



HIIT/Small Group Training

EAST COLONIAL

Week of 08/04/25
*HZ / HIITZone BX / Boxing HZ / HIIT Zone

	MONDAY, 08/04/25	TUESDAY, 08/05/25	WEDNESDAY, 08/06/25	THURSDAY, 08/07/25	FRIDAY, 08/08/25	SATURDAY, 08/09/25	SUNDAY, 08/10/25
MORNING 	SizzleHIIT(HIITZone) - HZ* 9:00 - 45m Marie D	Superset HIIT (HIITZone) - HZ* 9:00 - 45m Yoshi	12 Round TKO - HZ* 9:00 - 45m Olga P	Tough HIIT Out (HIITZone) - HZ* 9:00 - 45m Erica W	12 Round TKO - BX* 9:00 - 45m Breanna M	SizzleHIIT(HIITZone) - HZ* 9:00 - 45m Breanna M	HIIT The Bells (HIITZone) - HZ* 9:00 - 60m Lauryn P 12 Round TKO - BX* 10:00 - 45m Allison S
MID-DAY 							
EVENING 		Superset HIIT (HIITZone) - HZ* 7:00 - 45m Yoshi		Tough HIIT Out (HIITZone) - HZ* 6:30 - 45m Tani			



CLASS DESCRIPTIONS

EAST COLONIAL

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

3222 E Colonial Drive | 407.813.2411

Monday: 5:00am - 12:00am Tue - Fri: 12:00am - 12:00am Saturday: 12:00am - 7:00pm Sunday: 7:00am - 7:00pm

12 Round TKO: Take your workout to the extreme in this fiercely fun Tabata-based workout. Develop core strength, plyometric explosiveness, power, and full-body mobility as you fight through four dedicated 12-round blocks of work. Kick your endurance and agility into overdrive with footwork drills that will leave you laser-focused for whatever challenges lie ahead!

*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!}

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.}

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.}

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.}