






HIIT/Small Group Training

BALLANTYNE

Week of 07/07/25
*HZ / HIITZone BX / Boxing

	MONDAY, 07/07/25	TUESDAY, 07/08/25	WEDNESDAY, 07/09/25	THURSDAY, 07/10/25	FRIDAY, 07/11/25	SATURDAY, 07/12/25	SUNDAY, 07/13/25
MORNING 	Strike Strong - BX* 8:00 - 45m Sara K ExtremeHIIT (HIITZone) - HZ* 9:00 - 45m Sara K	SizzleHIIT(HIITZone) - HZ* 6:00 - 45m JP	CircHIIT (HIITZone) - HZ* 9:00 - 45m Cam S	CircHIIT (HIITZone) - HZ* 6:00 - 45m JP	Tough HIIT Out (HIITZone) - HZ* 9:00 - 45m Cam S	CircHIIT (HIITZone) - HZ* 10:00 - 45m Cam S SizzleHIIT(HIITZone) - HZ* 11:00 - 45m Cam S	Tough HIIT Out (HIITZone) - HZ* 10:00 - 45m Traci H
MID-DAY 							
EVENING 	CircHIIT (HIITZone) - HZ* 5:45 - 45m Hunter J	Heavy Hitter - BX* 5:15 - 45m Justin G ExtremeHIIT (HIITZone) - HZ* 6:30 - 45m Justin G	SizzleHIIT(HIITZone) - HZ* 5:45 - 45m Kylee I	Strike Strong - BX* 5:15 - 45m Justin G Tough HIIT Out (HIITZone) - HZ* 6:30 - 45m Justin G			



CLASS DESCRIPTIONS

BALLANTYNE

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

16045 Johnston Road | 704.385.7827

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.}

SizzleHIIT(HIITZone): Step onto the turf for this sizzling hot workout that will leave you drenched in sweat. Turn up the heat in this all turf workout designed to challenge your ability to complete the ultimate burn out challenge. Upper and lower body work efforts mixed with burn out challenges deliver scorching hot results. Turn up the heat this summer.}

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.}

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.}