






HIIT/Small Group Training

FOUNTAIN CITY

Week of 06/30/25
*BX / Boxing HZ / HIITZone

	MONDAY, 06/30/25	TUESDAY, 07/01/25	WEDNESDAY, 07/02/25	THURSDAY, 07/03/25	FRIDAY, 07/04/25	SATURDAY, 07/05/25	SUNDAY, 07/06/25
MORNING 	CircHIIT (HIITZone) - HZ* 5:30 - 45m Joe			Strike Strong - BX* 5:30 - 45m Rachael W			
MID-DAY 							
EVENING 	Strike Strong - BX* 6:00 - 45m Rachael W	CircHIIT (HIITZone) - HZ* 6:15 - 45m Joe	TripleHIIT (HIITZone) - HZ* 5:30 - 45m Kristin C	Strike Strong - BX* 7:00 - 45m Nikki			



CLASS DESCRIPTIONS

FOUNTAIN CITY

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

5003 N. Broadway St | 865.459.2001

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

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.}

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.}

TripleHIIT (HIITZone): Get ready to tear up the turf with a twist in TripleHIIT! Featuring 9 stations organized within 3 pods each containing 3 exercises, this high intensity workout will be sure to get you fitter than ever! Between each pod, participants will work as a team to complete 3 core-shredding exercises for 3 minutes on the turf. 3 X 3 = Triple the sweat and triple the fun!}