

# Trainingsplan - Halle 2016/2017

Stand: 2. November 2016

	Montag	Kondi	Dienstag	Mittwoch	Kondi	Donnerstag	Kondi	Freitag	Kondi	Samstag		
15.00 - 15.30				ab 15.15 Uhr Minis						MD	9.15 - 9.45	
15.30 - 16.00			MD		MC 2/3						9.45 - 10.15	
16.00 - 16.30											MC 2/3	10.15 - 10.45
16.30 - 17.00					MC 2	MC 3						10.45 - 11.15
17.00 - 17.30	KD	KC			MC 1		KB			KB 1/2	11.15 - 11.45	
17.30 - 18.00				MC 1	MB 3	MB 1/2						11.45 - 12.15
18.00 - 18.30	KC 1/2	KA			MA	KB 1/2	mJB	MC 1	MB 3			12.15 - 12.45
18.30 - 19.00					MB 1/2 / MA							
19.00 - 19.30	KA 1/2	wJB				wJB / mJB		MB 1/2 / MA			13.15 - 13.45	
19.30 - 20.00					KA 1 / mJB		Herren					
20.00 - 20.30	wJB	wJA Damen				wJA Damen		Herren				
20.30 - 21.00					Herren							
21.00 - 21.30												
21.30 - 22.00												

Uli / Maxi	Stephan
Paul / Tim	Christoph / Stephan
Christina	Vanessa

Christianeum			
20.30 - 21.00	Belly Boys No Mercy		17.00 - 17.30
21.00 - 21.30		KC 1/2	17.30 - 18.00
21.30 - 22.00		KA	18.00 - 18.30
	alle 14 Tage		18.30 - 19.00