

# Trainingsplan Saison 2017 / 2018

Tag	EKL	LS	U 10	U 12	U 14	U 16	U 19	Senioren	TW
Montag	15.15-16.45 & 17:00-18:00 (1)	18.00 - <b>19.00</b> (2)	18.00 - <b>19.00</b> (3)	18.00 - <b>19.00</b> (2)					
Dienstag	15.15- <b>18.45</b> (3)				19.00 - 19.45 (2)	19.00 - 19.45 (1)	19.45 - <b>20.45</b> (3)	21.00 - 22.00 (4)	
Mittwoch	17.15-18.00 (3)	18.00 - 18.45 (1)	18.00 - 19.00 (3)	19.00 - <b>19.45</b> (2)		20.00 - 21.00 (1)			
Donnerstag	17.15- <b>18.45</b> (3)				19.00 - 20.00 (2)		20.00 - 21.00 (3)	20.00 - 21.00 (4)	<b>19.00-20:00 U16-U19 (2)</b>
Freitag	14.45-16.30 (3)								
Samstag	<b>11:00 - 12:30</b>		<b>9:30 - 11:00 (?)</b>	<b>9:30 - 11:00 (?)</b>					<b>9:30 11:00 U10-U14 (?)</b>
Sonntag									

Stand: 23.09.2017