



HIIT/Small Group Training

TYRONE

Week of 04/28/25
*HZ / HIITZone BX / Boxing

MORNING
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MID-DAY
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EVENING
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	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
	Strike Strong - BX* 6:00 - 45m Stefon Superset HIIT (HIITZone) - HZ* 9:00 - 45m Thanecha	CircHIIT (HIITZone) - HZ* 6:00 - 45m Stefon	BuildHIIT(HIITZone) - HZ* 9:00 - 45m Tracy D Strike Strong - BX* 11:00 - 45m Stefon	StrongHIIT (HIITZone) - HZ* 6:00 - 45m Stefon Strike Strong - BX* 9:00 - 45m Stefon	12 Round TKO - BX* 6:00 - 45m Stefon StrongHIIT (HIITZone) - HZ* 9:00 - 45m Stephanie F	CircHIIT (HIITZone) - HZ* 9:00 - 45m Wayne K 12 Round TKO - BX* 10:00 - 45m Wayne K	Strike Strong - BX* 11:00 - 45m Stefon
	Superset HIIT (HIITZone) - HZ* 6:45 - 45m Stephanie F	12 Round TKO - BX* 5:30 - 45m Stefon StrongHIIT (HIITZone) - HZ* 6:30 - 45m Stefon		Fight Camp - BX* 5:30 - 45m Wayne K StrongHIIT (HIITZone) - HZ* 6:45 - 45m Wayne K			



CLASS DESCRIPTIONS

TYRONE

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

900 58th Street North | 727.425.6710

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.}

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.}

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.}

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.}