

Trainingsplan 2018

SOMMER

Stand: 23.05.2018

		Platz 1	Platz 2	Platz 3	Platz 4
Montag	14-15				
	15-16				
	16-17				
	17-18				Training Lukas
	18-19	Herren 50	Herren 50		
	19-20	Herren 50	Herren 50		
20-21					
Dienstag	16-17	Senioren	Senioren		Senioren
	17-18	Senioren	Senioren	Training Lukas	Senioren
	18-19	Senioren	Senioren		Senioren
	19-20				
	20-21				
Mittwoch	16-17				
	17-18	Damen 40/50	Damen 40/50		Damen 40/50
	18-19	Damen 40/50	Damen 40/50		Damen 40/50
	19-20	Damen 40/50	Damen 40/50		
	20-21				
Donnerstag	14-15				
	15-16				
	16-17				
	17-18		Training Micha		Training Lukas
	18-19	Herren 40	Herren 40	Training Eva	
	19-20	Herren 40	Herren 40	Training Eva	
20-21					
Freitag	13-14				
	14-15	Training Tobi			
	15-16	Training Tobi	Training Micha		
	16-17		Training Micha		
	17-18	Damen I + II	Damen I + II	Training Tobi	Damen I + II
	18-19	Damen I * II	Damen I + II	Training Tobi	Damen I + II
	19-20	Herren I u. II	Herren I u. II		Herren I + II
	20-21	Herren I u. II	Herren I u. II		Herren I + II
Samstag	11-12				Training Tobi
	12-13				Training Tobi