



HIIT/Small Group Training

WESLEY CHAPEL

Week of 08/18/25

*HZ / HIITZone BX / Boxing GF / Group Fitness R / Ride

	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 	Fight Camp - BX* 6:00 - 45m Michael C StrongHIIT (HIITZone) - HZ* 8:30 - 45m Wendy C Fight Camp - BX* 9:30 - 45m Courtney M	StrongHIIT (HIITZone) - HZ* 7:00 - 45m Sarah P Fight Camp - BX* 9:15 - 45m Wendy C	Superset HIIT (HIITZone) - HZ* 6:00 - 45m Burt Fight Camp - BX* 8:30 - 45m Wendy C	Fight Camp - BX* 6:00 - 45m Michael C StrongHIIT (HIITZone) - GF* 8:15 - 45m Charles	StrongHIIT (HIITZone) - HZ* 7:00 - 45m Michael C Fight Camp - BX* 9:30 - 45m Charles	Superset HIIT (HIITZone) - HZ* 8:30 - 45m Burt StrongHIIT (HIITZone) - HZ* 10:00 - 45m Maggie P	
MID-DAY 							
EVENING 	StrongHIIT (HIITZone) - HZ* 7:00 - 45m Namgay B	AccelerateHIIT (HIITZone) - R* 7:00 - 45m Laura M	CircHIIT (HIITZone) - R* 7:00 - 45m Namgay B	StrongHIIT (HIITZone) - BX* 7:00 - 45m Chase O	StrongHIIT (HIITZone) - HZ* 5:30 - 45m Michael C		



CLASS DESCRIPTIONS

WESLEY CHAPEL

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

5351 Village Market Drive | 813.295.2723

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.}

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.}

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.}