



# HIIT/Small Group Training

FRISCO

Week of 06/23/25  
\*HZ / HIITZone B / Boxing

	MONDAY, 06/23/25	TUESDAY, 06/24/25	WEDNESDAY, 06/25/25	THURSDAY, 06/26/25	FRIDAY, 06/27/25	SATURDAY, 06/28/25	SUNDAY, 06/29/25
MORNING 		<b>ExtremeHIIT (HIITZone)</b> - HZ* 9:30 - 45m Lee W		<b>StrongHIIT (HIITZone)</b> - HZ* 9:30 - 45m Lee W		<b>StrongHIIT (HIITZone)</b> - HZ* 9:00 - 45m Jose A <b>Heavy Hitter</b> - B* 10:00 - 45m Jose A	
MID-DAY 							
EVENING 	<b>Fight Camp</b> - B* 5:30 - 45m Big Marco <b>ExtremeHIIT (HIITZone)</b> - HZ* 6:30 - 45m Anthony F	<b>Strike Strong</b> - B* 5:30 - 45m Jose A	<b>Strike Strong</b> - B* 5:30 - 45m Cortez <b>Superset HIIT (HIITZone)</b> - HZ* 6:30 - 45m Angelica C	<b>StrongHIIT (HIITZone)</b> - HZ* 6:30 - 45m Erica P			



# CLASS DESCRIPTIONS

# FRISCO

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

3865 Preston Rd | 469.342.0456

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

**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!

**Fight Camp:** Want to train like the pros in the ring? Become brilliant at the basics in this workout designed to hone your boxing skills and sharpen your mind. Punch with power on the heavy bag, develop timing and fluidity in combinations, develop your core stability, and train your reaction time. In Fight Camp, you'll walk away feeling like a champ, with strength, endurance, speed, and power to spare!

\*Participants should bring their own boxing or MMA-style gloves to this class.}

**Heavy Hitter:** Become a Heavy Hitter and discover your POWER in the next phase of your fitness journey— even outside of the ring— with this vigorous workout designed to build endurance, strength, and stability. Using a variety of resistance training styles and intervals both on and off the heavy bag, this workout is designed to push the limits of upper body and lower body strength and challenge core strength and stability.

\*Participants should bring their own boxing or MMA-style gloves to this class.}

**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.}

**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.}