



HIIT/Small Group Training

ALTAMONTE SPRINGS

Week of 03/31/25
*B / Boxing HZ / HIITZone

	MONDAY, 03/31/25	TUESDAY, 04/01/25	WEDNESDAY, 04/02/25	THURSDAY, 04/03/25	FRIDAY, 04/04/25	SATURDAY, 04/05/25	SUNDAY, 04/06/25
MORNING 	Superset HIIT (HIITZone) - HZ* 5:30 - 45m Mary S ExtremeHIIT (HIITZone) - HZ* 8:30 - 45m Jessi	Strike Strong - B* 8:30 - 45m Jason R	ExtremeHIIT (HIITZone) - HZ* 5:30 - 45m Jessi Superset HIIT (HIITZone) - HZ* 8:30 - 45m Sasha R	12 Round TKO - B* 8:30 - 45m Jason R	Tough HIIT Out (HIITZone) - HZ* 9:00 - 45m Lauryn P	Superset HIIT (HIITZone) - HZ* 9:00 - 45m Gabby 12 Round TKO - B* 10:00 - 45m Mary S	ExtremeHIIT (HIITZone) - HZ* 9:45 - 45m Laura M
MID-DAY 							
EVENING 	Superset HIIT (HIITZone) - HZ* 5:30 - 45m Kariny S	Heavy Hitter - B* 6:30 - 45m Joann F	ExtremeHIIT (HIITZone) - HZ* 6:45 - 45m Marie H	12 Round TKO - B* 5:30 - 45m Mary S	Tough HIIT Out (HIITZone) - HZ* 6:15 - 45m Marie H		



CLASS DESCRIPTIONS

ALTAMONTE SPRINGS

951 N State Rd 434 | 407.449.7500

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

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

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.}

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!

Heavy Hitter: Become a Heavy Hitter and discover your POWER in the next phase of your fitness journey– even outside of the ring– with this vigorous workout designed to build endurance, strength, and stability. Using a variety of resistance training styles and intervals both on and off the heavy bag, this workout is designed to push the limits of upper body and lower body strength and challenge core strength and stability.

*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.}

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.}