



Trainingsplan Saison 2026/27

Montag				Dienstag				Mittwoch				Donnerstag				Freitag					
vorne		hinten		vorne		hinten		vorne		hinten		vorne		hinten		vorne		hinten			
				F3	G							F3	D4								
F1/E2	Frei	D2	Frei	16:15	16:15	D3	D4	E3	E1	E4/F2	F1/E2	16:15	16:15	C-Mä	D1	E3	E1	F2/E4	F1/E2		
16:30		16:30		17:45	17:45			16:30	16:30	16:30	16:30	17:45	17:45			16:30	16:30	16:30	16:30	16:30	16:30
18:00		18:00						18:00	18:00	18:00	18:00					18:00	18:00	18:00	18:00	18:00	18:00
D1	C-Mä	B		C2		C1		B	A1		D2		D3	C1	C2	1. Man.		A1			
18:00	18:00	18:00		17:45		18:00		18:00	18:00	18:00	18:00	17:45	17:45	18:00	18:00	18:00		18:00			
19:30	19:30	19:30		19:15		19:30		19:30	19:30	19:30	19:30	19:15	19:15	19:30	19:30	19:30		19:30			
Damen		A1		1. Man.		A2		Damen	2. Man.		1. Man.		A2		Damen		2. Man.				
19:30		19:30		19:15		19:30		19:30	19:30	19:30	19:30	19:15		19:30		19:30		19:30			
21:00		21:00		20:45		21:00		21:00	21:00	21:00	21:00	20:45		21:00		21:00		21:00			
Soccer-Court				Soccer-Court				Soccer-Court				Soccer-Court				Soccer-Court					
Minis 2								Minis								G					
16:30		17:30						15:30		16:30						16:30		17:45			
																D3					
																17:45		19:15			