






HIIT/Small Group Training

WEST COBB

Week of 08/18/25

*HZ / HIITZone

	MONDAY, 08/18/25	TUESDAY, 08/19/25	WEDNESDAY, 08/20/25	THURSDAY, 08/21/25	FRIDAY, 08/22/25	SATURDAY, 08/23/25	SUNDAY, 08/24/25
MORNING 	Tough HIIT Out (HIITZone) - HZ* 5:30 - 45m Jessica P StormHIIT(HIITZone) - HZ* 8:00 - 60m OPEN T	BuildHIIT(HIITZone) - HZ* 5:30 - 45m Kendall W Superset HIIT (HIITZone) - HZ* 9:00 - 45m Lori C	BuildHIIT(HIITZone) - HZ* 8:00 - 45m Marisol	Tough HIIT Out (HIITZone) - HZ* 5:30 - 45m Lori C Tough HIIT Out (HIITZone) - HZ* 9:15 - 45m Jess P	StrongHIIT (HIITZone) - HZ* 5:30 - 45m Vincent D BuildHIIT(HIITZone) - HZ* 10:15 - 45m Jamil L	TripleHIIT (HIITZone) - HZ* 9:15 - 45m Hally	AccelerateHIIT (HIITZone) - HZ* 9:30 - 45m LaTanya S
MID-DAY 							
EVENING 	TripleHIIT (HIITZone) - HZ* 6:15 - 45m Keon	BuildHIIT(HIITZone) - HZ* 6:15 - 45m Jamil L	AccelerateHIIT (HIITZone) - HZ* 6:15 - 45m GiGi	Tough HIIT Out (HIITZone) - HZ* 6:15 - 45m Joyce J			



CLASS DESCRIPTIONS

WEST COBB

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

3805 Dallas Highway | 770.746.4675

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

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.}

StormHIIT(HIITZone): Enter the eye of the storm in this hardcore HIITZone workout that utilizes thunder and lightening rounds to amp up your workout. Challenge your endurance, strength and will. Each exercise will go through 5 level changes designed to push your limits at each station. Thunder and lightning rounds are used between each station to amp up your core and challenge your speed.}

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.}

TripleHIIT (HIITZone): Get ready to tear up the turf with a twist in TripleHIIT! Featuring 9 stations organized within 3 pods each containing 3 exercises, this high intensity workout will be sure to get you fitter than ever! Between each pod, participants will work as a team to complete 3 core-shredding exercises for 3 minutes on the turf. 3 X 3 = Triple the sweat and triple the fun!}