



HIIT/Small Group Training

RIVERVIEW

Week of 04/28/25
*HZ / HIITZone

	MONDAY, 04/28/25	TUESDAY, 04/29/25	WEDNESDAY, 04/30/25	THURSDAY, 05/01/25	FRIDAY, 05/02/25	SATURDAY, 05/03/25	SUNDAY, 05/04/25
MORNING 	HIIT The Bells (HIITZone) - HZ* 5:30 - 60m Alexander V Superset HIIT (HIITZone) - HZ* 10:00 - 45m Opal	StrongHIIT (HIITZone) - HZ* 6:15 - 45m Alexander V BuildHIIT(HIITZone) - HZ* 9:15 - 45m Opal	CircHIIT (HIITZone) - HZ* 5:30 - 45m Alexander V		HIIT The Bells (HIITZone) - HZ* 10:00 - 60m Zee	Superset HIIT (HIITZone) - HZ* 9:00 - 45m Sanja V Superset HIIT (HIITZone) - HZ* 10:00 - 45m Sanja V	
MID-DAY 							
EVENING 	HIIT The Bells (HIITZone) - HZ* 6:45 - 60m Alexander V	BuildHIIT(HIITZone) - HZ* 6:30 - 45m Mario G	Superset HIIT (HIITZone) - HZ* 6:30 - 45m Maria W	CircHIIT (HIITZone) - HZ* 6:30 - 45m Sanja V			



CLASS DESCRIPTIONS

RIVERVIEW

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

10615 Big Bend Road | 813.488.1118

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

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.}

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!}

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.}