



HIIT/Small Group Training

EAST COBB

Week of 06/02/25
*HZ / HIITZone

	MONDAY, 06/02/25	TUESDAY, 06/03/25	WEDNESDAY, 06/04/25	THURSDAY, 06/05/25	FRIDAY, 06/06/25	SATURDAY, 06/07/25	SUNDAY, 06/08/25
MORNING 	ExtremeHIIT (HIITZone) - HZ* 5:30 - 45m Lauri ExtremeHIIT (HIITZone) - HZ* 7:00 - 45m Lauri SizzleHIIT(HIITZone) - HZ* 8:00 - 45m Paty Q	Superset HIIT (HIITZone) - HZ* 5:30 - 45m Jodi A Superset HIIT (HIITZone) - HZ* 7:00 - 45m Laura	CircHIIT (HIITZone) - HZ* 7:00 - 45m Lauri CircHIIT (HIITZone) - HZ* 8:00 - 45m Paty Q	TripleHIIT (HIITZone) - HZ* 5:30 - 45m Lauri TripleHIIT (HIITZone) - HZ* 7:00 - 45m Lauri	BuildHIIT(HIITZone) - HZ* 5:30 - 45m Lauri Superset HIIT (HIITZone) - HZ* 8:00 - 45m Nikki	Superset HIIT (HIITZone) - HZ* 9:00 - 45m Lisa	
MID-DAY 							
EVENING 	SizzleHIIT(HIITZone) - HZ* 6:00 - 45m Paty Q	TripleHIIT (HIITZone) - HZ* 6:00 - 45m Lauri	ExtremeHIIT (HIITZone) - HZ* 6:00 - 45m Amanda	CircHIIT (HIITZone) - HZ* 6:00 - 45m Suzanne			



CLASS DESCRIPTIONS

EAST COBB

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

3605 Sandy Plains Rd | 770.215.2280

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.}

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!}

SizzleHIIT(HIITZone): Step onto the turf for this sizzling hot workout that will leave you drenched in sweat. Turn up the heat in this all turf workout designed to challenge your ability to complete the ultimate burn out challenge. Upper and lower body work efforts mixed with burn out challenges deliver scorching hot results. Turn up the heat this summer.}

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.}

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!}