



HIIT/Small Group Training

BELLE ISLE

Week of 12/08/25
*HZ / HIITZone

| | MONDAY, 12/08/25 | TUESDAY, 12/09/25 | WEDNESDAY, 12/10/25 | THURSDAY, 12/11/25 | FRIDAY, 12/12/25 | SATURDAY, 12/13/25 | SUNDAY, 12/14/25 |
|-------------|--|---|---|---|--|--|------------------|
| MORNING | CircHIIT (HIITZone) - HZ* 9:00 - 45m Samuel S | HIIT The Bells (HIITZone) - HZ* 6:00 - 60m Alix | HIIT The Bells (HIITZone) - HZ* 9:00 - 60m Tani | TripleHIIT (HIITZone) - HZ* 6:00 - 45m Aubree C | StrongHIIT (HIITZone) - HZ* 9:00 - 45m Marie D | CircHIIT (HIITZone) - HZ* 9:00 - 45m Sarah R | |
| MID-DAY | | | | | | | |
| EVENING | CircHIIT (HIITZone) - HZ* 5:45 - 45m Derrick W | StrongHIIT (HIITZone) - HZ* 5:45 - 45m Sarah R | TripleHIIT (HIITZone) - HZ* 6:00 - 45m Alix | | | | |



CLASS DESCRIPTIONS

BELLE ISLE

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

4400 Hoffner Ave | 407.278.7044

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.}

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.}

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!}