



HIIT/Small Group Training

WICKHAM

Week of 02/10/25
*HZ / HIIT Zone

	MONDAY, 02/10/25	TUESDAY, 02/11/25	WEDNESDAY, 02/12/25	THURSDAY, 02/13/25	FRIDAY, 02/14/25	SATURDAY, 02/15/25	SUNDAY, 02/16/25
MORNING 	StrongHIIT (HIITZone) - HZ* 6:00 - 45m Carlos L	AccelerateHIIT (HIITZone) - HZ* 9:15 - 45m Karen B	StrongHIIT (HIITZone) - HZ* 6:00 - 45m Kim Tough HIIT Out (HIITZone) - HZ* 9:15 - 45m Carlos L		TabataHIIT(HIITZone) - HZ* 6:00 - 45m Carlos L	TripleHIIT (HIITZone) - HZ* 9:00 - 45m Carlos L	
MID-DAY 							
EVENING 	TripleHIIT (HIITZone) - HZ* 5:45 - 45m Sarah Y		TripleHIIT (HIITZone) - HZ* 6:15 - 45m Karen B	Tough HIIT Out (HIITZone) - HZ* 5:00 - 45m Carlos L			



CLASS DESCRIPTIONS

WICKHAM

4880 N Wickham Road | 321.499.2243

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

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.}

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.}

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.}

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!}