



HIIT/Small Group Training

HILLSBOROUGH

Week of 04/21/25

*GF / Group Fitness BX / Boxing HZ / HIITZone

MORNING



MID-DAY



EVENING



	MONDAY, 04/21/25	TUESDAY, 04/22/25	WEDNESDAY, 04/23/25	THURSDAY, 04/24/25	FRIDAY, 04/25/25	SATURDAY, 04/26/25	SUNDAY, 04/27/25
	StrongHIIT (HIITZone) - HZ* 9:15 - 45m Nanjalee M	BuildHIIT(HIITZone) - HZ* 9:30 - 45m Emily E	Tough HIIT Out (HIITZone) - HZ* 9:15 - 45m Nanjalee M	BuildHIIT(HIITZone) - HZ* 9:15 - 45m Nanjalee M Fight Camp - BX* 10:15 - 45m Anita(AJ)	Battle HIIT Out (HIITZone) - GF* 9:15 - 60m Nanjalee M	SizzleHIIT(HIITZone) - GF* 9:00 - 45m Taylor B Fight Camp - BX* 10:15 - 45m Anita(AJ)	CirchiIT (HIITZone) - GF* 9:00 - 45m Treye W
	ExtremeHIIT (HIITZone) - HZ* 7:15 - 45m Taylor B	Fight Camp - BX* 6:00 - 45m Anita(AJ) Tough HIIT Out (HIITZone) - GF* 7:15 - 45m Nanjalee M	TabataHIIT(HIITZone) - HZ* 7:15 - 45m Leela	Superset HIIT (HIITZone) - HZ* 7:15 - 45m Nanjalee M			



CLASS DESCRIPTIONS

HILLSBOROUGH

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

4340 West Hillsborough Ave | 813.605.2500

Monday: 5:00am - 12:00am Tue - Fri: 12:00am - 12:00am Saturday: 12:00am - 7:00pm Sunday: 7:00am - 7:00pm

Battle HIIT Out (HIITZone): Enter the ultimate HIIT battleground. Work in teams of two as you compete WITH your partner to perform the maximum amount of reps at each station. Get ready for turf battle rounds where you face off in reaction drills to bring home the bragging rights in this all in, all out battleground workout!}

BuildHIIT(HIITZone): The BUILD HIIT class is designed to take your workout and abilities to the next level. It's a progressive workout effort carefully created to improve strength, balance, increased heart rate, lung efficiency and muscle endurance.}

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.}

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.}

SizzleHIIT(HIITZone): Step onto the turf for this sizzling hot workout that will leave you drenched in sweat. Turn up the heat in this all turf workout designed to challenge your ability to complete the ultimate burn out challenge. Upper and lower body work efforts mixed with burn out challenges deliver scorching hot results. Turn up the heat this summer.}

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.}

TabataHIIT(HIITZone): Whether you want to lose weight, increase strength, build muscle or improve flexibility, TabataHIIT can help you get there. This 6 station 8 round team based class is designed to stimulate your metabolism, improving speed & endurance working on the HIIT 4 unit for 1 round and on the turf for round 2.}

Tough HIIT Out (HIITZone): Tough HIIT Out in this challenging strength-based workout that mixes increasing strength sets with dynamic Tabata bursts to provide a 1-2 punch that will demand determination, will, and ultimate toughness to lift, push and pull your max at each station.}