






# HIIT/Small Group Training

LAKE MARY

Week of 12/08/25

\*GF / Group Fitness

	MONDAY, 12/08/25	TUESDAY, 12/09/25	WEDNESDAY, 12/10/25	THURSDAY, 12/11/25	FRIDAY, 12/12/25	SATURDAY, 12/13/25	SUNDAY, 12/14/25
MORNING 						<b>HIIT Workout (Small Group Training)</b> - GF* 8:00 - 45m Rachel P	
MID-DAY 							
EVENING 		<b>HIIT Workout (Small Group Training)</b> - GF* 5:30 - 45m Rachel P		<b>HIIT Workout (Small Group Training)</b> - GF* 5:30 - 45m Rachel P			



# CLASS DESCRIPTIONS

# LAKE MARY

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

236 Wheelhouse Ln | 321.233.8669

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

**HIIT Workout (Small Group Training):** High intensity interval training with a twist! This total-body workout focuses on training at max effort for short periods of time. 1 Minute work efforts are alternated with 1 Minute of active recovery for a workout that produces and enables you to hit your training targets.}

