Trainingsplan Fitness: November – Dezember 2026 Version 1.0 vom 22. Oktober 2026

KW	Dienstag		Mittwoch		Donnerstag	
45	03.11.2026		04.11.2026		05.11.2026	
	19:00 Outdoor	Fin	18:15 Complete-Workout	Roswitha	19:00 Ski-Fitness / Workout 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
46	10.11.2026		11.11.2026		12.11.2026	
	19:00 Outdoor	Enfällt wg JHV	18:15 Complete-Workout	Britta	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
47	17.11.2026		18.11.2026		19.11.2026	
	19:00 Outdoor	Natalie	18:15 Complete-Workout	Thoya	19:00 Ski-Fitness / Workout Halle-2	Bianca
			19:15 Intervall	Isi	20:00 Volleyball Halle-2	Bianca
					20:00 HIIT Halle -1	Natalie
					20:30 Bodyshape Halle -1	Natalie
48	24.11.2026		25.11.2026		26.11.2026	
	19:00 Outdoor	Natalie	18:15 Complete-Workout	Britta	19:00 Ski-Fitness / Workout 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
49	01.12.2026		02.12.2026		03.12.2026	
	19:00 Outdoor	Natalie	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
50	08.12.2026		09.12.2026		10.12.2026	
	19:00 Outdoor	Natalie	18:15 Complete-Workout	Isi	19:00 Ski-Fitness / Workout Halle-2	Roswitha
			19:15 Intervall	Rebecca	20:00 Volleyball Halle-2	Bianca
					20:00 HIIT Halle -1	Entfällt wg QiGong Weihnacht
					20:30 Bodyshape Halle -1	Entfällt wg QiGong Weihnacht
51	15.12.2026		16.12.2026		17.12.2026	
	19:00 Outdoor	Fin	18:15 Complete-Workout	Weihnachtstraining	19:00 Ski-Fitness / Workout Halle-2	Volleyball Weihnacht
			19:15 Intervall	Weihnachtsfeier	20:00 Volleyball Halle-2	Volleyball Weihnacht
			20:15:00	Volleyball entfällt	20:00 HIIT Halle -1	Bodyshape Weihnacht ab 19.00
			21:15:00	Volleyball entfällt	20:30 Bodyshape Halle -1	Bodyshape Weihnacht ab 19.00
52	22.12.2026		23.12.2026		24.12.2026	
	19:00 Outdoor	Ferien	18:15 Complete-Workout	Ferien	19:00 Ski-Fitness / Workout Halle-2	Heilig Abend
			19:15 Intervall	Ferien	20:00 Volleyball Halle-2	Heilig Abend
					20:00 HIIT Halle -1	Heilig Abend
					20:30 Bodyshape Halle -1	Heilig Abend
53	29.12.2026		30.12.2026		31.12.2026	

	19:00 Outdoor	Ferien	18:15 Complete-Workout	Ferien	19:00 Ski-Fitness / Workout 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
1/27	**05.01.2027**		**06.01.2027**		**07.01.2027**	
	19:00 Outdoor	Fin	18:15 Complete-Workout	Britta	19:00 Ski-Fitness / Workout Halle-2	Bianca
			19:15 Intervall	Rebecca	20:00 Volleyball Halle-2	Bianca
					20:00 Fitness 2 Halle -1	Natalie
2/27	**12.01.2027**		**13.01.2027**		**14.01.2027**	
	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 Fitness 2 Halle -1	Natalie