



HIIT/Small Group Training

HIRAM

Week of 08/18/25

*HZ / HIITZone

MORNING



MID-DAY



EVENING



	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
	Superset HIIT (HIITZone) - HZ* 5:15 - 45m Cindy F BuildHIIT(HIITZone) - HZ* 8:45 - 45m Jamil L	CircHIIT (HIITZone) - HZ* 9:30 - 45m Connie	ExtremeHIIT (HIITZone) - HZ* 5:15 - 60m Cindy F Dropset HIIT (HIITZone) - HZ* 9:45 - 45m Charlie	CircHIIT (HIITZone) - HZ* 5:15 - 45m Jessica P BuildHIIT(HIITZone) - HZ* 9:30 - 45m Amanda W	Zip HIIT (HIITZone) - HZ* 5:15 - 60m Cindy F HIIT The Bells (HIITZone) - HZ* 8:45 - 60m Marisol	Dropset HIIT (HIITZone) - HZ* 8:30 - 45m LaTanya S	BuildHIIT(HIITZone) - HZ* 10:15 - 45m Jamil L
	StrongHIIT (HIITZone) - HZ* 6:15 - 45m LaTanya S	Dropset HIIT (HIITZone) - HZ* 6:15 - 45m LaTanya S	CircHIIT (HIITZone) - HZ* 5:30 - 45m Amanda W				



CLASS DESCRIPTIONS

HIRAM

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

4484 Jimmy Lee Smith Pkwy | 470.672.7800

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!}

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.}

Zip HIIT (HIITZone): Get your heart pumping in this fast and furious cardio-based format designed to activate your agility, challenge your endurance and supercharge your speed. Zip through station-based work paired with bodyweight plyometric drills, then sprint through turf drills and core stability challenges designed to make you feel powerful, energized, and lightning fast.}