



HIIT/Small Group Training

POINCIANA

Week of 04/28/25

*HZ / HIIT B / Boxing

	MONDAY, 04/28/25	TUESDAY, 04/29/25	WEDNESDAY, 04/30/25	THURSDAY, 05/01/25	FRIDAY, 05/02/25	SATURDAY, 05/03/25	SUNDAY, 05/04/25
MORNING 	StrongHIIT (HIITZone) - HZ* 5:30 - 45m TJ TabataHIIT(HIITZone) - HZ* 10:15 - 45m TJ	Heavy Hitter - B* 8:15 - 45m TJ	ExtremeHIIT (HIITZone) - HZ* 5:30 - 45m Ryan Y Superset HIIT (HIITZone) - HZ* 10:15 - 45m Jayden R	Fight Camp - B* 8:15 - 45m TJ	TabataHIIT(HIITZone) - HZ* 5:30 - 45m AJ ExtremeHIIT (HIITZone) - HZ* 10:15 - 45m Emilys S	Superset HIIT (HIITZone) - HZ* 9:15 - 45m Luis V 12 Round TKO - B* 10:15 - 45m Luis V	
MID-DAY 							
EVENING 	RippedHIIT (HIITZone) - HZ* 6:15 - 45m Natalie C Heavy Hitter - B* 7:15 - 45m Natalie C	12 Round TKO - B* 6:15 - 45m Ryan Y Superset HIIT (HIITZone) - HZ* 7:15 - 45m Ryan Y	TabataHIIT(HIITZone) - HZ* 6:15 - 45m Luis V	Heavy Hitter - B* 6:15 - 45m Jayden R ExtremeHIIT (HIITZone) - HZ* 7:15 - 45m Jayden R			



CLASS DESCRIPTIONS

POINCIANA

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

4690 Marigold Ave | 863.201.5375

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

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.}

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.}

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!

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.}