



HIIT/Small Group Training

BRANDON

Week of 04/21/25
*HZ / HIITZone GF / Group Fitness

	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 	Heavy Metal HIIT (HIITZone) - HZ* 5:15 - 45m Shawn	TabataHIIT(HIITZone) - HZ* 7:15 - 45m Shawn	SizzleHIIT(HIITZone) - HZ* 5:15 - 45m Naeema N	Superset HIIT (HIITZone) - GF* 7:00 - 45m Shawn	SizzleHIIT(HIITZone) - GF* 5:15 - 45m Shawn	TabataHIIT(HIITZone) - HZ* 9:15 - 45m Lolita	
MID-DAY 							
EVENING 	SizzleHIIT(HIITZone) - HZ* 6:45 - 45m Ondee	HIIT The Bells (HIITZone) - HZ* 6:30 - 60m Lolita	BuildHIIT(HIITZone) - HZ* 6:30 - 45m GiGi	Dropset HIIT (HIITZone) - HZ* 6:45 - 45m Lolita			



CLASS DESCRIPTIONS

BRANDON

1570 W Brandon Blvd | 813.681.4962

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

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

BuildHIIT(HIITZone): The BUILD HIIT class is designed to take your workout and abilities to the next level. It's a progressive workout effort carefully created to improve strength, balance, increased heart rate, lung efficiency and muscle endurance.}

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!}

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 Metal HIIT (HIITZone): Bring out the metal! Barbells, kettlebells, dumbbells, and landmines. HIIT it Heavy Metal style as you work through grueling intervals followed by active recovery designed to deliver a workout that will Rock your world.}

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.}

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.}