



HIIT/Small Group Training

LAKE NONA™

Week of 04/21/25
*HZ / HIITZone BX / Boxing

	MONDAY, 04/21/25	TUESDAY, 04/22/25	WEDNESDAY, 04/23/25	THURSDAY, 04/24/25	FRIDAY, 04/25/25	SATURDAY, 04/26/25	SUNDAY, 04/27/25
MORNING 	Dropset HIIT (HIITZone) - HZ* 5:15 - 45m Angelica F HIIT The Bells (HIITZone) - HZ* 9:00 - 60m Karina A	Superset HIIT (HIITZone) - HZ* 5:15 - 45m Christopher B Superset HIIT (HIITZone) - HZ* 9:45 - 45m Luis E	ExtremeHIIT (HIITZone) - HZ* 5:15 - 45m Christopher B RippedHIIT (HIITZone) - HZ* 9:00 - 45m Yanira R	Superset HIIT (HIITZone) - HZ* 5:15 - 45m Luis E TabataHIIT(HIITZone) - HZ* 9:45 - 45m Karina A	Tough HIIT Out (HIITZone) - HZ* 9:00 - 45m Karina A	TripleHIIT (HIITZone) - HZ* 9:30 - 45m Christopher B	HIIT The Bells (HIITZone) - HZ* 9:00 - 60m Natalie C
MID-DAY 							
EVENING 	RippedHIIT (HIITZone) - HZ* 7:15 - 45m Yanira R	Heavy Hitter - BX* 7:00 - 45m Angel M	TripleHIIT (HIITZone) - HZ* 7:15 - 45m Josie	Fight Camp - BX* 7:00 - 45m Yanira R			



CLASS DESCRIPTIONS

LAKE NONA™

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

11926 Narcoossee Road | 407.313.2239

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

Dropset HIIT (HIITZone): Plan to fail in this dynamic drop set training strength-based class designed to build strength and maximum muscle in no time! Run the rack for each exercise, then prep for the next station with a core set to strengthen and stabilize your midsection. Set a goal, then grunt, grind and grit your way to your strongest body yet!}

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!}

Fight Camp: Want to train like the pros in the ring? Become brilliant at the basics in this workout designed to hone your boxing skills and sharpen your mind. Punch with power on the heavy bag, develop timing and fluidity in combinations, develop your core stability, and train your reaction time. In Fight Camp, you'll walk away feeling like a champ, with strength, endurance, speed, and power to spare!

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

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!}

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!}

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.}

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!}