



HIIT/Small Group Training

BUFORD

Week of 08/18/25
*HZ / HIITZone BX / Boxing

	MONDAY, 08/18/25	TUESDAY, 08/19/25	WEDNESDAY, 08/20/25	THURSDAY, 08/21/25	FRIDAY, 08/22/25	SATURDAY, 08/23/25	SUNDAY, 08/24/25
MORNING 	Tough HIIT Out (HIITZone) - HZ* 5:30 - 45m Claudia G Dropset HIIT (HIITZone) - HZ* 9:15 - 45m Coach April	Heavy Hitter - BX* 5:30 - 45m Morgan M Heavy Hitter - BX* 9:15 - 45m Jenny O.	Dropset HIIT (HIITZone) - HZ* 5:30 - 45m Jenny O. CircHIIT (HIITZone) - HZ* 9:15 - 45m Jenny O.	Strike Strong - BX* 9:15 - 45m Claudia G	CircHIIT (HIITZone) - HZ* 5:30 - 45m Jenny O. Tough HIIT Out (HIITZone) - HZ* 9:00 - 45m Claudia G	Heavy Hitter - BX* 8:15 - 45m Kenisha H CircHIIT (HIITZone) - HZ* 9:00 - 45m Kenisha H	Tough HIIT Out (HIITZone) - HZ* 9:00 - 45m Kenisha H
MID-DAY 							
EVENING 	StrongHIIT (HIITZone) - HZ* 6:30 - 45m Gina T	Heavy Hitter - BX* 6:00 - 45m Claudia G	Dropset HIIT (HIITZone) - HZ* 6:30 - 45m Kenisha H	Strike Strong - BX* 6:00 - 45m Claudia G			



CLASS DESCRIPTIONS

BUFORD

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

3740 Buford Drive | 770.264.2109

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.}

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!}

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.}

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.}

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.}

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.}