



HIIT/Small Group Training

APOPKA

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

АРОРКА

2360 E. Semoran Blvd | 407.358.7233

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

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