



HIIT/Small Group Training

MIAMI GARDENS

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

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

MIAMI GARDENS

19371 NW 27th Ave | 305.907.5960

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