

Trainingsplan Sommer 2021

(Stand 02.08.2021)

	Plätze	1	2	3	4	7	8
Montag	14:00						
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	17:00	Training Jonas					
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	18:30		Herren 40 18.30-20.00			Herren 60 18.30-20.00	
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Dienstag	14:00						
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	17:00	Training Jonas					
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	18:30		Freies Training (Herren) - Alex 18.30-20.00			Herren 30 18.30-20.00	
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Mittwoch	14:00						
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	17:00	Training Jonas					
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	18:30		Damen 50 17.30-19.00				
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Donnerstag	14:00						
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	17:00	Training Jonas					
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	18:30		Freies Training (Damen) - Alex 17.30-19.00			Herren 70 17.00-20.00	
	19:00					Zeit wird konkretisiert	
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Freitag	14:00						
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	17:00	Training Jonas					
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	18:30		Matchtraining (Jugend) - Jonas 15.00-17.00			Matchtraining (Jugend) - Jonas 15.00-17.00	
	19:00		Damen 00 17.00-18.30				
	19:30		Herren 00 19.00-20.30				
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Samstag	9:00						
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