



GETFIT KURSPLAN 2019

MAI

CHALLENGE
ACCEPTED



MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
		1	2	3	4	5
		● 10:00 GREGOR	● 18:00 FRANZ	● 16:00 CARO	● 10:00 GREGOR	● 10:00 FRANZ
6	7	8	9	10	11	12
● 10:00 GREGOR ● 18:00 CARO	● 18:00 FRANZ	● 18:00 CARO	● 18:00 FRANZ	● 16:00 CARO	● 10:00 CARO	● 10:00 FRANZ
13	14	15	16	17	18	19
● 10:00 GREGOR ● 18:00 CARO	● 18:00 FRANZ	● 18:00 CARO	● 18:00 FRANZ	● 16:00 FRANZ	● 10:00 GREGOR	● 10:00 FRANZ
20	21	22	23	24	25	26
● 10:00 GREGOR ● 18:00 FRANZ	● 18:00 CARO	● 18:00 FRANZ	● 18:00 FRANZ	● 16:00 FRANZ	● 10:00 GREGOR	● 10:00 GREGOR
27	28	29	30	31		
● 10:00 GREGOR ● 18:00 CARO	● 18:00 FRANZ	● 18:00 CARO	● 10:00 GREGOR	● 16:00 FRANZ		

BWT
BODYWEIGHT
TRAINING

GET HIIT
HIGH INTENSITY
INTERVAL TRAINING

LIFTING
WEIGHT
TRAINING

X FIT
FUNCTIONAL
TRAINING
BEGINNER

X FIT
FUNCTIONAL
TRAINING
ADVANCED