






# HIIT/Small Group Training

NORTH RICHLAND HILLS

Week of 05/12/25

\*BX / Boxing GF / Group Fitness HZ / HIITZone

	MONDAY, 05/12/25	TUESDAY, 05/13/25	WEDNESDAY, 05/14/25	THURSDAY, 05/15/25	FRIDAY, 05/16/25	SATURDAY, 05/17/25	SUNDAY, 05/18/25
MORNING 	<b>HIIT The Bells (HIITZone)</b> - HZ* 5:30 - 60m Davidson S <b>Fight Camp</b> - BX* 6:30 - 45m Adrian S <b>HIIT The Bells (HIITZone)</b> - HZ* 8:30 - 60m Catalina S	<b>CircHIIT (HIITZone)</b> - HZ* 5:30 - 45m Abby T <b>Fight Camp</b> - BX* 8:30 - 45m Coach G	<b>HIIT The Bells (HIITZone)</b> - GF* 5:30 - 60m Davidson S <b>Fight Camp</b> - GF* 6:30 - 45m Adrian S <b>HIIT The Bells (HIITZone)</b> - HZ* 8:30 - 60m Catalina S	<b>CircHIIT (HIITZone)</b> - HZ* 5:30 - 45m Abby T <b>Fight Camp</b> - GF* 8:30 - 45m Coach G	<b>PunchHIIT (HIITZone)</b> - HZ* 5:30 - 45m Amanda H <b>ExtremeHIIT (HIITZone)</b> - HZ* 8:30 - 45m Catalina S	<b>Fight Camp</b> - BX* 8:00 - 45m Davidson S <b>ExtremeHIIT (HIITZone)</b> - HZ* 9:00 - 60m Davidson S	<b>StrongHIIT (HIITZone)</b> - HZ* 9:00 - 45m Jeannia B
MID-DAY 							
EVENING 	<b>StrongHIIT (HIITZone)</b> - GF* 6:00 - 45m Catalina S <b>Fight Camp</b> - BX* 7:00 - 45m Coach G	<b>ExtremeHIIT (HIITZone)</b> - HZ* 7:00 - 60m Cristal A	<b>AccelerateHIIT (HIITZone)</b> - HZ* 6:00 - 45m Coach G <b>Fight Camp</b> - BX* 7:00 - 45m Coach G	<b>HIIT The Bells (HIITZone)</b> - HZ* 7:00 - 60m Cristal A	<b>ExtremeHIIT (HIITZone)</b> - HZ* 6:00 - 60m Christalena <b>Fight Camp</b> - BX* 7:30 - 45m Coach G		



# CLASS DESCRIPTIONS

# NORTH RICHLAND HILLS

6601 NE Loop 820 | 682.610.3051

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

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

**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.}

**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.}

**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!}

**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.}

**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.}