

Trainingsplan Sporthalle Hainsberg

Zeit	MO		DI		MI		DO		FR	
	Feld 1	Feld 2	Feld 1	Feld 2	Feld 1	Feld 2	Feld 1	Feld 2	Feld 1	Feld 2
16.00-16.30	U8 Vogel						U10 Jungmichel		U9 Hendricks	
16.30-17.00	U8						U10		U9	
17.00-17.30	U8						U10		U9	
17.30-18.00			U11 Zapf		U13 / U12 Störmer/Budai					
18.00-18.30			U11		U13 / U12					
18.30-19.00			U11		U13 / U12					

Trainingsplan Sauberg-Sporthalle

Zeit	MO		DI		MI		DO		FR	
16.30-17.00					Talentetraining Seifert		Bambinis Nebel			
17.00-17.30										
17.30-18.00										
18.00-19.00										

Trainingsplan Glückauf-Turnhalle

Zeit	MO		DI		MI		DO		FR	
16.00-16.30					U12 / U13 Shevchenko					
16.30-17.00										
17.00-17.30										
19.00-20.00							Frauen Müller			
20.00-21.00										