

Trainingsplan Aug - Okt

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
41	06.10.2026		07.10.2026		08.10.2026	
	19:00 Outdoor	Fin	18:15 Complete-Workout	Thoya	19:00 Fitness HiLevel Halle -2	Roswitha
			19:15 Intervall	Thoya	20:00 Volleyball Halle-2	Bianca
					20:00 HIIT Halle -1	Entfällt
					20:30 Bodyshape Halle -1	Entfällt
42	13.10.2026		14.10.2026		15.10.2026	
	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	Entfällt
					20:30 Bodyshape Halle -1	Entfällt
43	20.10.2026		21.10.2026		22.10.2026	
	19:00 Outdoor	Natalie	18:15 Complete-Workout	Thoya	19:00 Fitness HiLevel 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
44	27.10.2026		28.10.2026		29.10.2026	
	19:00 Outdoor	Natalie	18:15 Complete-Workout	Rebecca	19:00 Fitness HiLevel Halle -2	Natalie
			19:15 Intervall	Rebecca	20:00 Volleyball Halle-2	Bianca
					20:00 HIIT Halle -1	Natalie
					20:30 Bodyshape Halle -1	Natalie