



# HIIT/Small Group Training

TAMARAC

Week of 08/18/25  
\*HZ / HIITZone BX / Boxing

	MONDAY, 08/18/25	TUESDAY, 08/19/25	WEDNESDAY, 08/20/25	THURSDAY, 08/21/25	FRIDAY, 08/22/25	SATURDAY, 08/23/25	SUNDAY, 08/24/25
MORNING 		<b>12 Round TKO</b> - BX* 9:00 - 45m Alicia A		<b>12 Round TKO</b> - BX* 9:00 - 45m Adae G	<b>ExtremeHIIT (HIITZone)</b> - HZ* 9:00 - 45m Adae G		<b>Tough HIIT Out (HIITZone)</b> - HZ* 9:30 - 45m Cindy I
MID-DAY 							
EVENING 	<b>CircHIIT (HIITZone)</b> - HZ* 7:15 - 45m Francesca G		<b>12 Round TKO</b> - BX* 7:15 - 45m Laura J	<b>StrongHIIT (HIITZone)</b> - HZ* 7:00 - 45m Adae G			



# CLASS DESCRIPTIONS TAMARAC

Visit [crunch.com](http://crunch.com) for online schedules and club information. This schedule is subject to change

4017 W Commercial Blvd | 754.336.1001

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

**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!}

**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.}

**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.}