



HIIT/Small Group Training

MATTHEWS

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

	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 			Superset HIIT (HIITZone) - HZ* 5:30 - 45m Selena Y			StrongHIIT (HIITZone) - HZ* 10:00 - 45m Meg M	
MID-DAY 							
EVENING 	Strike Strong - B* 6:00 - 45m Evan S	Superset HIIT (HIITZone) - HZ* 5:45 - 45m Selena Y	Heavy Hitter - B* 6:00 - 45m Evan S	RippedHIIT (HIITZone) - HZ* 5:45 - 45m Evan S			



CLASS DESCRIPTIONS

MATTHEWS

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

10404 E Independence Blvd | 704.997.1401

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

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.}

RippedHIIT (HIITZone): Get the pump of your life with this hypertrophy workout. Based on traditional splits of Push, Pull, and Legs, this hardcore class will leave you feeling ripped! Each station focuses on time under tension to increase your muscular strength and endurance, then finishes strong with a mix of isometric drills on the turf. You'll feel the burn for days!}

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.}