






HIIT/Small Group Training

MARIETTA

Week of 08/11/25
*HZ / HIITZone BX / Boxing Studio

| | MONDAY, 08/11/25 | TUESDAY, 08/12/25 | WEDNESDAY, 08/13/25 | THURSDAY, 08/14/25 | FRIDAY, 08/15/25 | SATURDAY, 08/16/25 | SUNDAY, 08/17/25 |
|--|---|---|--|---|--|--|------------------|
| MORNING  | StrongHIIT (HIITZone) - HZ* 5:30 - 45m Keon | Tough HIIT Out (HIITZone) - HZ* 8:30 - 45m Taysha S | HIIT The Bells (HIITZone) - HZ* 5:30 - 60m Lisa Dallas CircHIIT (HIITZone) - HZ* 9:45 - 45m Junko | AccelerateHIIT (HIITZone) - HZ* 8:30 - 45m Taysha S | CircHIIT (HIITZone) - HZ* 5:30 - 45m Lisa Dallas | CircHIIT (HIITZone) - HZ* 9:30 - 45m Suzanne | |
| MID-DAY  | | | | | | | |
| EVENING  | CircHIIT (HIITZone) - HZ* 6:15 - 45m Amanda | Strike Strong - BX* 7:00 - 45m Lisa Dallas | Superset HIIT (HIITZone) - HZ* 6:15 - 45m Faison M | StrongHIIT (HIITZone) - HZ* 6:15 - 45m Kiara J | | | |



CLASS DESCRIPTIONS

MARIETTA

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

2203 Roswell Road | 770.264.1216

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

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.}

CircHIIT (HIITZone): Get electrified in this turf-based, circuit training spectacular! Charge the circuit, amplify, then supercharge your efforts with circuit-breaker athletic and reaction drills in between each round for high performance cross-training benefits.}

HIIT The Bells (HIITZone): Take it to the turf for this seriously STRONG format that builds metabolism-boosting muscle. Your body will hum when these bells start clanging; grueling rounds of work using kettlebells, dumbbells and barbells deliver ironclad results. Don't just hit these bells; annihilate them!}

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.}

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.}