






HIIT/Small Group Training

PLANO

Week of 08/18/25

*HZ / HIITZone BX / Boxing GF / Group Fitness

	MONDAY, 08/18/25	TUESDAY, 08/19/25	WEDNESDAY, 08/20/25	THURSDAY, 08/21/25	FRIDAY, 08/22/25	SATURDAY, 08/23/25	SUNDAY, 08/24/25
MORNING 		AccelerateHIIT (HIITZone) - GF* 5:30 - 45m Kelle F		StrongHIIT (HIITZone) - HZ* 5:30 - 45m Kelle F Strike Strong - BX* 6:15 - 45m Kelle F		BuildHIIT(HIITZone) - HZ* 9:15 - 45m Cortez Heavy Hitter - BX* 10:00 - 45m Cortez	
MID-DAY 	Heavy Hitter - BX* 12:00 - 45m Cortez		StrongHIIT (HIITZone) - HZ* 12:00 - 45m Cortez	Heavy Hitter - BX* 12:00 - 45m Cortez			
EVENING 	StrongHIIT (HIITZone) - BX* 6:15 - 45m Cortez Heavy Hitter - BX* 7:15 - 45m Cortez	Fight Camp - BX* 6:15 - 45m Cortez ExtremeHIIT (HIITZone) - HZ* 7:15 - 45m Cortez	Heavy Hitter - BX* 5:30 - 45m Lee W ExtremeHIIT (HIITZone) - HZ* 6:30 - 45m Lee W				



CLASS DESCRIPTIONS

PLANO

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

1701 Preston Rd | 214.910.1660
Monday: 5:00am - 12:00am Tue - Fri: 12:00am - 12:00am Saturday: 12:00am - 7:00pm Sunday: 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.}

BuildHIIT(HIITZone): The BUILD HIIT class is designed to take your workout and abilities to the next level. It's a progressive workout effort carefully created to improve strength, balance, increased heart rate, lung efficiency and muscle endurance.}

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.}

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.}