



REVOLUTION

Krk Fit Escape
Leave your lazy days behind



 **DATES: MAY 31 - JUNE 07, 2025**

 **LOCATION: MALINSKA, ISLAND OF KRK, CROATIA**

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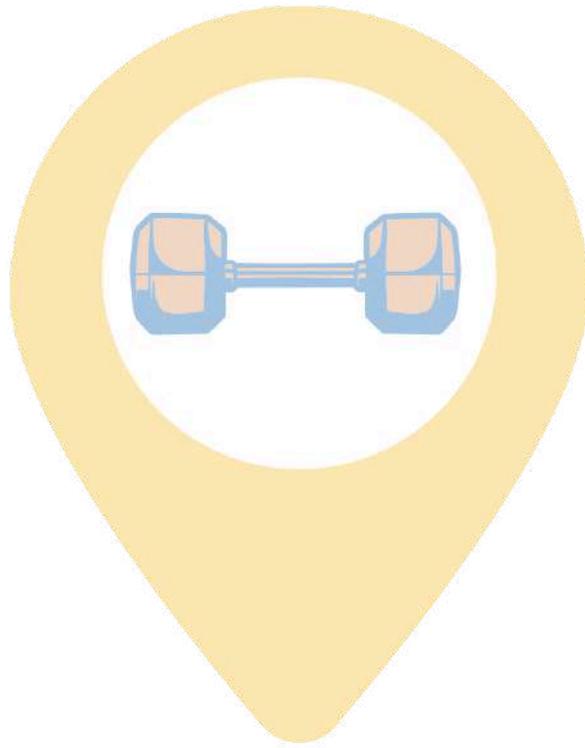
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Welcome to **Krk Fit Escape**, where an **active vacation** turns into an **unforgettable experience!** 🌿🏆

Join us on the **sunny island of Krk** for the perfect mix of **awesome workouts, healthy food**, and total relaxation in a **luxury villa**—all surrounded by stunning nature.

From **May 31 to June 7, 2025**, we're teaming up with **Revolution Gym** to bring you a special retreat—a **powerful blend of strength training and functional workouts**, led by top trainers **Ivan Matić and Tomislav Višnjić**.

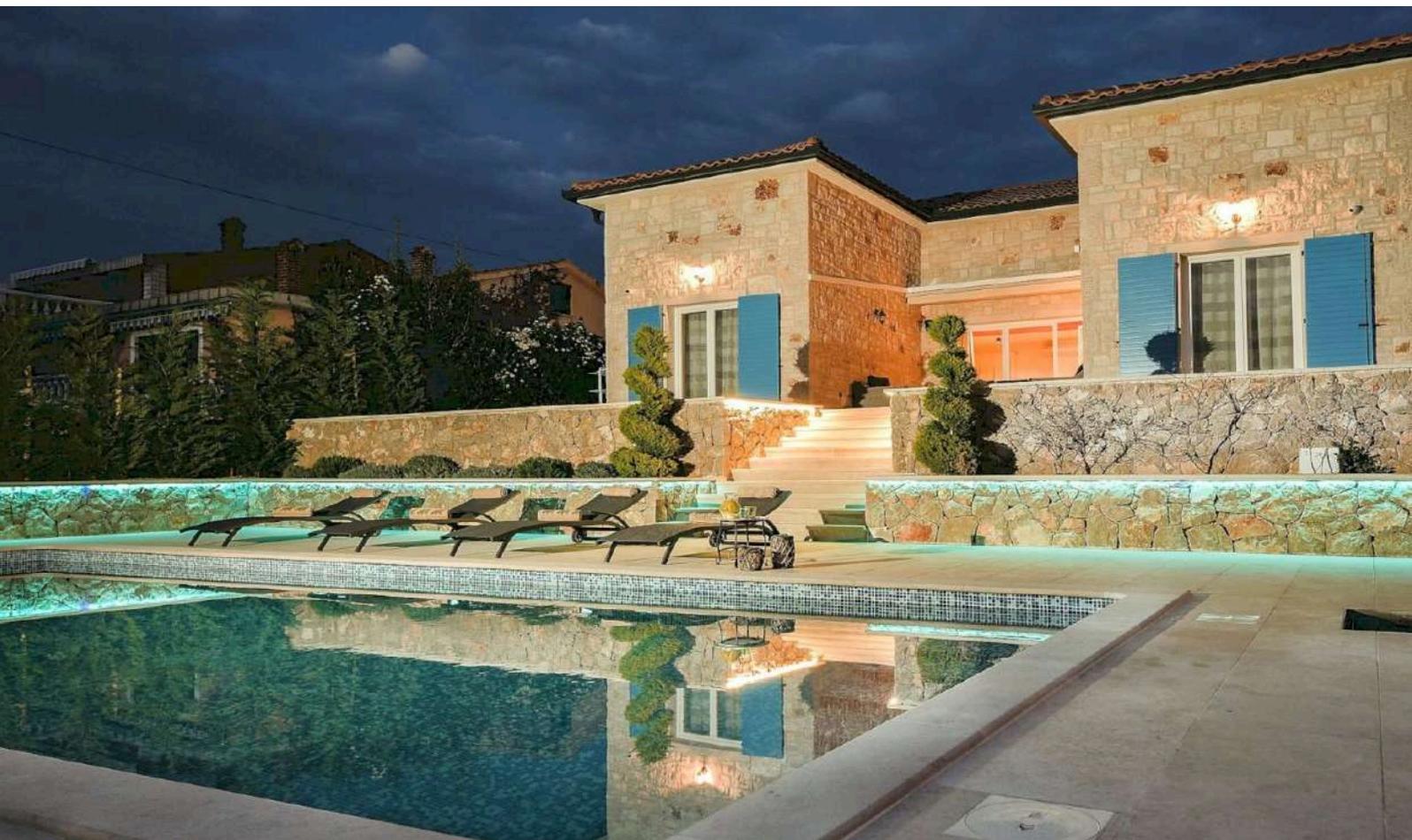
Come be a part of it and **take a step toward feeling stronger, healthier, and more energized!** 🔥

YOUR ACCOMMODATION – VILLA AUGUSTA

Your home for this retreat is **Villa Augusta**, a beautiful stone house in **Malinska**.

This villa offers:

- ✓ Accommodation for up to **10 people** in 5 spacious bedrooms
- ✓ **Private pool** with a lounge area
- ✓ Fully equipped **kitchen & cozy living room**
- ✓ Air-conditioned rooms & **pet-friendly** environment
- ✓ A beautiful Mediterranean **garden with a BBQ area**



MEET YOUR COACHES



Meet **Ivan Matic** and **Tomislav Vihnjić** – the trainers behind this fitness retreat!

Coming from **Revolution Gym**, **Ivan** and **Tomislav** have years of experience in **strength training and functional workouts**. Their approach is all about **science-backed methods, personalized coaching, and full support**—whether you're a beginner or an experienced athlete.

- ◆ **Strength & functional training** – build power, boost endurance, and improve mobility
- ◆ **Outdoor workouts** – challenge yourself beyond the gym and soak in the island's energy
- ◆ **Recovery & mobility** – learn key techniques to prevent injuries and maximize performance

Get ready for an intense, inspiring, and unforgettable retreat—**sign up and be part of the adventure!** 🔥

HEALTHY & DELICIOUS FOOD



Fuel your body with **delicious and nutritious meals** prepared by our team. Our menu is designed to support your training and recovery, **focusing on fresh, local ingredients.**

🥗 Healthy, balanced meals – **Protein-packed, nutrient-rich** dishes

🥤 Refreshing smoothies & snacks – **Perfect pre- and post-workout fuel**

🍴 Shared dining experience – **Enjoy meals together** in a relaxed atmosphere



Whether you have dietary preferences or allergies, **we will make sure you have the best food experience** during your stay!

DAILY SCHEDULE & ACTIVITIES



DAY 1 – ARRIVAL & ORIENTATION

🕒 **16:00 - 17:00** – Arrival & meet and greet

📅 **17:00 - 20:00** – Camp schedule presentation

🍴 **20:00 - 21:00** – Dinner

DAY 2 – CARDIO AND STRENGTH

🍳 **07:30 - 08:00** – Breakfast

💪 **08:30 - 10:00** – Zone 2 conditioning

🥤 **10:30 - 11:00** – Snack (fitness corner: whey, fruit, etc.)

🧘 **11:00 - 13:00** – Active recovery & wellness

🍴 **13:00 - 14:00** – Lunch

🕒 **14:00 - 18:00** – Free time

🥤 **18:00 - 18:30** – Snack

🏃 **19:00 - 20:00** – Revolution functional strength training

🍴 **20:00 - 21:00** – Dinner

DAY 3 – EDUCATION

🏃 **07:00 - 08:00** – Zone 2 conditioning

🍳 **08:00 - 09:00** – Breakfast

📖 **09:30 - 10:30** – Education session: Goals of physical exercise for health

🕒 **10:30 - 13:00** – Free time, wellness & recovery + snack

🍴 **13:00 - 14:00** – Lunch

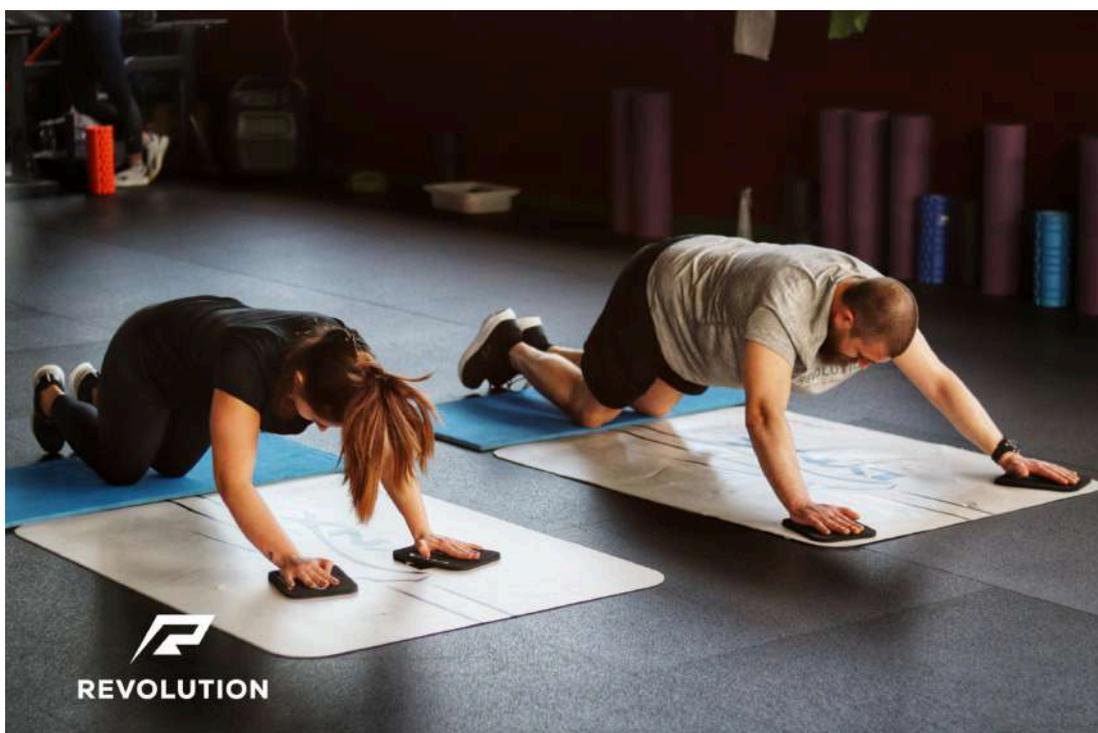
🏃 **14:00 - 17:00** – Free time or light excursion (walk, swimming)

🥤 **17:00 - 17:30** – Snack

💪 **18:00 - 19:30** – Revolution functional strength training

🍴 **20:00 - 21:00** – Dinner

DAILY SCHEDULE & ACTIVITIES



DAY 4 – KAYAK

🍳 **07:00 - 08:00** –
Breakfast

🚣 **08:30 - 11:30** – Kayak
excursion

🍴 **13:00 - 14:00** – Lunch

🧑 **14:00 - 20:00** – Free
time, recovery & wellness

🍴 **20:00 - 21:00** – Dinner

DAY 5 – EDUCATION II

🍳 **07:30 - 08:00** –
Breakfast

💪 **08:30 - 10:00** –
Revolution functional
strength training

🥤 **10:30 - 11:00** – Snack
(fitness corner: whey, fruit,
etc.)

📖 **11:00 - 13:00** – Education
II

🍴 **13:00 - 14:00** – Lunch

🕒 **14:00 - 18:00** – Free time

🥤 **18:00 - 18:30** – Snack

🏃 **19:00 - 20:00** – Zone 2
conditioning

🍴 **20:00 - 21:00** – Dinner

DAY 6 – INTERVALS

🍳 **07:00 - 08:00** –
Breakfast

🏔️ **08:00 - 12:00** –
Revolution gym Long
intervals

🍴 **13:00 - 14:00** – Lunch

🎉 **14:00 - 19:00** – Free
time, excursion

💪 **19:00 - 20:45** –
Revolution functional
strength training

DAILY SCHEDULE & ACTIVITIES



DAY 7 – LAST DAY

🍳 **07:00 - 08:00** –

Breakfast

🌊 **08:30 - 10:00** – Your
choice: gym, swimming,
relaxation

🍷 **10:30 - 11:00** – Final
snack

🚗 **12:00** – Departure

PRICE & WHAT'S INCLUDED



💰 PRICE OPTIONS:

- 🇷🇺 **Single bed** in a shared room w/ shared bathroom → **1130 EUR**
- 🏠 **2 people in a deluxe room** (private bathroom, double bed) → **1230 EUR per person**
- 👤 **1 person in a deluxe room** (private bathroom, double bed) → **1790 EUR**

✓ WHAT'S INCLUDED?

- ✓ **7 nights** in **Villa Augusta** (luxury stone house with a private pool)
- ✓ **All meals** included – fresh, healthy, and delicious food every day
- ✓ **Daily Revolution training sessions** (strength, outdoor & functional workouts)
- ✓ **Local transportation** during the retreat (excludes arrival/departure)
- ✓ **Relaxation & recovery** – pool, sunbathing, and free time

✗ NOT INCLUDED:

- 🚗 **Transport to and from Malinska** (you arrive by your own means)
- 🍷 Additional **personal expenses**

Note: *Payment can be split into multiple payments.*

ARE YOU READY FOR ACTIVE HOLIDAY?

 **Dates: May 31 - June 07, 2025**

 **Location: Malinska, Island of Krk, Croatia**

 **Spots available: Max 10 participants**

For more info and booking, **contact us** via:

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JOIN US AND
#LEAVEYOURLAZYDAYSBEHIND!