



# GETFIT KURSPLAN 2019

# AUGUST

CHALLENGE  
ACCEPTED



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



BODYWEIGHT  
TRAINING



HIGH INTENSITY  
INTERVAL TRAINING



WEIGHT  
TRAINING



FUNCTIONAL  
TRAINING  
BEGINNER



FUNCTIONAL  
TRAINING  
ADVANCED

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