



# HIIT/Small Group Training

ALLEN

Week of 08/18/25  
\*HZ / HIITZone

	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 	<b>ExtremeHIIT (HIITZone)</b> - HZ* 5:30 - 45m Serena G	<b>ExtremeHIIT (HIITZone)</b> - HZ* 9:30 - 45m Deborah Y	<b>StormHIIT(HIITZone)</b> - HZ* 5:30 - 60m Serena G		<b>StrongHIIT (HIITZone)</b> - HZ* 5:30 - 45m Serena G	<b>ExtremeHIIT (HIITZone)</b> - HZ* 9:00 - 45m Braeden H	
MID-DAY 							
EVENING 	<b>ExtremeHIIT (HIITZone)</b> - HZ* 6:15 - 45m Somaya M	<b>Superset HIIT (HIITZone)</b> - HZ* 6:00 - 45m Somaya M	<b>StrongHIIT (HIITZone)</b> - HZ* 6:15 - 45m Gideon E	<b>StrongHIIT (HIITZone)</b> - HZ* 6:15 - 45m Somaya M			



# CLASS DESCRIPTIONS

## ALLEN

Visit [crunch.com](http://crunch.com) for online schedules and club information. This schedule is subject to change

510 North Watters Road | 469.824.3022

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

**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!

**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.}