






HIIT/Small Group Training

WINTER SPRINGS

Week of 06/09/25

*HZ / HIITZone

	MONDAY, 06/09/25	TUESDAY, 06/10/25	WEDNESDAY, 06/11/25	THURSDAY, 06/12/25	FRIDAY, 06/13/25	SATURDAY, 06/14/25	SUNDAY, 06/15/25
MORNING 		HIIT The Bells (HIITZone) - HZ* 9:00 - 60m Laura M	TripleHIIT (HIITZone) - HZ* 6:00 - 45m Bonnie B	Superset HIIT (HIITZone) - HZ* 9:00 - 45m Michaela Y	Superset HIIT (HIITZone) - HZ* 6:00 - 45m Michaela Y	StormHIIT(HIITZone) - HZ* 8:45 - 60m Laura M	
MID-DAY 							
EVENING 	TripleHIIT (HIITZone) - HZ* 6:00 - 45m Jordan H	HIIT The Bells (HIITZone) - HZ* 6:00 - 60m Gabby	StormHIIT(HIITZone) - HZ* 6:00 - 60m Tani	Superset HIIT (HIITZone) - HZ* 6:30 - 45m Elizabeth D			



CLASS DESCRIPTIONS WINTER SPRINGS

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

1185 East SR 434 | 407.214.3105

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

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!}

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.}

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.}

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!}