






HIIT/Small Group Training

CUTLER BAY

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 	BuildHIIT(HIITZone) - HZ* 8:45 - 45m Nestor	BuildHIIT(HIITZone) - HZ* 8:45 - 45m Sharon		CircHIIT (HIITZone) - HZ* 5:30 - 45m Sharon CircHIIT (HIITZone) - HZ* 8:45 - 45m Sharon	StrongHIIT (HIITZone) - HZ* 8:45 - 45m Mary	Strike Strong - BX* 9:00 - 45m Marci CircHIIT (HIITZone) - HZ* 10:00 - 45m Sharon	
MID-DAY 							
EVENING 	ExtremeHIIT (HIITZone) - HZ* 6:45 - 60m Sharon	Tough HIIT Out (HIITZone) - HZ* 6:30 - 45m Nat	Strike Strong - BX* 5:30 - 45m Marci CircHIIT (HIITZone) - HZ* 6:30 - 45m Sharon	TabataHIIT(HIITZone) - HZ* 6:30 - 45m Mary	TripleHIIT (HIITZone) - HZ* 6:00 - 45m Sharon		



CLASS DESCRIPTIONS

CUTLER BAY

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

20851 South Dixie Highway | 305.517.4900

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

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.}

CircHIIT (HIITZone): Get electrified in this turf-based, circuit training spectacular! Charge the circuit, amplify, then supercharge your efforts with circuit-breaker athletic and reaction drills in between each round for high performance cross-training benefits.}

ExtremeHIIT (HIITZone): Get ready to conquer the most extreme workout! This workout will challenge strength, speed, power and agility utilizing a specially designed course featuring the HIIT4 unit and turf. Push yourself to the max as you complete the grueling course along with challenge rounds at every station. Bring your inner warrior to the course and get ready for the ultimate battle!}

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.}

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!}