



# HIIT/Small Group Training

## EAST PLANO

Week of 06/09/25  
\*HZ / HIIT ZONE BX / Boxing

	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>ExtremeHIIT (HIITZone)</b> - HZ* 5:30 - 45m Big Marco <b>Fight Camp</b> - BX* 9:15 - 45m Lee W <b>StrongHIIT (HIITZone)</b> - HZ* 10:00 - 45m Lee W		<b>StrongHIIT (HIITZone)</b> - HZ* 5:30 - 45m Lee W <b>Superset HIIT (HIITZone)</b> - HZ* 9:15 - 45m Lee W <b>Heavy Hitter</b> - BX* 10:00 - 45m Lee W	<b>Fight Camp</b> - BX* 10:00 - 45m Donny	<b>StrongHIIT (HIITZone)</b> - HZ* 5:30 - 45m Lee W	<b>ExtremeHIIT (HIITZone)</b> - HZ* 9:15 - 45m Deborah Y	
MID-DAY ☀️							
EVENING 🌙	<b>Superset HIIT (HIITZone)</b> - HZ* 6:15 - 45m Lee W <b>Heavy Hitter</b> - BX* 7:15 - 45m Lee W	<b>Fight Camp</b> - BX* 5:30 - 45m Big Marco <b>StrongHIIT (HIITZone)</b> - HZ* 6:30 - 45m Big Marco	<b>AccelerateHIIT (HIITZone)</b> - HZ* 6:15 - 45m Kelle F	<b>Fight Camp</b> - BX* 5:30 - 45m Lee W <b>ExtremeHIIT (HIITZone)</b> - HZ* 6:30 - 45m Lee W			



# CLASS DESCRIPTIONS

# EAST PLANO

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

801D W 15th St | 469.797.1105

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

**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!}

**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.}

**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.}