



# HIIT/Small Group Training

## ST. PETE NORTHEAST

Week of 06/30/25

\*HZ / HIITZone bx / BX

MORNING



MID-DAY



EVENING



	MONDAY, 06/30/25	TUESDAY, 07/01/25	WEDNESDAY, 07/02/25	THURSDAY, 07/03/25	FRIDAY, 07/04/25	SATURDAY, 07/05/25	SUNDAY, 07/06/25
	<b>Superset HIIT (HIITZone)</b> - HZ* 6:00 - 45m Thanecha <b>AccelerateHIIT (HIITZone)</b> - HZ* 9:15 - 45m Tracy D	<b>BuildHIIT(HIITZone)</b> - HZ* 9:00 - 45m Wayne K	<b>ExtremeHIIT (HIITZone)</b> - HZ* 6:00 - 60m Gaby <b>CircHIIT (HIITZone)</b> - HZ* 9:00 - 45m Amber W	<b>CircHIIT (HIITZone)</b> - HZ* 6:00 - 45m Wayne K <b>StrongHIIT (HIITZone)</b> - HZ* 9:00 - 45m Amber W	<b>*Special Event* Star Spangled HIIT</b> - HZ* 10:00 - 45m Tracy D	<b>Strike Strong</b> - bx* 8:00 - 45m Stefon <b>Tough HIIT Out (HIITZone)</b> - HZ* 9:15 - 45m Daryl E	<b>StrongHIIT (HIITZone)</b> - HZ* 9:30 - 45m Daryl E
	<b>Strike Strong</b> - bx* 5:30 - 45m Stefon <b>Superset HIIT (HIITZone)</b> - HZ* 6:30 - 45m Stefon	<b>RippedHIIT (HIITZone)</b> - HZ* 6:00 - 45m Daryl E	<b>12 Round TKO</b> - bx* 5:15 - 45m Wayne K <b>StrongHIIT (HIITZone)</b> - HZ* 6:30 - 45m Wayne K	<b>CircHIIT (HIITZone)</b> - HZ* 6:00 - 45m Daryl E			



# CLASS DESCRIPTIONS

# ST. PETE NORTHEAST

218 37th Avenue N. | 727.380.4800

Monday: 5:00am - 12:00am Tue - Fri: 12:00am - 12:00am Saturday: 12:00am - 7:00pm Sunday: 7:00am - 7:00pm

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

**\*Special Event\* Star Spangled HIIT:** Create your own kind of fireworks with a celebration of explosive strength in this team-driven special event! Declare your dominance over each station with two minutes of dynamic strength, then head to the turf for a fireworks display of plyometric and reaction-based drills!}

**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.}

**AccelerateHIIT (HIITZone):** Channel your inner athlete in this intense training class designed to improve speed, agility and power. Torch calories and push your workout into overdrive in this high intensity drill-based cardio class utilizing the turf and HIIT unit. Get your heart racing and body moving with rounds of interval work followed by brief rest periods. Push your limits and focus on all out cardio efforts in this workout guaranteed leave you dripping in sweat.}

**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!}

**RippedHIIT (HIITZone):** Get the pump of your life with this hypertrophy workout. Based on traditional splits of Push, Pull, and Legs, this hardcore class will leave you feeling ripped! Each station focuses on time under tension to increase your muscular strength and endurance, then finishes strong with a mix of isometric drills on the turf. You'll feel the burn for days!}

**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.}

**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.}