

TRAININGSPLAN



VON	BIS	Montag	Dienstag	Mittwoch	Donnertag	Freitag
15:00	15:30			KiGa (Jonas, Frank)		
15:30	16:00			KiGa (Jonas, Frank)		
16:00	16:30	wU10 (Gretha, Jonas)		mU08 (Thorben, Frank) wU08/10 (S,J&T; G&J)		TW (Frank)
16:30	17:00	wU10 (Gretha, Jonas)		mU08 (Thorben, Frank) wU08/10 (S,J&T; G&J)	mU12 (Felix S., Lenn)	TW (Frank) mU08/wU08 (T; S,J&T)
17:00	17:30	wU10 (Gretha, Jonas) mU12 (Felix S., Lenn)	mU10 (Arne, Finn R)	mU08 (Thorben, Frank) wU08/10 (S,J&T; G&J)	mU12 (Felix S., Lenn)	mU08 (Thorben, Frank) wU08 (Steffi, Jojo, Tim)
17:30	18:00	mU12 (Felix S., Lenn) wU12 (Jonas, Tom)	mU10 (Arne, Finn R)	wU12 (Jonas, Tom) mU14 (Steffi, Frank)	mU10 (Arne, Finn R) mU12 (Felix S., Lenn)	mU08 (Thorben, Frank) wU08 (Steffi, Jojo, Tim)
18:00	18:30	mU12 (Felix S., Lenn) wU12 (Jonas, Tom)	mU10 (Arne, Finn R) wU16 (Tanja, Wolfgang, FD)	wU12 (Jonas, Tom) mU14 (Steffi, Frank)	mU10 (Arne, Finn R) wU16 (Tanja, Wolfgang, FD)	mU14/SG (Steffi & Frank) mU16/SG (Frank)
18:30	19:00	wU12 (Jonas, Tom) mU18 (Henning & Jonas)	wU16 (Tanja, Wolfgang, Felix D)	wU12 (Jonas, Tom) mU14 (Steffi, Frank)	mU10 (Arne, Finn R) wU16 (Tanja, Wolfgang, FD)	mU14/SG (Steffi & Frank) mU16/SG (Frank)
19:00	19:30	mU18 (Henning & Jonas)	wU16 (Tanja, Wolfgang, Felix D)	mU16 (Frank) mU18 (Henning & Jonas)	wU16 (Tanja, Wolfgang, FD) Damen (Arne, Jonas)	mU14/SG (Steffi & Frank) mU16/SG (Frank)
19:30	20:00	mU18 (Henning & Jonas)	Herren (Arne)	mU16 (Frank) mU18 (Henning & Jonas)	Damen (Arne, Jonas)	Eltern (Frank) Hopper (Ester)
20:00	20:30	Damen (Arne, Jonas)	Herren (Arne)	mU16 (Frank) mU18 (Henning & Jonas)	Damen (Arne, Jonas)	Eltern (Frank) Hopper (Ester)
20:30	21:00	Damen (Arne, Jonas)	Herren (Arne)	Blaue Jungs (Alex)	Herren (Arne)	Eltern (Frank) Hopper (Ester)
21:00	21:30	Damen (Arne, Jonas)		Blaue Jungs (Alex)	Herren (Arne)	
21:30	22:00			Blaue Jungs (Alex)	Herren (Arne)	

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