



# HIIT/Small Group Training

GAINESVILLE GA

Week of 06/23/25

\*HZ / HIITZone BX / Boxing Rig-HIIT ZONE

MORNING  
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MID-DAY  
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EVENING  
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MONDAY, 06/23/25	TUESDAY, 06/24/25	WEDNESDAY, 06/25/25	THURSDAY, 06/26/25	FRIDAY, 06/27/25	SATURDAY, 06/28/25	SUNDAY, 06/29/25
<b>AccelerateHIIT (HIITZone)</b> - HZ* 8:15 - 45m Jenny O.	<b>Fight Camp</b> - BX* 8:15 - 45m Oscar D	<b>AccelerateHIIT (HIITZone)</b> - HZ* 5:30 - 45m Jarvis D <b>StrongHIIT (HIITZone)</b> - HZ* 8:15 - 45m Patricia A	<b>Fight Camp</b> - BX* 8:15 - 45m Renee	<b>StrongHIIT (HIITZone)</b> - HZ* 5:30 - 45m Donovan H <b>StrongHIIT (HIITZone)</b> - HZ* 8:15 - 45m Mary A	<b>ExtremeHIIT (HIITZone)</b> - HZ* 9:15 - 45m Oscar D <b>Fight Camp</b> - BX* 10:15 - 45m Oscar D	
<b>StrongHIIT (HIITZone)</b> - HZ* 12:00 - 45m Donovan H		<b>ExtremeHIIT (HIITZone)</b> - HZ* 12:00 - 45m Donovan H		<b>StrongHIIT (HIITZone)</b> - HZ* 12:00 - 45m Donovan H		
<b>Fight Camp</b> - BX* 5:30 - 45m Oscar D <b>StrongHIIT (HIITZone)</b> - HZ* 6:30 - 45m Oscar D	<b>AccelerateHIIT (HIITZone)</b> - HZ* 6:15 - 45m Gina T <b>Fight Camp</b> - BX* 7:15 - 45m Cynthia C	<b>ExtremeHIIT (HIITZone)</b> - HZ* 7:15 - 45m Patricia A	<b>StrongHIIT (HIITZone)</b> - HZ* 6:15 - 45m Gina T <b>Fight Camp</b> - BX* 7:15 - 45m Oscar D			



# CLASS DESCRIPTIONS

# GAINESVILLE GA

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

250 John W Morrow Jr. pkwy | 470.768.7280

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.}

**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.}