



# HIIT/Small Group Training

PALM HARBOR

Week of 06/30/25

	MONDAY, 06/30/25	TUESDAY, 07/01/25	WEDNESDAY, 07/02/25	THURSDAY, 07/03/25	FRIDAY, 07/04/25	SATURDAY, 07/05/25	SUNDAY, 07/06/25
MORNING 							
MID-DAY 							
EVENING 							



# CLASS DESCRIPTIONS

# PALM HARBOR

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

35104 US Highway 19 North | 727.473.2070

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

