

Trainingsplan Fitness: September - Oktober 2025 Version 1.1 vom 6 September 2025

KW	Dienstag		Mittwoch		Donnerstag	
36	02.09.2025		03.09.2025		04.09.2025	
	19:00 Outdoor	Natalie	18:15 Complete-Workout	Britta	19:00 Ski-Fitness / Workout Halle-2	Bianca
			19:15 Intervall	Sommerpause	20:00 Volleyball Halle-2	Bianca
					20:00 HIIT Halle -1	Natalie
					20:30 Bodyshape Halle -1	Natalie
37	09.09.2025		10.09.2025		11.09.2025	
	19:00 Outdoor	Fin	18:15 Complete-Workout	Isi	19:00 Ski-Fitness / Workout Halle-2	Bianca
			19:15 Intervall	Isi	20:00 Volleyball Halle-2	Bianca
					20:00 HIIT Halle -1	Natalie
					20:30 Bodyshape Halle -1	Natalie
38	16.09.2025		17.09.2025		18.09.2025	
	19:00 Outdoor	Natalie	18:15 Complete-Workout	Roswitha	19:00 Ski-Fitness / Workout Halle-2	Rebecca
			19:15 Intervall	Isi	20:00 Volleyball Halle-2	Bianca
					20:00 HIIT Halle -1	Natalie
					20:30 Bodyshape Halle -1	Natalie
39	23.09.2025		24.09.2025		25.09.2025	
	19:00 Outdoor	Natalie	18:15 Complete-Workout	Britta	19:00 Fitness HiLevel Halle -2	Roswitha
			19:15 Intervall	Rebecca	20:00 Volleyball Halle-2	Bianca
					20:00 HIIT Halle -1	Natalie
					20:30 Bodyshape Halle -1	Natalie
40	30.09.2025		01.10.2025		02.10.2025	
	19:00 Outdoor	Uli	18:15 Complete-Workout	Thoya	19:00 Fitness HiLevel Halle -2	Bianca
			19:15 Intervall	Thoya	20:00 Volleyball Halle-2	Bianca
					20:00 HIIT Halle -1	Natalie
					20:30 Bodyshape Halle -1	Natalie
41	07.10.2025		08.10.2025		09.10.2025	
	19:00 Outdoor	Fin	18:15 Complete-Workout	Britta	19:00 Fitness HiLevel Halle -2	Rebecca
			19:15 Intervall	Rebecca	20:00 Volleyball Halle-2	Bianca
					20:00 HIIT Halle -1	Natalie
					20:30 Bodyshape Halle -1	Natalie
42	14.10.2025		15.10.2025		16.10.2025	
	19:00 Outdoor	Natalie	18:15 Complete-Workout	Britta	19:00 Fitness HiLevel Halle -2	Rebecca
			19:15 Intervall	Thoya	20:00 Volleyball Halle-2	Bianca
					20:00 HIIT Halle -1	Natalie
					20:30 Bodyshape Halle -1	Natalie
43	21.10.2025		22.10.2025		23.10.2025	
	19:00 Outdoor	Fin	18:15 Complete-Workout	Thoya	19:00 Fitness HiLevel Halle -2	Bianca
			19:15 Intervall	Thoya	20:00 Volleyball Halle-2	Bianca
					20:00 HIIT Halle -1	Natalie
					20:30 Bodyshape Halle -1	Natalie
44	28.10.2025		29.10.2025		30.10.2025	

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	19:00 Outdoor	Natalie	18:15 Complete-Workout	Britta	19:00 Fitness HiLevel Halle -2	Rebecca
			19:15 Intervall	Fin	20:00 Volleyball Halle-2	Bianca
					20:00 HIIT Halle -1	Natalie
					20:30 Bodyshape Halle -1	Natalie
45	04.11.2025		05.11.2025		06.11.2025	
	19:00 Outdoor	Natalie	18:15 Complete-Workout	Thoya	19:00 Fitness HiLevel Halle -2	Bianca
			19:15 Intervall	Thoya	20:00 Volleyball Halle-2	Bianca
					20:00 HIIT Halle -1	Natalie
					20:30 Bodyshape Halle -1	Natalie