06/28/25	SUNDAY, 06/29/25
MORNING 	TripleHIIT (HIITZone) - HZ* 7:00 - 45m Aaron T	Superset HIIT (HIITZone) - HZ* 7:00 - 45m Jayson	CircHIIT (HIITZone) - HZ* 7:00 - 45m Lauren		ExtremeHIIT (HIITZone) - HZ* 7:00 - 45m Aaron T	Tough HIIT Out (HIITZone) - HZ* 10:00 - 45m Gina S	
MID-DAY 							
EVENING 	RippedHIIT (HIITZone) - HZ* 6:00 - 45m DJ Heavy Hitter - BA* 7:00 - 45m DJ	Strike Strong - BA* 6:00 - 45m Tye	CircHIIT (HIITZone) - HZ* 6:00 - 45m Quanny	ExtremeHIIT (HIITZone) - HZ* 6:00 - 45m Quanny			



CLASS DESCRIPTIONS

CHAMBLEE

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

5508 Peachtree Blvd | 470.359.4499

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

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!}

Heavy Hitter: Become a Heavy Hitter and discover your POWER in the next phase of your fitness journey– even outside of the ring– with this vigorous workout designed to build endurance, strength, and stability. Using a variety of resistance training styles and intervals both on and off the heavy bag, this workout is designed to push the limits of upper body and lower body strength and challenge core strength and stability.

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

RippedHIIT (HIITZone): Get the pump of your life with this hypertrophy workout. Based on traditional splits of Push, Pull, and Legs, this hardcore class will leave you feeling ripped! Each station focuses on time under tension to increase your muscular strength and endurance, then finishes strong with a mix of isometric drills on the turf. You'll feel the burn for days!}

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.}

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!}