



Trainingsplan 01.11.2017

Winter 2017/2018

| Zeit | Montag | | Dienstag | | Mittwoch | | | Donnerstag | | | | Freitag | | | | Zeit | Sam |
|-------|------------------------------------|------------|----------|------------------------|---------------|-------------------|-----|--------------|--------------------|-------|------|---------|---------------------|-----|-----|--------------------|-----------------|
| | Lud | Eks | Ges | Aug | Ges | Lud | Gym | Lud | Aug | CBS | KH | Ges | Lud | Eks | Gym | | Zeit |
| 15.00 | | | | | | | | | | | | | | | | 15.00 | |
| 15.30 | | | | | | | | | | | | | | | | 15.30 | 11:00 |
| 16.00 | | | | | | 16:00 | | | | | | | | | | 16.00 | Fam. Basketball |
| 16.30 | | | | | | | | | | | | | | | | 16.30 | |
| 17.00 | | 16:45 U12 | | | | 16:00 U16W | | | | | | | | | | 16:15 U10 | |
| 17.30 | | | | | | 17:30 | | | | | | | | | | 17:00 U12 | |
| 18.00 | | 18:00 U14M | | | | 17:30 U14W | | | | | | | | | | 17:45 U10 | |
| 18.30 | | 18:30 | | | | 18:00 U16M / U18M | | | | | | | | | | 18:00 U16W | |
| 19.00 | | 19:00 U14M | | | | 19:00 | | | | | | | | | | 18:00 Magic Kitten | |
| 19.30 | | 19:30 | | | | 19:30 | | | | | | | | | | 18:30 U12.2 | |
| 20.00 | 20:00 | 20:00 | | | | 20:00 | | | | | | | | | | 18:30 U14W | |
| 20.30 | | | | | | | | | | | | | | | | 19:00 | |
| 21.00 | H2 | | | | | | | | | | | | | | | 19:30 | Tapsy Paws |
| 21.30 | | | | | | | | | | | | | | | | 20:00 | |
| 22.00 | 22:00 | | | | | | | | | | | | | | | 20:00 | |
| Zeit | Lud | Eks | Ges | Aug | Ges | Lud | Gym | Lud | Aug | U.d.E | Real | Ges | Lud | Eks | Gym | Zeit | AUG |
| | Montag | | Dienstag | | Mittwoch | | | Donnerstag | | | | Freitag | | | | | Sam |
| Ges: | Rosa-Parks Gesamtschule | | | Aug | Augustaschule | | | Gym: | Hertener Gymnasium | | | CBS: | Cristy-Brown Schule | | | | |
| Lud: | Ludgerus (Willy-Brandt Realschule) | | Eks | Erich-Klausener Schule | | | KH | Knappenhalle | | | | | | | | | |