



# Jahresplan

# 2026

Die Übungsabende finden im Anschluss an die Anfänger ÜA statt.  
Impuls-Workshops mit KATja & ROMana (ImpulsWks RO | KA)

Zur Vertiefung wiederholen wir jedes Modul – du kannst jederzeit wieder dabei sein, so lange du Teil der TA Community bist.

|    | JANUARY      | FEBRUARY     | MARCH    | APRIL        | MAY          | JUNE         | JULY      | AUGUST       | SEPTEMBER | OCTOBER      | NOVEMBER     | DECEMBER     |
|----|--------------|--------------|----------|--------------|--------------|--------------|-----------|--------------|-----------|--------------|--------------|--------------|
| Mo |              |              | 30       |              |              | 1            |           | 31           |           |              | 30           |              |
| Tu |              |              | 31       |              |              | 2            |           |              | 1         |              |              | 1            |
| We |              |              |          | 1            |              | 3            | 1         |              | 2         |              |              | 2            |
| Th | 1            |              |          | 2            |              | 4            | 2         |              | 3         | 1            |              | 3            |
| Fr | 2            |              |          | 3            | 1            | 5            | 3         |              | 4         | 2            | ImpulsWks RO | 4            |
| Sa | 3            |              |          | 4            | 2            | 6            | 4         | 1            | 5         | 3            |              | 5            |
| Su | 4            | 1            | 1        | 5            | 3            | 7            | ÜA Romana | 5            | 6         | 4            | 1            | 6            |
| Mo | 5            | 2            | 2        | 6            | 4            | 8            | 6         | 3            | 7         | 5            | 2            | 7            |
| Tu | 6            | 3            | 3        | 7            | 5            | ImpulsWks KA | 9         | 4            | 8         | 6            | 3            | 8            |
| We | 7            | 4            | 4        | 8            | 6            | 10           | 8         | 5            | 9         | 7            | 4            | 9            |
| Th | 8            | 5            | 5        | 9            | 7            | 11           | 9         | ImpulsWks RO | 10        | 8            | 5            | 10           |
| Fr | 9            | 6            | 6        | 10           | 8            | 12           | 10        | 7            | 11        | 9            | 6            | 11           |
| Sa | 10           | 7            | 7        | 11           | 9            | 13           | 11        | 8            | 12        | 10           | 7            | 12           |
| Su | 11           | 8            | 8        | 12           | 10           | 14           | 12        | 9            | 13        | 11           | 8            | 13           |
| Mo | 12           | 9            | 9        | 13           | 11           | 15           | 13        | 10           | 14        | 12           | 9            | 14           |
| Tu | 13           | 10           | 10       | 14           | 12           | 16           | 14        | 11           | ÜA Katja  | ImpulsWks KA | 13           | 15           |
| We | 14           | 11           | 11       | 15           | 13           | 17           | ÜA Katja  | 15           | 16        | 14           | 11           | 16           |
| Th | 15           | 12           | 12       | 16           | 14           | 18           | 16        | 13           | 17        | 15           | 12           | 17           |
| Fr | 16           | 13           | 13       | 17           | 15           | 19           | 17        | 14           | 18        | 16           | 13           | 18           |
| Sa | 17           | 14           | 14       | 18           | 16           | 20           | 18        | 15           | 19        | 17           | 14           | 19           |
| Su | 18           | 15           | 15       | 19           | ÜA Romana    | 17           | 19        | 16           | 20        | 18           | 15           | 20           |
| Mo | 19           | 16           | 16       | 20           | 18           | 22           | 20        | 17           | 21        | 19           | 16           | 21           |
| Tu | 20           | 17           | 17       | 21           | 19           | 23           | 21        | 18           | 22        | 20           | 17           | ImpulsWks KA |
| We | 21           | 18           | ÜA Katja | 18           | 20           | 24           | 22        | 19           | 23        | 21           | 18           | 23           |
| Th | 22           | 19           | 19       | 23           | 21           | 25           | 23        | 20           | 24        | 22           | 19           | 24           |
| Fr | 23           | 20           | 20       | 24           | 22           | 26           | 24        | 21           | 25        | 23           | 20           | 25           |
| Sa | 24           | 21           | 21       | 25           | 23           | 27           | 25        | 22           | 26        | 24           | 21           | 26           |
| Su | 25           | 22           | 22       | 26           | 24           | 28           | 26        | 23           | 27        | 25           | ÜA Romana    | 27           |
| Mo | 26           | 23           | 23       | 27           | 25           | 29           | 27        | 24           | 28        | 26           | 23           | 28           |
| Tu | 27           | 24           | 24       | ImpulsWks KA | ImpulsWks RO | 30           | 28        | 25           | 29        | 27           | 24           | 29           |
| We | 28           | 25           | 25       | 29           | 27           | 31           | 29        | 26           | 30        | 28           | 25           | 30           |
| Th | ImpulsWks KA | ImpulsWks RO | 26       | 30           | 28           | 31           | 30        | 27           | 29        | 26           | ÜA Katja     | 31           |
| Fr | 30           | 27           | 27       |              | 29           |              | 31        | 28           | 30        | 27           |              |              |
| Sa | 31           | 28           | 28       |              | 30           |              |           | 29           | 31        | 28           |              |              |
| Su |              |              | 29       |              | 31           |              |           | 30           |           | 29           |              |              |