



# HIIT/Small Group Training

## BOY SCOUT

Week of 08/18/25

\*HZ / HIITZone

MORNING



MID-DAY



EVENING



	MONDAY, 08/18/25	TUESDAY, 08/19/25	WEDNESDAY, 08/20/25	THURSDAY, 08/21/25	FRIDAY, 08/22/25	SATURDAY, 08/23/25	SUNDAY, 08/24/25
	<b>Superset HIIT (HIITZone)</b> - HZ* 8:00 - 45m Amy S	<b>CircHIIT (HIITZone)</b> - HZ* 6:00 - 45m Barbara W <b>CircHIIT (HIITZone)</b> - HZ* 8:00 - 45m Christopher O	<b>Superset HIIT (HIITZone)</b> - HZ* 8:00 - 45m Amy S	<b>Superset HIIT (HIITZone)</b> - HZ* 6:00 - 45m Barbara W <b>Dropset HIIT (HIITZone)</b> - HZ* 8:00 - 45m Christopher O	<b>Superset HIIT (HIITZone)</b> - HZ* 6:00 - 45m Kimmie <b>StrongHIIT (HIITZone)</b> - HZ* 8:00 - 45m Kailey B	<b>Superset HIIT (HIITZone)</b> - HZ* 8:00 - 45m Nate <b>CircHIIT (HIITZone)</b> - HZ* 9:15 - 45m Maryanna H	<b>HIIT The Bells (HIITZone)</b> - HZ* 9:00 - 60m Jamal
	<b>12 Round TKO</b> - HZ* 5:30 - 45m Kailey B <b>Superset HIIT (HIITZone)</b> - HZ* 6:30 - 45m Maryanna H	<b>StrongHIIT (HIITZone)</b> - HZ* 6:30 - 45m Nate	<b>12 Round TKO</b> - HZ* 5:30 - 45m Kailey B <b>CircHIIT (HIITZone)</b> - HZ* 6:30 - 45m Maryanna H	<b>HIIT The Bells (HIITZone)</b> - HZ* 6:30 - 60m Nate			



# CLASS DESCRIPTIONS

# BOY SCOUT

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

1755 Boy Scout Dr | 239.931.6664

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.}

**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.}

**Dropset HIIT (HIITZone):** Plan to fail in this dynamic drop set training strength-based class designed to build strength and maximum muscle in no time! Run the rack for each exercise, then prep for the next station with a core set to strengthen and stabilize your midsection. Set a goal, then grunt, grind and grit your way to your strongest body yet!}

**HIIT The Bells (HIITZone):** Take it to the turf for this seriously STRONG format that builds metabolism-boosting muscle. Your body will hum when these bells start clanging; grueling rounds of work using kettlebells, dumbbells and barbells deliver ironclad results. Don't just hit these bells; annihilate them!}

**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.}