

Trainingsplan Mai, Juni, Juli

Trainingsplan Fitness: Mai - Juli 2026, Version 1.0, vom 11. Mai 2026

KW	Dienstag		Mittwoch		Donnerstag	
10	05.05.2026		06.05.2026		07.05.2026	
	19:00 Outdoor	Fin	18:15 Complete-Workout	Thoya	19:00 Ski-Fitness / Workout 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
11	12.05.2026		13.05.2026		14.05.2026	
	19:00 Outdoor	Natalie	18:15 Complete-Workout	Britta	19:00 Ski-Fitness / Workout Halle-2	Christi Himmelfahrt
			19:15 Intervall	Rebecca	20:00 Volleyball Halle-2	Christi Himmelfahrt
					20:00 HIIT Halle -1	Christi Himmelfahrt
					20:30 Bodyshape Halle -1	Christi Himmelfahrt
12	19.05.2026		20.05.2026		21.05.2026	
	19:00 Outdoor	Fin	18:15 Complete-Workout	Roswitha	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
13	26.05.2026		27.05.2026		28.05.2026	
	19:00 Outdoor	Natalie	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
14	02.06.2026		03.06.2026		04.06.2026	
	19:00 Outdoor	Fin	18:15 Complete-Workout	Thoya	19:00 Fitness HiLevel Halle -2	Natalie
			19:15 Intervall	Thoya	20:00 Volleyball Halle-2	Bianca
					20:00 HIIT Halle -1	Natalie
					20:30 Bodyshape Halle -1	Natalie
15	09.06.2026		10.06.2026		11.06.2026	
	19:00 Outdoor	Natalie	18:15 Complete-Workout	Britta	19:00 Fitness HiLevel Halle -2	Isi
			19:15 Intervall	Thoya	20:00 Volleyball Halle-2	Bianca
					20:00 HIIT Halle -1	Natalie
					20:30 Bodyshape Halle -1	Natalie
16	16.06.2026		17.06.2026		18.06.2026	
	19:00 Outdoor	Fin	18:15 Complete-Workout	Thoya	19:00 Fitness HiLevel Halle - 1	Isi
			19:15 Intervall	Rebecca	20:00 Volleyball Halle-2	Bianca
					20:00 HIIT Halle -1	Natalie
					20:30 Bodyshape Halle -1	Natalie
17	23.06.2026		24.06.2026		25.06.2026	
	19:00 Outdoor	Natalie	18:15 Complete-Workout	Rebecca	19:00 Fitness HiLevel Halle -2	Isi
			19:15 Intervall	Rebecca	20:00 Volleyball Halle-2	Bianca
					20:00 HIIT Halle -1	Natalie

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					20:30 Bodyshape Halle -1	Natalie
18	30.06.2026		01.07.2026		02.07.2026	
	19:00 Outdoor	Fin	18:15 Complete-Workout	Britta	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
19	07.07.2026		08.07.2026		09.07.2026	
	19:00 Outdoor	Natalie	18:15 Complete-Workout	Isi	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
20	14.07.2026		15.07.2026		16.07.2026	
	19:00 Outdoor	Sommerplan	18:15 Complete-Workout	Sommerplan	19:00 Fitness HiLevel Halle -2	Sommerplan
			19:15 Intervall	entfällt	20:00 Volleyball Halle-2	Bianca
					20:00 HIIT Halle -1	Natalie
					20:30 Bodyshape Halle -1	Natalie