

# Trainingsplan Winter Saison 2024 / 25

gültig ab 18.11.24 (Hallen stehen ab 1.11. zur Verfügung)



| 1. Slot                    | Mo 17:45 - 19:00 | Di 17:45 - 19:00 | Mi 17:45 - 19:00  | Do 17:45 - 19:00 | Fr 17:45 - 19:00 | ← Eingang Erachfeld  |                    |
|----------------------------|------------------|------------------|-------------------|------------------|------------------|----------------------|--------------------|
|                            | Clubhaus         |                  | Clubhaus          |                  | Clubhaus         |                      |                    |
| Platz 2 (Kunstrasen)       | Da / TW<br>3     | D-Pool<br>2      | Fa-Pool / TW<br>6 | Cc<br>7          | D7e<br>4         |                      | Da/ Db / TW<br>6   |
|                            | Db / TW<br>4     | D-Pool<br>2      | Fj-Pool / TW<br>8 | CC<br>7          | D7f<br>5         | D7g / TW<br>7        |                    |
|                            |                  |                  |                   | CYL<br>7         | Cb<br>6          |                      |                    |
|                            |                  |                  |                   | CYL<br>7         | JunInn Ca<br>3   |                      |                    |
|                            |                  |                  |                   |                  | Ea<br>4          | Em<br>5              |                    |
|                            |                  |                  |                   |                  | JunInn E<br>3    | Ej<br>6              |                    |
| Trainingsplatz einrichten  |                  |                  |                   |                  |                  |                      |                    |
| 2. Slot                    | Mo 19:15 - 20:30 | Di 19:15 - 20:30 | Mi 19:15 - 20:30  | Do 19:15 - 20:30 | FR 19:15 - 20:30 | ← Eingang Erachfeld  |                    |
|                            | Clubhaus         |                  | Clubhaus          |                  | Clubhaus         |                      |                    |
| Platz 2 (Kunstrasen)       | Ba<br>7          | CYL<br>8         | H1<br>1           | JunInn B<br>3    | Frauen 2<br>3    |                      | JunInn D / TW<br>8 |
|                            | Bb<br>6          | CYL / TW<br>8    | H1<br>1           | JunInn B<br>3    | Frauen 2<br>3    | JunInn D / TW<br>8   |                    |
|                            |                  |                  |                   |                  | H1<br>1          | Ba<br>5              |                    |
|                            |                  |                  |                   |                  | H1<br>1          | Bb<br>4              |                    |
|                            |                  |                  |                   |                  |                  | JunInn B<br>8        |                    |
|                            |                  |                  |                   |                  |                  | Ba<br>7              |                    |
|                            |                  |                  |                   |                  |                  | JunInn B<br>8        |                    |
|                            |                  |                  |                   |                  |                  | Ba<br>7              |                    |
| Trainingsplatz einrichten  |                  |                  |                   |                  |                  |                      |                    |
| 3. Slot                    | Mo 20:30 - 22:00 | Di 20:30 - 22:00 | Mi 20:30 - 22:00  | Do 20:30 - 22:00 | Fr 20:30 - 22:00 | ← Eingang Erachfeld  |                    |
|                            | Clubhaus         |                  | Clubhaus          |                  | Clubhaus         |                      |                    |
| Platz 2 (Kunstrasen)       | H1<br>1          | H3<br>2          | NW<br>2           | H3<br>4          | 40+<br>1         |                      | 30+<br>2           |
|                            | H1<br>1          | A<br>5           | NW<br>2           | A<br>5           | 40+<br>1         | 30+<br>2             |                    |
|                            |                  |                  |                   |                  | NW<br>2          | Frauen 1<br>8        |                    |
|                            |                  |                  |                   |                  | NW<br>2          | Frauen 1<br>8        |                    |
|                            |                  |                  |                   |                  |                  | A+<br>1              |                    |
|                            |                  |                  |                   |                  |                  | H3<br>2              |                    |
|                            |                  |                  |                   |                  |                  | A+<br>1              |                    |
|                            |                  |                  |                   |                  |                  | H3<br>2              |                    |
| Hallentraining 18:00-19:30 |                  |                  |                   |                  |                  |                      |                    |
| Allmend oben               |                  |                  |                   |                  |                  | D7/e                 |                    |
| Allmend unten              |                  |                  |                   | Fa-Pool          |                  | Da/Db                |                    |
| Hinterbirch klein          | Em               | JunInn E         | Ej                | Fj-Pool          |                  | D7/f                 |                    |
| Hinterbirch gross          | JunInn D         | JunInn C         | Ea                |                  |                  | D-Pool               |                    |
| andere Halle               |                  |                  |                   |                  |                  | D7/g<br>Mettmi klein |                    |
| Hallentraining 19:30-21:00 |                  |                  |                   |                  |                  |                      |                    |
| Allmend oben               |                  |                  |                   |                  |                  |                      |                    |
| Allmend unten              |                  | CYL              |                   | Cc               |                  |                      |                    |
| Hinterbirch klein          | Cb               |                  | Sen. 30+          |                  |                  |                      |                    |
| Hinterbirch gross          |                  |                  | Sen. 40+          |                  |                  | Frauen 2 ZU          |                    |
| Andere Halle               |                  |                  | Hohfuri alt       |                  |                  |                      |                    |