



HIIT/Small Group Training

CARROLLWOOD

Week of 06/09/25
*HZ / HIITZone

	MONDAY, 06/09/25	TUESDAY, 06/10/25	WEDNESDAY, 06/11/25	THURSDAY, 06/12/25	FRIDAY, 06/13/25	SATURDAY, 06/14/25	SUNDAY, 06/15/25
MORNING 	AccelerateHIIT (HIITZone) - HZ* 9:00 - 45m Leyna J	StrongHIIT (HIITZone) - HZ* 10:00 - 45m Leyna J	StrongHIIT (HIITZone) - HZ* 10:00 - 45m Leyna J	Superset HIIT (HIITZone) - HZ* 9:00 - 45m Leyna J	StrongHIIT (HIITZone) - HZ* 10:00 - 45m Leyna J	ExtremeHIIT (HIITZone) - HZ* 9:00 - 45m Leyna J	
MID-DAY 							
EVENING 	TabataHIIT(HIITZone) - HZ* 6:30 - 45m Leela	AccelerateHIIT (HIITZone) - HZ* 7:00 - 45m Dawn B	StrongHIIT (HIITZone) - HZ* 6:00 - 45m Karvel	RippedHIIT (HIITZone) - HZ* 6:30 - 45m Leela			



CLASS DESCRIPTIONS

CARROLLWOOD

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

15798 N Dale Mabry Hwy | 813.304.2491

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.}

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!}

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!}

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.}

TabataHIIT(HIITZone): Whether you want to lose weight, increase strength, build muscle or improve flexibility, TabataHIIT can help you get there. This 6 station 8 round team based class is designed to stimulate your metabolism, improving speed & endurance working on the HIIT 4 unit for 1 round and on the turf for round 2.}