



# HIIT/Small Group Training

CORAL RIDGE

Week of 06/09/25  
\*B / Boxing HZ / HIITZone

	MONDAY, 06/09/25	TUESDAY, 06/10/25	WEDNESDAY, 06/11/25	THURSDAY, 06/12/25	FRIDAY, 06/13/25	SATURDAY, 06/14/25	SUNDAY, 06/15/25
MORNING 			<b>Superset HIIT (HIITZone)</b> - HZ* 8:30 - 45m Maribel M		<b>AccelerateHIIT (HIITZone)</b> - HZ* 8:15 - 45m Maribel M	<b>SizzleHIIT(HIITZone)</b> - HZ* 8:15 - 45m Maribel M	<b>12 Round TKO</b> - B* 10:00 - 45m Marlon M
MID-DAY 							
EVENING 	<b>AccelerateHIIT (HIITZone)</b> - HZ* 5:30 - 45m Adae G	<b>ExtremeHIIT (HIITZone)</b> - HZ* 7:00 - 45m Laura J	<b>StrongHIIT (HIITZone)</b> - HZ* 6:15 - 45m Teana M	<b>AccelerateHIIT (HIITZone)</b> - HZ* 5:30 - 45m Maribel M			



# CLASS DESCRIPTIONS

# CORAL RIDGE

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

5631 Coral Ridge Drive | 954.620.8701

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.}

**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.}

**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!}

**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.}

**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.}