

Trainingsplan Fitness: August – September 2026, Version 0.1, vom 15.08. 2026

KW	Dienstag		Mittwoch		Donnerstag	
34	18.08.2026		19.08.2026		20.08.2026	
	19:00 Outdoor	Natalie	18:15 Complete-Workout	Rebecca	19:00 Ski-Fitness / Workout Halle-2	Isi
			19:15 Intervall	Entfällt	20:00 Volleyball Halle-2	Bianca
					20:00 HIIT Halle -1	Natalie
					20:30 Bodyshape Halle -1	Natalie
35	25.08.2026		26.08.2026		27.08.2026	
	19:00 Outdoor	Fin	18:15 Complete-Workout	Britta	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
36	01.09.2026		02.09.2026		03.09.2026	
	19:00 Outdoor	Natalie	18:15 Complete-Workout	Thoya	19:00 Ski-Fitness / Workout 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
37	08.09.2026		09.09.2026		10.09.2026	
	19:00 Outdoor	Fin	18:15 Complete-Workout	Roswitha	19:00 Fitness HiLevel Halle -2	Natalie
			19:15 Intervall	Isi	20:00 Volleyball Halle-2	Bianca
					20:00 HIIT Halle -1	Natalie
					20:30 Bodyshape Halle -1	Natalie
38	15.09.2026		16.09.2026		17.09.2026	
	19:00 Outdoor	Natalie	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
39	22.09.2026		23.09.2026		24.09.2026	
	19:00 Outdoor	Fin	18:15 Complete-Workout	Isi	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	29.09.2026		30.09.2026		01.10.2026	
	19:00 Outdoor	Natalie	18:15 Complete-Workout	Britta	19:00 Fitness HiLevel Halle - 1	Bianca
			19:15 Intervall	Rebecca	20:00 Volleyball Halle-2	Bianca
					20:00 HIIT Halle -1	Natalie
					20:30 Bodyshape Halle -1	Natalie