






# HIIT/Small Group Training

COLLEYVILLE

Week of 06/09/25

\*HZ / HIITZone

	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 Abby T	<b>Fight Camp</b> - HZ* 5:30 - 45m Davidson S <b>StrongHIIT (HIITZone)</b> - HZ* 8:30 - 45m Jeannia B	<b>ExtremeHIIT (HIITZone)</b> - HZ* 5:30 - 45m Abby T	<b>Fight Camp</b> - HZ* 5:30 - 45m Davidson S <b>StrongHIIT (HIITZone)</b> - HZ* 8:30 - 45m Davidson S	<b>ExtremeHIIT (HIITZone)</b> - HZ* 5:30 - 60m Davidson S	<b>Fight Camp</b> - HZ* 8:00 - 45m Andrew B <b>ExtremeHIIT (HIITZone)</b> - HZ* 9:00 - 60m Marvel M	
MID-DAY 							
EVENING 	<b>Fight Camp</b> - HZ* 6:00 - 45m Andrew B	<b>ExtremeHIIT (HIITZone)</b> - HZ* 6:00 - 45m Marvel M	<b>Fight Camp</b> - HZ* 6:00 - 45m Andrew B	<b>StrongHIIT (HIITZone)</b> - HZ* 6:00 - 45m Marvel M	<b>Fight Camp</b> - HZ* 6:00 - 45m Andrew B <b>ExtremeHIIT (HIITZone)</b> - HZ* 7:00 - 60m Jeannia B		



# CLASS DESCRIPTIONS

# COLLEYVILLE

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

4701 Colleyville Blvd | 817.748.8410

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

**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.\*

**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.\*