



# HIIT/Small Group Training

CHARLOTTE UNIVERSITY

Week of 06/30/25  
\*HZ / HIITZone B / Boxing

	MONDAY, 06/30/25	TUESDAY, 07/01/25	WEDNESDAY, 07/02/25	THURSDAY, 07/03/25	FRIDAY, 07/04/25	SATURDAY, 07/05/25	SUNDAY, 07/06/25
MORNING 		<b>TabataHIIT(HIITZone)</b> - HZ* 6:00 - 45m Sheridan S		<b>Dropset HIIT (HIITZone)</b> - HZ* 6:00 - 45m Sheridan S		<b>Superset HIIT (HIITZone)</b> - HZ* 9:00 - 45m VoNique W	
MID-DAY 							
EVENING 	<b>Strike Strong</b> - B* 5:45 - 45m Aaliyah S <b>Dropset HIIT (HIITZone)</b> - HZ* 6:45 - 45m Aaliyah S	<b>StrongHIIT (HIITZone)</b> - HZ* 7:00 - 45m Aaliyah S	<b>TabataHIIT(HIITZone)</b> - HZ* 5:45 - 45m Sheridan S <b>Heavy Hitter</b> - B* 6:45 - 45m Sheridan S	<b>Superset HIIT (HIITZone)</b> - HZ* 7:00 - 45m Sheridan S			



# CLASS DESCRIPTIONS

# CHARLOTTE UNIVERSITY

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

8514 University City Blvd | 704.440.9391

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

**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!}

**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.}

**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.}

**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.}