



HIIT/Small Group Training

ORLANDO PARK

Week of 07/14/25

	MONDAY, 07/14/25	TUESDAY, 07/15/25	WEDNESDAY, 07/16/25	THURSDAY, 07/17/25	FRIDAY, 07/18/25	SATURDAY, 07/19/25	SUNDAY, 07/20/25
MORNING 							
MID-DAY 							
EVENING 							



CLASS DESCRIPTIONS

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

ORLANDO PARK

12187 E Colonial Dr. | 321.332.9704

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