



HIIT/Small Group Training

OCOEE

Week of 04/28/25
*HZ / HIITZone B / Boxing

| | MONDAY, 04/28/25 | TUESDAY, 04/29/25 | WEDNESDAY, 04/30/25 | THURSDAY, 05/01/25 | FRIDAY, 05/02/25 | SATURDAY, 05/03/25 | SUNDAY, 05/04/25 |
|---------------|--|---|--|---|--|--|------------------|
| MORNING ☀️ | ExtremeHIIT (HIITZone) - HZ* 5:30 - 45m Lloyd D TabataHIIT(HIITZone) - HZ* 9:15 - 45m Leticia B | StrongHIIT (HIITZone) - HZ* 5:30 - 45m Leah R Fight Camp - B* 9:00 - 45m Belitza G Superset HIIT (HIITZone) - HZ* 10:00 - 45m Belitza G | StormHIIT(HIITZone) - HZ* 5:30 - 60m Lloyd D BuildHIIT(HIITZone) - HZ* 8:30 - 45m Dylan F Heavy Hitter - B* 9:30 - 45m Dylan F | Superset HIIT (HIITZone) - HZ* 5:30 - 45m Leah R StrongHIIT (HIITZone) - HZ* 10:15 - 45m Karen A | BuildHIIT(HIITZone) - HZ* 5:30 - 45m Jessi SizzleHIIT(HIITZone) - HZ* 10:00 - 45m Jessi | Fight Camp - B* 8:30 - 45m Sara R StrongHIIT (HIITZone) - HZ* 9:30 - 45m Johnny Debut | |
| MID-DAY ☀️ | | | | | | | |
| EVENING 🌙 | StormHIIT(HIITZone) - HZ* 7:00 - 60m Leah R | Heavy Hitter - B* 5:30 - 45m Keema E BuildHIIT(HIITZone) - HZ* 6:30 - 45m Bradley C | SizzleHIIT(HIITZone) - HZ* 7:15 - 45m Jessi | Strike Strong - B* 5:30 - 45m Luis V Superset HIIT (HIITZone) - HZ* 6:30 - 45m Luis V | | | |



CLASS DESCRIPTIONS

OCOEE

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

1560 East Silver Star Road | 321.329.1010

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

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.}

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.}

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.}

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.}