

Trainingsplan Fitness: Januar – Mitte März 2026, Version 1.0, vom 31. Dezember 2025

KW	Dienstag		Mittwoch		Donnerstag	
2	06.01.2026		07.01.2026		08.01.2026	
	19:00 Outdoor	Fin	18:15 Complete-Workout	Thoya	19:00 Ski-Fitness / Workout 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
3	13.01.2026		14.01.2026		15.01.2026	
	19:00 Outdoor	Fin	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
4	20.01.2026		21.01.2026		22.01.2026	
	19:00 Outdoor	Natalie	18:15 Complete-Workout	Thoya	19:00 Ski-Fitness / Workout Halle-2	Roswitha
			19:15 Intervall	Isi	20:00 Volleyball Halle-2	Bianca
					20:00 HIIT Halle -1	Natalie
					20:30 Bodyshape Halle -1	Natalie
5	27.01.2026		28.01.2026		29.01.2026	
	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
6	03.02.2026		04.02.2026		05.02.2026	
	19:00 Outdoor	Fin	18:15 Complete-Workout	Isi	19:00 Fitness HiLevel Halle -2	Natalie/Isi
			19:15 Intervall	Rebecca	20:00 Volleyball Halle-2	Bianca
					20:00 HIIT Halle -1	Natalie
					20:30 Bodyshape Halle -1	Natalie
7	10.02.2026		11.02.2026		12.02.2026	
	19:00 Outdoor	Natalie	18:15 Complete-Workout	Isi	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
8	17.02.2026		18.02.2026		19.02.2026	
	19:00 Outdoor	Fin	18:15 Complete-Workout	Rebecca	19:00 Fitness HiLevel Halle -1	Roswitha
			19:15 Intervall	Rebecca	20:00 Volleyball Halle-2	Bianca
					20:00 HIIT Halle -1	Natalie
					20:30 Bodyshape Halle -1	Natalie
9	24.02.2026		25.02.2026		26.02.2026	
	19:00 Outdoor	Fin	18:15 Complete-Workout	Britta	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
10	03.03.2026		04.03.2026		05.03.2026	

Trainingsplan Jan, Feb 2026 (+M)

	19:00 Outdoor	Fin	18:15 Complete-Workout	Britta	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
11	10.03.2026		11.03.2026		12.03.2026	
	19:00 Outdoor	Natalie	18:15 Complete-Workout	Thoya	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