






HIIT/Small Group Training

SUNRISE

Week of 06/16/25
*HZ / HIITZone B / Boxing

	MONDAY, 06/16/25	TUESDAY, 06/17/25	WEDNESDAY, 06/18/25	THURSDAY, 06/19/25	FRIDAY, 06/20/25	SATURDAY, 06/21/25	SUNDAY, 06/22/25
MORNING 	12 Round TKO - B* 8:15 - 45m Maribel M	PunchHIIT (HIITZone) - HZ* 5:30 - 45m Maribel M TabataHIIT(HIITZone) - HZ* 8:15 - 45m Jackie	TripleHIIT (HIITZone) - HZ* 8:15 - 45m Shewonda L	Superset HIIT (HIITZone) - HZ* 5:30 - 45m Maribel M ExtremeHIIT (HIITZone) - HZ* 8:15 - 45m Paoli R	ExtremeHIIT (HIITZone) - HZ* 5:30 - 45m Alyssa B Superset HIIT (HIITZone) - HZ* 8:30 - 45m Shewonda L	Dropset HIIT (HIITZone) - HZ* 8:15 - 45m Shewonda L Fight Camp - B* 9:15 - 45m Adae G	StrongHIIT (HIITZone) - HZ* 8:30 - 45m Ruby
MID-DAY 							
EVENING 	TabataHIIT(HIITZone) - HZ* 5:30 - 45m Alyssa B	CircHIIT (HIITZone) - HZ* 4:30 - 45m Francesca G 12 Round TKO - HZ* 6:30 - 45m Ruby	Superset HIIT (HIITZone) - HZ* 6:00 - 45m Francesca G	StormHIIT(HIITZone) - HZ* 5:45 - 60m Shewonda L	SizzleHIIT(HIITZone) - HZ* 5:30 - 45m Adae G		



CLASS DESCRIPTIONS

SUNRISE

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

9919 West Oakland Park Blvd | 754.273.9430

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.}

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.}

Dropset HIIT (HIITZone): Plan to fail in this dynamic drop set training strength-based class designed to build strength and maximum muscle in no time! Run the rack for each exercise, then prep for the next station with a core set to strengthen and stabilize your midsection. Set a goal, then grunt, grind and grit your way to your strongest body yet!}

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.}

PunchHIIT (HIITZone): Get ready for a fight! This hard hitting workout features fight moves and athletic conditioning inspired by the worlds of mixed martial arts and boxing. Get ready to punch, jump, lift and slam your way to a great workout.}

SizzleHIIT(HIITZone): Step onto the turf for this sizzling hot workout that will leave you drenched in sweat. Turn up the heat in this all turf workout designed to challenge your ability to complete the ultimate burn out challenge. Upper and lower body work efforts mixed with burn out challenges deliver scorching hot results. Turn up the heat this summer.}

StormHIIT(HIITZone): Enter the eye of the storm in this hardcore HIITZone workout that utilizes thunder and lightening rounds to amp up your workout. Challenge your endurance, strength and will. Each exercise will go through 5 level changes designed to push your limits at each station. Thunder and lightning rounds are used between each station to amp up your core and challenge your speed.}

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.}

TripleHIIT (HIITZone): Get ready to tear up the turf with a twist in TripleHIIT! Featuring 9 stations organized within 3 pods each containing 3 exercises, this high intensity workout will be sure to get you fitter than ever! Between each pod, participants will work as a team to complete 3 core-shredding exercises for 3 minutes on the turf. 3 X 3 = Triple the sweat and triple the fun!}