



HIIT/Small Group Training

PALM BEACH GARDENS

Week of 04/21/25

*hz / HIITZone GF / Group Fitness

MORNING

MID-DAY

EVENING

MONDAY, 04/21/25	TUESDAY, 04/22/25	WEDNESDAY, 04/23/25	THURSDAY, 04/24/25	FRIDAY, 04/25/25	SATURDAY, 04/26/25	SUNDAY, 04/27/25
HIIT The Bells (HIITZone) - hz* 5:30 - 60m Creation R CircHIIT (HIITZone) - hz* 8:30 - 45m Jessy	StrongHIIT (HIITZone) - hz* 5:30 - 45m Taylor C	CircHIIT (HIITZone) - hz* 5:30 - 45m Creation R StrongHIIT (HIITZone) - GF* 8:30 - 45m Jessy	HIIT The Bells (HIITZone) - hz* 5:30 - 60m Nancy A PunchHIIT (HIITZone) - hz* 8:15 - 45m Jessy	Dropset HIIT (HIITZone) - hz* 5:30 - 45m Creation R TabataHIIT(HIITZone) - hz* 8:15 - 45m Jessy	12 Round TKO - hz* 10:00 - 45m Angel	
Dropset HIIT (HIITZone) - hz* 7:15 - 45m Creation R	StrongHIIT (HIITZone) - hz* 7:15 - 45m Brogan M	CircHIIT (HIITZone) - hz* 7:15 - 45m Creation R	ExtremeHIIT (HIITZone) - hz* 7:15 - 45m Angelica O			



CLASS DESCRIPTIONS

PALM BEACH GARDENS

4242 Northlake Blvd | 561.462.2907

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

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.}

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.}

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!}

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!}

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!}

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.}

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.}