






HIIT/Small Group Training

ARLINGTON

Week of 04/28/25

*HZ / HIITZone GF / Group Fitness

	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 	HIIT The Bells (HIITZone) - HZ* 5:15 - 60m Keisha The Beast ExtremeHIIT (HIITZone) - HZ* 9:30 - 60m Adam R		Superset HIIT (HIITZone) - GF* 5:15 - 45m Big Bank Reesha ExtremeHIIT (HIITZone) - HZ* 9:30 - 60m Gwen P.		HIIT The Bells (HIITZone) - GF* 5:15 - 60m Catalina S	ExtremeHIIT (HIITZone) - HZ* 9:30 - 45m Kathleen D.	
MID-DAY 							StrongHIIT (HIITZone) - HZ* 2:00 - 45m Liz
EVENING 	HIIT The Bells (HIITZone) - HZ* 6:30 - 60m Keisha The Beast	StrongHIIT (HIITZone) - HZ* 6:30 - 45m Aly	Superset HIIT (HIITZone) - HZ* 6:30 - 45m Michael B	BuildHIIT(HIITZone) - HZ* 6:30 - 45m Michael B			



CLASS DESCRIPTIONS

ARLINGTON

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

5906 South Cooper Street | 430.227.8624

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.}

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!}

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.}