

NUMOIERAPETRA | CURIO
BEACH RESORT CRETE | COLLECTION
by Hilton



FIT AGENDA
YOUR WEEKLY GYM SCHEDULE

ENSOMA FITNESS ZONE

MONDAY	8:00	HATHA YOGA 75'	16:00	FASCIAL RELEASE 45'
	9:15	BODYWEIGHT BASICS 60'	17:00	ANIMAL MOVEMENT 45'
	10:15	BODY SCAN 30'	18:00	BULLETPROOF BACK 30'
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TUESDAY	8:00	HATHA FLOW YOGA 75'	16:00	PRIMAL MOVEMENT 30'
	9:15	CIRCUIT TRAINING 45'	17:00	TRX 45'
	10:15	MOBILITY 30'	18:00	STRETCHING 30'
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WEDNESDAY	8:00	HATHA YOGA 75'	16:00	BODYWEIGHT TRAINING 45'
	9:15	HIIT 30'	17:00	FASCIAL RELEASE 45'
	10:15	ANIMAL MOVEMENT 45'	18:00	MOBILITY 30'
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THURSDAY	8:00	VINYASA FLOW YOGA 75'	16:00	BODY SCAN 30'
	9:15	BULLETPROOF BACK 30'	17:00	CIRCUIT TRAINING 45'
	10:15	TRX 45'	18:00	CORE HIIT 30'
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FRIDAY	8:00	HATHA FLOW YOGA 75'	16:00	BULLETPROOF BACK 30'
	9:15	TRX 45'	17:00	BODYWEIGHT TRAINING 60'
	10:15	HIIT 30'	18:00	PRIMAL MOVEMENT 45'
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SATURDAY	8:00	VINYASA FLOW YOGA 75'	16:00	MOBILITY 30'
	9:15	CIRCUIT TRAINING 45'	17:00	BODYWEIGHT BASICS 60'
	10:15	FASCIAL RELEASE 45'	18:00	STRETCHING 30'

Book your Personal Fitness Training with coach Petros directly in the gym (Extra Charge).
For any further information or inquiries please contact our dedicated staff in the gym.