

# Trainingsplan bis 18.06.21

| Wochentag  | Uhrzeit |       | Rasenplatz | Uhrzeit |       | Kunstrasen 1 (alt) |                 | Uhrzeit |       | Kunstrasen 2 (neu) |          |
|------------|---------|-------|------------|---------|-------|--------------------|-----------------|---------|-------|--------------------|----------|
|            | von     | bis   |            | von     | bis   |                    |                 | von     | bis   |                    |          |
|            |         |       |            |         |       |                    |                 |         |       |                    |          |
| Montag     |         |       |            | 16:30   | 18:00 | Mädchen            | U12 II          | 16:30   | 18:00 | U6/7               | U9 I +II |
|            |         |       |            | 18:00   | 19:30 |                    |                 | 18:00   | 19:30 | U19                |          |
|            |         |       | Fitness    | 19:30   | 21:00 | 1. Herren          |                 | 19:30   | 21:00 | Frauen             |          |
|            |         |       |            |         |       |                    |                 |         |       |                    |          |
| Dienstag   |         |       |            |         |       |                    |                 | 16:30   | 18:00 | U11                | U10 II   |
|            |         |       |            | 18:00   | 19:30 | U12                | U13             | 18:00   | 19:30 | U15                |          |
|            | 19:30   | 21:00 | 1. Herren  |         |       | 2. Herren          |                 | 19:30   | 21:00 | 3. Herren          |          |
|            |         |       |            |         |       |                    |                 |         |       |                    |          |
| Mittwoch   |         |       |            | 16:30   | 18:00 | U12 II             |                 | 16:30   | 18:00 | U10                | U6/7     |
|            |         |       |            | 18:00   | 19:30 | U17                |                 | 18:00   | 19:30 | U19                |          |
|            |         |       |            | 19:30   | 21:00 | Ü32                | Ü40-60          | 19:30   | 21:00 | Frauen             |          |
|            |         |       |            |         |       |                    |                 |         |       |                    |          |
| Donnerstag | 16:30   | 18:00 | Mädchen    | 16:30   | 18:00 | U11                | U10 II / TW Tr. | 16:30   | 18:00 | U9 II              | U10      |
|            | 18:00   | 19:30 |            | 18:00   | 19:30 | U15                |                 | 18:00   | 19:30 | U13                | U12      |
|            |         |       |            | 19:30   | 21:00 | 1. Herren          |                 | 19:30   | 21:00 | 2. Herren          |          |
|            |         |       |            |         |       |                    |                 |         |       |                    |          |
| Freitag    |         |       |            | 16:30   | 18:00 | U15                | U8              | 16:30   | 18:00 | U11                | U10 II   |
|            | 18:00   | 19:30 | U12        | 18:00   | 19:30 | U17                | U13             | 18:00   | 19:30 | U19                |          |
|            | 19:30   | 21:00 | 1. Herren  | 19:30   | 21:00 | 2. Herren          | 3. Herren       | 19:30   | 21:00 | Frauen             |          |
|            |         |       |            |         |       |                    |                 |         |       |                    |          |
| Samstag    |         |       |            |         |       |                    |                 |         |       |                    |          |
|            |         |       |            | 11:00   | 12:30 | U11 - E1           | E Mädchen       |         |       |                    |          |
|            |         |       |            |         |       |                    |                 |         |       |                    |          |
|            |         |       |            |         |       |                    |                 |         |       |                    |          |