

NUMOIERAPETRA | CURIO
COLLECTION
BEACH RESORT CRETE by Hilton



FIT AGENDA
YOUR WEEKLY GYM SCHEDULE

ENSOMA FITNESS ZONE

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|-----------|-------|-------------------------|-------|---------------------------|
| MONDAY | 8:00 | MOBILITY 30' | 16:00 | FASCIAL RELEASE 45' |
| | 9:15 | BODYWEIGHT BASICS 45' | 17:00 | BULLETPROOF BACK 45' |
| | 10:15 | BODY SCAN 30' | 18:00 | YOGA BASIC 45' |
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| TUESDAY | 8:00 | YOGA FLOW 60' | 16:00 | PRIMAL MOVEMENT 45' |
| | 9:15 | CIRCUIT TRAINING 45' | 17:00 | TRX 45' |
| | 10:15 | ANIMAL MOVEMENT 45' | 18:00 | STRETCHING 30' |
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| WEDNESDAY | 8:00 | MOBILITY 30' | 16:00 | BODYWEIGHT TRAINING 45' |
| | 9:15 | HIIT 60' | 17:00 | FASCIAL RELEASE 45' |
| | 10:15 | CORE HIIT 30' | 18:00 | YIN YOGA 60' |
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| THURSDAY | 8:00 | YOGA BASIC 45' | 16:00 | ANIMAL MOVEMENT 45' |
| | 9:15 | BULLETPROOF BACK 45' | 17:00 | CIRCUIT TRAINING 45' |
| | 10:15 | TRX 45' | 18:00 | CORE HIIT 30' |
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| FRIDAY | 8:00 | FASCIAL RELEASE 45' | 16:00 | BODYWEIGHT TRAINING 45' |
| | 9:15 | TRX 45' | 17:00 | PRIMAL MOVEMENT 45' |
| | 10:15 | BODY SCAN 30' | 18:00 | YOGA FLOW 60' |
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| SATURDAY | 8:00 | YOGA FLOW 60' | 16:00 | YOGA BASIC 45' |
| | 9:15 | HAPPY HIPS 45' | 17:00 | AQUA FIT 30' |
| | 10:15 | BAREFOOT TRAINING 45' | 18:00 | MEDITATION 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.