



HIIT/Small Group Training

STUART

Week of 04/28/25
*HZ / HIITZone Bx / Training Hub

	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 ☀️	Dropset HIIT (HIITZone) - HZ* 9:00 - 45m Kylie M		BuildHIIT(HIITZone) - HZ* 8:45 - 45m Kylie M Fight Camp - Bx* 9:45 - 45m Kylie M		ExtremeHIIT (HIITZone) - HZ* 8:45 - 45m Mosa R		
MID-DAY ☀️							
EVENING 🌙	StrongHIIT (HIITZone) - HZ* 6:00 - 45m Julianne D	Fight Camp - Bx* 5:45 - 45m Charissa S	CircHIIT (HIITZone) - HZ* 6:00 - 45m Charissa S	Fight Camp - Bx* 7:00 - 45m Charissa S			



CLASS DESCRIPTIONS

STUART

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

2508 SE Federal Highway | 772.874.2001

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.}

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!}

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.}

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.}