



HIIT/Small Group Training

APOLLO BEACH

Week of 06/02/25
*HZ / HIITZone BX / Boxing

	MONDAY, 06/02/25	TUESDAY, 06/03/25	WEDNESDAY, 06/04/25	THURSDAY, 06/05/25	FRIDAY, 06/06/25	SATURDAY, 06/07/25	SUNDAY, 06/08/25
MORNING ☀️	Fight Camp - BX* 5:15 - 45m Jirina H 12 Round TKO - BX* 9:15 - 45m Stephen J Superset HIIT (HIITZone) - HZ* 10:15 - 45m Joey B	StrongHIIT (HIITZone) - HZ* 5:30 - 45m Amanda P TabataHIIT(HIITZone) - HZ* 9:15 - 45m Opal	12 Round TKO - BX* 5:15 - 45m Jirina H ExtremeHIIT (HIITZone) - HZ* 9:15 - 45m Shawn	BuildHIIT(HIITZone) - HZ* 6:30 - 45m Sharmane F Fight Camp - BX* 8:15 - 45m Stephen J StrongHIIT (HIITZone) - HZ* 10:15 - 45m Amanda P	12 Round TKO - BX* 8:15 - 45m Shawn Heavy Metal HIIT (HIITZone) - HZ* 9:30 - 45m Shawn Heavy Metal HIIT (HIITZone) - HZ* 10:30 - 45m Shawn	ExtremeHIIT (HIITZone) - HZ* 9:15 - 45m Opal	
MID-DAY ☀️							
EVENING 🌙	12 Round TKO - BX* 6:15 - 45m Mario G	ExtremeHIIT (HIITZone) - HZ* 6:15 - 45m Sanja V Fight Camp - BX* 7:00 - 45m Stephen J	Superset HIIT (HIITZone) - HZ* 6:15 - 45m Joey B	12 Round TKO - BX* 6:15 - 45m Stephen J			



CLASS DESCRIPTIONS

APOLLO BEACH

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

6215 Seawind Ct. | 813.954.6901

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.}

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 Metal HIIT (HIITZone): Bring out the metal! Barbells, kettlebells, dumbbells, and landmines. HIIT it Heavy Metal style as you work through grueling intervals followed by active recovery designed to deliver a workout that will Rock your world.}

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.}