



HIIT/Small Group Training

SIX MILE

Week of 05/12/25
*HZ / HIITZone

	MONDAY, 05/12/25	TUESDAY, 05/13/25	WEDNESDAY, 05/14/25	THURSDAY, 05/15/25	FRIDAY, 05/16/25	SATURDAY, 05/17/25	SUNDAY, 05/18/25
MORNING 	StrongHIIT (HIITZone) - HZ* 6:00 - 45m Maryanna H Superset HIIT (HIITZone) - HZ* 8:30 - 45m Kimmie		StrongHIIT (HIITZone) - HZ* 6:00 - 45m Maryanna H CircHIIT (HIITZone) - HZ* 8:30 - 45m Kimmie		Superset HIIT (HIITZone) - HZ* 8:30 - 45m Kimmie		
MID-DAY 							
EVENING 		Superset HIIT (HIITZone) - HZ* 6:00 - 45m Christopher O		CircHIIT (HIITZone) - HZ* 6:00 - 45m Christopher O			



CLASS DESCRIPTIONS

SIX MILE

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

9375 6 Mile Cypress Pkwy | 239.768.9055

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.}

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.}