



# HIIT/Small Group Training

## WINTER GARDEN

Week of 12/08/25

\*HZ / HIITZone GF / Group Fitness BX / Boxing Studio

MORNING



MID-DAY



EVENING



|  | MONDAY, 12/08/25  | TUESDAY, 12/09/25                                      | WEDNESDAY, 12/10/25  | THURSDAY, 12/11/25  | FRIDAY, 12/12/25   | SATURDAY, 12/13/25  | SUNDAY, 12/14/25 |
|--|---|--|--|---|--|---|------------------|
|  | <b>Superset HIIT (HIITZone)</b> - HZ*<br>5:15 - 45m Leah R<br><b>SizzleHIIT(HIITZone)</b> - HZ*<br>9:00 - 45m LUIZA P | <b>Boxing Heavy Hitter</b> - BX*<br>8:45 - 45m Karen A | <b>SizzleHIIT(HIITZone)</b> - HZ*<br>5:15 - 45m Leah R<br><b>TripleHIIT (HIITZone)</b> - GF*<br>9:00 - 45m Lydia R | <b>Boxing Strike Strong</b> - BX*<br>8:45 - 45m Lauryn P<br><b>BuildHIIT(HIITZone)</b> - HZ*<br>9:45 - 45m Aura I | <b>CircHIIT (HIITZone)</b> - HZ*<br>5:15 - 45m Leah R<br><b>TabataHIIT(HIITZone)</b> - HZ*<br>9:00 - 45m Lydia R | <b>TripleHIIT (HIITZone)</b> - HZ*<br>9:15 - 45m Sara R<br><b>Boxing 12 Round TKO</b> - BX*<br>10:15 - 45m Sara R |                  |
|  |   |  |  |   |  |   |                  |
|  | <b>CircHIIT (HIITZone)</b> - HZ*<br>6:30 - 45m Sara R   | <b>BuildHIIT(HIITZone)</b> - HZ*<br>6:30 - 45m Lori B  | <b>Superset HIIT (HIITZone)</b> - HZ*<br>6:30 - 45m Bradley C  | <b>TabataHIIT(HIITZone)</b> - HZ*<br>6:30 - 45m Sara R  | <b>Boxing Fight Camp</b> - GF*<br>6:30 - 45m Luis V  |   |                  |



# CLASS DESCRIPTIONS

# WINTER GARDEN

Visit [crunch.com](http://crunch.com) for online schedules and club information. This schedule is subject to change

14150 West Colonial Drive | 407.214.3107  
Monday: 5:00am - 12:00am Tue - Fri: 12:00am - 12:00am Saturday: 12:00am - 7:00pm Sunday: 7:00am - 7:00pm

**Boxing 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.}

**Boxing Fight Camp:** Want to train like the pros in the ring? Become brilliant at the basics in this workout designed to hone your boxing skills and sharpen your mind. Punch with power on the heavy bag, develop timing and fluidity in combinations, develop your core stability, and train your reaction time. In Fight Camp, you'll walk away feeling like a champ, with strength, endurance, speed, and power to spare!

\*Participants should bring their own boxing or MMA-style gloves to this class.}

**Boxing 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.}

**Boxing 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.}

**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.}

**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.}

**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!}