






HIIT/Small Group Training

KISSIMMEE

Week of 04/28/25
*HZ / HIITZone BX / Boxing

	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 	Superset HIIT (HIITZone) - HZ* 6:00 - 45m Luis V StormHIIT(HIITZone) - HZ* 9:30 - 60m Josie	BuildHIIT(HIITZone) - HZ* 6:00 - 45m Lloyd D 12 Round TKO - BX* 9:30 - 45m Stacy P SizzleHIIT(HIITZone) - HZ* 10:30 - 45m Vicente F	HIIT The Bells (HIITZone) - HZ* 6:00 - 60m Natalie C HIIT The Bells (HIITZone) - HZ* 9:30 - 60m Josie	StormHIIT(HIITZone) - HZ* 6:00 - 60m Lloyd D Superset HIIT (HIITZone) - HZ* 10:30 - 45m Neysha R	Tough HIIT Out (HIITZone) - HZ* 6:00 - 45m Jayden R Tough HIIT Out (HIITZone) - HZ* 10:30 - 45m Natalie C	TripleHIIT (HIITZone) - HZ* 9:30 - 45m Josie	Fight Camp - BX* 10:00 - 45m Stacy P
MID-DAY 							
EVENING 	Strike Strong - BX* 6:00 - 45m Stacy P Dropset HIIT (HIITZone) - HZ* 7:00 - 45m Ashley V	StormHIIT(HIITZone) - HZ* 7:15 - 60m Yanira R	12 Round TKO - BX* 6:00 - 45m Stacy P Tough HIIT Out (HIITZone) - HZ* 7:00 - 45m Yanira R	TripleHIIT (HIITZone) - HZ* 7:00 - 45m Ali			



CLASS DESCRIPTIONS

KISSIMMEE

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

850 W. Osceola Pkwy | 407.214.6607
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.}

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!}

Fight Camp: Want to train like the pros in the ring? Become brilliant at the basics in this workout designed to hone your boxing skills and sharpen your mind. Punch with power on the heavy bag, develop timing and fluidity in combinations, develop your core stability, and train your reaction time. In Fight Camp, you'll walk away feeling like a champ, with strength, endurance, speed, and power to spare!

*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.}

StormHIIT(HIITZone): Enter the eye of the storm in this hardcore HIITZone workout that utilizes thunder and lightening rounds to amp up your workout. Challenge your endurance, strength and will. Each exercise will go through 5 level changes designed to push your limits at each station. Thunder and lightning rounds are used between each station to amp up your core and challenge your speed.}

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.}

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.}

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!}