



GETFIT KURSPLAN 2019

APRIL

CHALLENGE
ACCEPTED



MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
1	2 ● 18:00 CARO	3 ● 18:00 FRANZ	4 ● 18:00 CARO	5 ● 16:00 CARO	6	7 ● 10:00 GREGOR
8 ● 18:00 CARO	9 ● 18:00 FRANZ	10 ● 18:00 CARO	11 ● 18:00 FRANZ	12 ● 16:00 CARO	13 ● 10:00 CARO	14 ● 10:00 GREGOR
15 ● 18:00 CARO	16 ● 18:00 FRANZ	17 ● 18:00 CARO	18 ● 18:00 FRANZ	19	20	21 ● 10:00 GREGOR
22 ● 10:00 GREGOR	23 ● 18:00 FRANZ	24 ● 18:00 CARO	25 ● 18:00 FRANZ	26 ● 16:00 CARO	27 ● 10:00 CARO	28 ● 10:00 FRANZ
29 ● 18:00 CARO	30 ● 18:00 FRANZ					

BWT
BODYWEIGHT
TRAINING

GET HIIT
HIGH INTENSITY
INTERVAL TRAINING

MP
MEN'S
POWER

SCT
SYNRGY CIRCLE
TRAINING
BEGINNER

X FIT
FUNCTIONAL
TRAINING
ADVANCED