

Trainingsplan Winter 2018/2019

Sporthalle Petterweil

gültig ab 15.10.2018

| | Montag | Dienstag | Mittwoch | Donnerstag | Freitag | | | | |
|-------|-----------------------------------|------------------------------------|------------------|--|--|-----------------------------------|--|-----------------------------------|-------|
| 14.30 | <u>Leichtathletik</u> | <u>Betreuung Schule</u> | <u>Gymnastik</u> | <u>frei</u> | <u>Betreuung Schule</u> | 14.30 | | | |
| 15.00 | | 15:00 - 16:00 <u>Mini-Minis</u> | | 16.30 - 18.00 <u>Husaren</u> 1/3 Halle | 15:00 - 16:30 <u>Minis</u> | 15:00 - 17:00 <u>m.E.-Jgd.</u> | 15.00 | | |
| 15.30 | | | | | | | 15.30 | | |
| 16.00 | | | | | 16:00 - 18:00 <u>m.E.-Jgd</u> | | zusammen mit 15:00 - 17:00 <u>m.D.-Jgd</u> | 16.00 | |
| 16.30 | | | | | | | | 16.30 | |
| 17.00 | | | | | zusammen mit 16:00 - 18:00 <u>m.D.-Jgd</u> | <u>Fußball Jugend</u> | 16:30 - 18:00 <u>w.E.-Jgd</u> | | 17.00 |
| 17.30 | | | | | | | 17:30 - 19:00 <u>w.D.-Jgd</u> | 17:00 - 18:30 <u>m.C.-Jgd.</u> | 17.30 |
| 18.00 | | 17:45 - 19:15 <u>m.C.-Jgd.</u> | | | 18:00 - 19:30 <u>w.C.-Jgd</u> | | | | 18.00 |
| 18.30 | | | | | | | 18:30 - 20:00 <u>w.B.-Jdg</u> | 18:00 - 19:30 <u>m.B.-Jgd.</u> | 18.30 |
| 19.00 | | | | | | | | | 19.00 |
| 19.30 | 19.15 - 20,45 <u>Turnen</u> | 19.00 - 20:30 <u>Frauen</u> | <u>Faustball</u> | | 19:30 - 21:00 <u>Frauen</u> | 19:30 - 21:00 <u>1. Männer</u> | 19.30 | | |
| 20.00 | 1/3 Halle | | | | | 20.00 | | | |
| 20.30 | 20:30 - 22:00 <u>2. Männer</u> | 20:30 - 22:00 <u>1. Männer</u> | | <u>Fußball Männer</u> | 20:30 - 22:00 <u>2. Männer</u> | 20.30 | | | |
| 21.00 | | | | | | 21.00 | | | |
| 21.30 | | | | | | 21.30 | | | |
| 22.00 | | | | | | 22.00 | | | |