

Trainingsplan Fitness: November – Dezember 2025 Version 1.1 vom 28. Oktober 2025

KW	Dienstag		Mittwoch		Donnerstag	
45	04.11.2025		05.11.2025		06.11.2025	
	19:00 Outdoor	Fin	18:15 Complete-Workout	Thoya	19:00 Ski-Fitness / Workout Halle-2	Roswitha
			19:15 Intervall	Thoya	20:00 Volleyball Halle-2	Bianca
					20:00 HIIT Halle -1	Natalie
					20:30 Bodyshape Halle -1	Natalie
46	11.11.2025		12.11.2025		13.11.2025	
	19:00 Outdoor	Fin	18:15 Complete-Workout	Britta	19:00 Ski-Fitness / Workout Halle-2	Bianca
			19:15 Intervall	Klaus	20:00 Volleyball Halle-2	Bianca
					20:00 HIIT Halle -1	Natalie
					20:30 Bodyshape Halle -1	Natalie
47	18.11.2025		19.11.2025		20.11.2025	
	19:00 Outdoor	Fin	18:15 Complete-Workout	Rebecca	19:00 Ski-Fitness / Workout 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
48	25.11.2025		26.11.2025		27.11.2025	
	19:00 Outdoor	Natalie	18:15 Complete-Workout	Britta	19:00 Fitness HiLevel Halle -2	Bianca
			19:15 Intervall	Klaus	20:00 Volleyball Halle-2	Bianca
					20:00 HIIT Halle -1	Natalie
					20:30 Bodyshape Halle -1	Natalie
49	02.12.2025		03.12.2025		04.12.2025	
	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
50	09.12.2025		10.12.2025		11.12.2025	
	19:00 Outdoor	Fin	18:15 Complete-Workout	Rebecca	19:00 Fitness HiLevel Halle - 1	Weihnachtstraining
			19:15 Intervall	Rebecca	20:00 Volleyball Halle-2	Bianca
					20:00 HIIT Halle -1	Klönschnack
					20:30 Bodyshape Halle -1	Klönschnack
51	16.12.2025		17.12.2025		18.12.2025	
	19:00 Outdoor	Fin	18:15 Complete-Workout	Ferien	19:00 Fitness HiLevel Halle - 1	Ferien
			19:15 Intervall	Ferien	20:00 Volleyball Halle-2	Bianca
					20:00 HIIT Halle -1	Ferien?
					20:30 Bodyshape Halle -1	Ferien?
52	23.12.2025		24.12.2025		25.12.2025	
	19:00 Outdoor	Ferien	18:15 Complete-Workout	Ferien	19:00 Fitness HiLevel Halle -2	Ferien
			19:15 Intervall	Ferien	20:00 Volleyball Halle-2	Ferien?
					20:00 HIIT Halle -1	Ferien?
					20:30 Bodyshape Halle -1	Ferien?
53	30.12.2025		31.12.2025		01.01.2026	

Trainingsplan November-Dezember

	19:00 Outdoor	Ferien	18:15 Complete-Workout	Ferien	19:00 Fitness HiLevel Halle -2	Ferien
			19:15 Intervall	Ferien	20:00 Volleyball Halle-2	Ferien?
					20:00 HIIT Halle -1	Ferien?
					20:30 Bodyshape Halle -1	Ferien?
54	06.01.2026		07.01.2026		08.01.2026	
	19:00 Outdoor	Fin	18:15 Complete-Workout	Rebecca	19:00 Fitness HiLevel Halle -2	Bianca
			19:15 Intervall	Rebecca	20:00 Volleyball Halle-2	Bianca
					20:00 HIIT Halle -1	Natalie
					20:30 Bodyshape Halle -1	Natalie