

NUMOIERAPETRA | CURIO
BEACH RESORT CRETE COLLECTION
by Hilton



FIT AGENDA

YOUR WEEKLY GYM SCHEDULE

ENSOMA FITNESS ZONE

MONDAY	8:00	MOBILITY 30'	16:00	BULLETPROOF BACK 30'
	9:15	FUNCTIONAL TRAINING 45'	17:00	FASCIAL RELEASE 45'
	10:15	BODY SCAN	18:00	YOGA BASICS 60'
TUESDAY	8:00	YOGA FLOW 60'	16:00	Q&A 45'
	9:15	CIRCUIT TRAINING 45'	17:00	TRX 45'
	10:15	ANIMAL MOVEMENT 45'	18:00	STRETCHING 30'
WEDNESDAY	8:00	MOBILITY 30'	16:00	BODYWEIGHT TRAINING 45'
	9:15	HIIT 30'	17:00	FUNCTIONAL TRAINING 45'
	10:15	PRIMAL MOVEMENT 45'	18:00	YOGA FLOW 60'
THURSDAY	8:00	YOGA FLOW 60'	16:00	CORE HIIT 30'
	9:15	TRX 45'	17:00	CIRCUIT TRAINING 45'
	10:15	BODY SCAN	18:00	ANIMAL MOVEMENT 45'
FRIDAY	8:00	FASCIAL RELEASE 45'	16:00	MOBILITY 30'
	9:15	EXPLOSIVE TRAINING 45'	17:00	BODYWEIGHT TRAINING 45'
	10:15	BULLETPROOF BACK 30'	18:00	YIN YOGA 60'
SATURDAY	8:00	YOGA FLOW 60'	16:00	YOGA BASICS 45'
	9:15	LEGS & BOOTY 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.