



HIIT/Small Group Training

TRINITY

Week of 06/30/25
*HZ / HIITZone GF / Group Fitness

	MONDAY, 06/30/25	TUESDAY, 07/01/25	WEDNESDAY, 07/02/25	THURSDAY, 07/03/25	FRIDAY, 07/04/25	SATURDAY, 07/05/25	SUNDAY, 07/06/25
MORNING 	TripleHIIT (HIITZone) - HZ* 9:30 - 45m Marlene	Heavy Metal HIIT (HIITZone) - HZ* 8:00 - 45m Tye	Tough HIIT Out (HIITZone) - GF* 10:15 - 45m Marlene	Heavy Metal HIIT (HIITZone) - HZ* 8:00 - 45m Tye	PunchHIIT (HIITZone) - HZ* 10:15 - 45m Chi		
MID-DAY 							
EVENING 	TripleHIIT (HIITZone) - HZ* 7:00 - 45m Marlene		Heavy Metal HIIT (HIITZone) - HZ* 7:00 - 45m Karen				



CLASS DESCRIPTIONS

TRINITY

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

7423 State Road 54 | 727.758.7544

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

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.}

PunchHIIT (HIITZone): Get ready for a fight! This hard hitting workout features fight moves and athletic conditioning inspired by the worlds of mixed martial arts and boxing. Get ready to punch, jump, lift and slam your way to a great workout.}

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!}