

Trainingsplan

	Mo			Di			Mi				Do			Fr					
	GSH(1)	GSH(2)	GSH(3)	SWH(1)	SWH(2)	SWH(3)	GSH(1)	GSH(2)	GSH(3)	WSH	GSH(1)	GSH(2)	GSH(3)	SWH(1)	SWH(2)	SWH(3)	GSH(1)	GSH(2)	GSH(3)
15:00																		H4	H4
15:30																			
16:00				u12 (w) Kiki/ Yvonne			u20, u18 Alex		u18 Phil	u10 (w) Kiki				U12 (w) Kiki/Yvon ne		u18 Phil	u12 (m) Fynn		
16:30	u12 (m) Fynn																		
17:00																			
17:30			Turn																
18:00	D2 Yvonne	H3 Alex		EG Phil/ Yvonne	H4	Alex	H3 HP	u14 (m) Fynn	HUB					D2 Yvonne	EG/H3 Phil	u14 (m) Fynn			
18:30																			
19:00																			
19:30																			
20:00	D1 Yvonne	H1 Uwe	H2 HP		H1 Uwe		H1 Uwe	H2 HP	Mixed Guido	D1 Yvonne		H1	Uwe	D1 Yvonne	Mixed Guido	H2 HP			
20:30																			
21:00																			
21:30																			
22:00																			

Legende:

D = Damen H = Herren w = weiblich m= männlich EG = Entwicklungs- und Einsteigergruppe

GSH = Großsporthalle

SWH = Schwarzwaldhalle

WSH = Weststadt (Grundschul-) Halle