

NUMOIERAPETRA | CURIO  
COLLECTION  
BEACH RESORT CRETE by Hilton



FIT AGENDA  
YOUR WEEKLY GYM SCHEDULE

# ENSOMA FITNESS ZONE

MONDAY

8:00 FASCIAL RELEASE | 45'  
9:00 FUNCTIONAL TRAINING | 45'  
10:00 BODY SCAN | 30'

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Animal Movement | An imitation of moves, observed in animals, for a functional body.

Bodyweight Training | A full body strength workout without equipment for all levels of fitness.

TUESDAY

8:00 BULLETPROOF BACK | 40'  
9:00 BODYWEIGHT TRAINING | 45'  
10:00 PRIMAL MOVEMENT | 40'

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Body Scan | Mobility tests to check the function of your joints and find the cause of pain.

Bulletproof Back | A combination of exercises for a healthy and strong back.

THURSDAY

8:00 MOBILITY | 30'  
9:00 TRX TRAINING | 45'  
10:00 CORE HIIT | 30'

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Circuit Training | Interval Training with various workout stations.

Fascial Release | Self-massage drills to reduce pain and muscle tension.

FRIDAY

8:00 ANIMAL MOVEMENT | 45'  
9:00 CIRCUIT TRAINING | 45'  
10:00 BULLETPROOF BACK | 40'

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Functional Training | Multi-joint exercises to improve overall movement.

HIIT | High Intensity Interval Training.

Mobility | Dynamic stretches to mobilize your joints.

SATURDAY

8:00 MOBILITY | 30'  
9:00 HIIT | 30'  
10:00 TRX TRAINING | 45'

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Primal Movement | Time to move like your ancestors hundreds of years ago.

TRX | A full body strengthening and conditioning routine with slings.

EVERY DAY

11:00 PERSONAL TRAINING with PETROS, you can book directly at the gym.  
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