

Trainingsplan für: Januar 18

	MITTWOCH: 10.1.		DONNERSTAG: 11.1.
17.00 Kitu	Larissa	19.00 Fitness	Roswitha
18.00 Fitness I	Roswitha	20.00 Volleyball	-
19.00 Fitness II	Larissa	20.00 Qi gong	Lisa
20.00 Intervall	Larissa	19.00 Inlinern	Thorsten
	FREITAG: 12.1.		
18.00 Fitness	Thoya		

	MITTWOCH: 17.1.		DONNERSTAG: 18.1.
17.00 Kitu	Larissa	19.00 Fitness	Thoya
18.00 Fitness I	Britta	20.00 Volleyball	-
19.00 Fitness II	Larissa	20.00 Qi gong	Lisa
20.00 Intervall	Larissa	19.00 Inlinern	Thorsten
	FREITAG: 19.1.		
18.00 Fitness	Thoya		

	MITTWOCH: 24.1.		DONNERSTAG: 25.1.
17.00 Kitu	Larissa	19.00 Fitness	Christine
18.00 Fitness I	Roswitha	20.00 Volleyball	-
19.00 Fitness II	Britta	20.00 Qi gong	Lisa
20.00 Intervall	Larissa	19.00 Inlinern	Thorsten
	FREITAG: 26.1.		
18.00 Fitness	Thoya		

	MITTWOCH: 31.1.		DONNERSTAG: 1.2.
17.00 Kitu	Larissa	19.00 Fitness	Christine
18.00 Fitness I	Britta	20.00 Volleyball	-
19.00 Fitness II	Roswitha	20.00 Qi gong	Lisa
20.00 Intervall	Larissa	19.00 Inlinern	Thorsten
	FREITAG: 2.2.		
18.00 Fitness	Thoya		

Trainingsplan für: Februar 18

	MITTWOCH: 7.2.		DONNERSTAG: 8.2.
17.00 Kitu	Britta	19.00 Fitness	Thoya
18.00 Fitness I	Britta	20.00 Volleyball	-
19.00 Fitness II	Christine	20.00 Qi gong	Lisa
20.00 Intervall	Larissa	19.00 Inlinern	Thorsten
	FREITAG: 9.2.		
18.00 Fitness	Thoya		

	MITTWOCH: 14.2.		DONNERSTAG: 15.2.
17.00 Kitu	Larissa	19.00 Fitness	Christine
18.00 Fitness I	Roswitha	20.00 Volleyball	-
19.00 Fitness II	Britta	20.00 Qi gong	Lisa
20.00 Intervall	Larissa	19.00 Inlinern	Thorsten
	FREITAG: 16.2.		
18.00 Fitness	Thoya		

	MITTWOCH: 21.2.		DONNERSTAG: 22.2.
17.00 Kitu	Larissa	19.00 Fitness	Roswitha
18.00 Fitness I	Britta	20.00 Volleyball	-
19.00 Fitness II	Christine	20.00 Qi gong	Lisa
20.00 Intervall	Larissa	19.00 Inlinern	Thorsten
	FREITAG: 23.2.		
18.00 Fitness	Thoya		

	MITTWOCH: 28.2.		DONNERSTAG: 1.3.
17.00 Kitu	Larissa	19.00 Fitness	Thoya
18.00 Fitness I	Christine	20.00 Volleyball	-
19.00 Fitness II	Britta	20.00 Qi gong	Lisa
20.00 Intervall	Larissa	19.00 Inlinern	Thorsten
	FREITAG: 2.3.		
18.00 Fitness	Christine		