



HIIT/Small Group Training

CORAL SPRINGS

Week of 06/02/25
*HZ / HIITZone BX / Boxing

	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 	BuildHIIT(HIITZone) - HZ* 5:30 - 45m Maribel M	ExtremeHIIT (HIITZone) - BX* 8:15 - 45m Maribel M	Tough HIIT Out (HIITZone) - HZ* 5:30 - 45m Nadege D 12 Round TKO - BX* 10:00 - 45m Lisa P	12 Round TKO - BX* 10:00 - 45m Flash	StrongHIIT (HIITZone) - HZ* 5:30 - 45m Maribel M	ExtremeHIIT (HIITZone) - HZ* 8:15 - 45m Cindy I	
MID-DAY 							
EVENING 	ExtremeHIIT (HIITZone) - HZ* 6:15 - 45m Maribel M 12 Round TKO - BX* 7:15 - 45m Maribel M		12 Round TKO - BX* 6:00 - 45m Adae G StrongHIIT (HIITZone) - HZ* 7:15 - 45m Adae G	Superset HIIT (HIITZone) - HZ* 6:45 - 45m Francesca G			



CLASS DESCRIPTIONS

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910 N University Dr | 954.859.2030

Monday: 5:00am - 12:00am Tue - Fri: 12:00am - 12:00am Saturday: 12:00am - 7:00pm Sunday: 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.}

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.}

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!}

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.}

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.}