



ADVANCED HIIT

CHARLOTTE UNIVERSITY

Week of 05/06/24
*B / Boxing HZ / HIITZone

	MONDAY, 05/06/24	TUESDAY, 05/07/24	WEDNESDAY, 05/08/24	THURSDAY, 05/09/24	FRIDAY, 05/10/24	SATURDAY, 05/11/24	SUNDAY, 05/12/24
MORNING 		Fight Camp - B* 5:30 - 60m Zevan U StrongHIIT (HIITZone) - HZ* 6:30 - 45m Chris J		Heavy Hitter - B* 5:30 - 60m Zevan U AccelerateHIIT (HIITZone) - HZ* 6:30 - 45m Chris J		ExtremeHIIT (HIITZone) - HZ* 9:00 - 45m VoNique W	
MID-DAY 							
EVENING 	StrongHIIT (HIITZone) - HZ* 6:45 - 45m Chris J	Heavy Hitter - B* 6:45 - 60m Chris J	ExtremeHIIT (HIITZone) - HZ* 6:45 - 45m Maria M	Round it Out - B* 6:45 - 60m RJ			



CLASS DESCRIPTIONS

CHARLOTTE UNIVERSITY

8514 University City Blvd | 704.440.9391
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

AccelerateHIIT (HIITZone): Channel your inner athlete in this intense training class designed to improve speed, agility and power. Torch calories and push your workout into overdrive in this high intensity drill-based cardio class utilizing the turf and HIIT unit. Get your heart racing and body moving with rounds of interval work followed by brief rest periods. Push your limits and focus on all out cardio efforts in this workout guaranteed leave you dripping in sweat.}

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!}

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.}

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.}

Round it Out: Get ready to rumble in this dynamic station-based boxing circuit workout. Utilizing heavy bags, KNUX, and sandbells, this workout will get you in fighting shape and ready to win the bout. Move through 8 dedicated stations with a combination of longer fight rounds, then repeat at maximum intensity in our signature Knockout Rounds. Wildcard rounds tax the body and mind with rapid-fire Boxmaster combination work, leaving you fit to fight and ready to rumble.

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

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.}