



HIIT/Small Group Training

PLANTATION

Week of 08/18/25

	MONDAY, 08/18/25	TUESDAY, 08/19/25	WEDNESDAY, 08/20/25	THURSDAY, 08/21/25	FRIDAY, 08/22/25	SATURDAY, 08/23/25	SUNDAY, 08/24/25
MORNING ☀️							
MID-DAY ☀️							
EVENING 🌙							



CLASS DESCRIPTIONS

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

PLANTATION

700 South Pine Island Rd | 954.472.9998

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