



HIIT/Small Group Training

WELLINGTON

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 	CircHIIT (HIITZone) - HZ* 5:30 - 45m Lissette R TabataHIIT(HIITZone) - HZ* 8:00 - 45m Dara C		TripleHIIT (HIITZone) - HZ* 5:30 - 45m Lissette R StrongHIIT (HIITZone) - HZ* 8:00 - 45m Dara C		HIIT The Bells (HIITZone) - HZ* 8:00 - 60m Dara C	ExtremeHIIT (HIITZone) - HZ* 8:00 - 45m Lissette R	
MID-DAY 							
EVENING 	TripleHIIT (HIITZone) - HZ* 6:00 - 45m Angie	Dropset HIIT (HIITZone) - HZ* 7:15 - 45m Creation R		HIIT The Bells (HIITZone) - HZ* 7:15 - 60m Creation R			



CLASS DESCRIPTIONS

WELLINGTON

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

12800 Forest Hill Blvd | 561.461.8477

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

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!}

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.}

TabataHIIT(HIITZone): Whether you want to lose weight, increase strength, build muscle or improve flexibility, TabataHIIT can help you get there. This 6 station 8 round team based class is designed to stimulate your metabolism, improving speed & endurance working on the HIIT 4 unit for 1 round and on the turf for round 2.}

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!}