






HIIT/Small Group Training

WEST MELBOURNE

Week of 04/28/25

*HZ / HIITZone BX / Boxing Studio GF / Group Fitness

	MONDAY, 04/28/25	TUESDAY, 04/29/25	WEDNESDAY, 04/30/25	THURSDAY, 05/01/25	FRIDAY, 05/02/25	SATURDAY, 05/03/25	SUNDAY, 05/04/25
MORNING 	AccelerateHIIT (HIITZone) - HZ* 8:30 - 45m Kristalyn D	12 Round TKO - HZ* 5:30 - 45m Eddie	TripleHIIT (HIITZone) - HZ* 8:30 - 45m Sarah Y	Superset HIIT (HIITZone) - GF* 5:30 - 45m Eddie TripleHIIT (HIITZone) - HZ* 9:30 - 45m Julie P	TabataHIIT(HIITZone) - HZ* 8:30 - 45m Sarah Y	Dropset HIIT (HIITZone) - HZ* 9:00 - 45m Sarah Y	
MID-DAY 							
EVENING 	TabataHIIT(HIITZone) - HZ* 5:30 - 45m Eddie	Tough HIIT Out (HIITZone) - HZ* 6:30 - 45m Sarah Y	Takedown Round - BX* 6:00 - 45m Gigi N.	12 Round TKO - BX* 6:00 - 45m Gigi N.	RippedHIIT (HIITZone) - HZ* 5:45 - 45m Eddie		



CLASS DESCRIPTIONS

WEST MELBOURNE

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

1257 W. New Haven Avenue | 321.326.8977

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

AccelerateHIIT (HIITZone): Channel your inner athlete in this intense training class designed to improve speed, agility and power. Torch calories and push your workout into overdrive in this high intensity drill-based cardio class utilizing the turf and HIIT unit. Get your heart racing and body moving with rounds of interval work followed by brief rest periods. Push your limits and focus on all out cardio efforts in this workout guaranteed leave you dripping in sweat.}

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!}

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.}

Takedown Round: Go for the total takedown in this power-packed MMA-inspired boxing session that will leave you the ultimate winner of every heart-pounding round. Focus on boxing, strength, quickness, and mobility as you punch, sprawl, pummel, and ground and pound your way to the top.}

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!}