



Trainingsplan
Laufgruppe - Jugend
14.01. - 20.01.2019

Montag	16:30 - 17:30	LG 8b/9	Eis
	17:45 - 18:30	Schnuppertraining / LG 10	Eis
	18:30 - 19:15	TW2	Eis
Dienstag	16:15 - 17:15	LG 1/2/3	Eis
	17:15 - 18:15	LG 1/2/3	Athletik
	16:45 - 17:30	LG 4/5/6	Athletik
	17:30 - 18:15	LG 4/5/6	Eis
	17:00 - 18:00	LG 7/8a	Athletik
	18:15 - 19:00	LG 7/8a	Eis
Mittwoch	15:45 - 17:15	LG 5/6	Eis
	17:30 - 19:00	LG 7/8a/8b	Eis
	19:30 - 20:30	LG 1	Athletik
	20:45 - 22:00	LG 1/BD2	Eis
Donnerstag	15:45 - 16:45	LG 2/3/4	Eis
	16:45 - 17:45	LG 2/3/4	Athletik
	17:00 - 18:00	LG 7/8a/8b	Eis
	18:15 - 19:00	LG 9/10	Eis
Freitag	15:45 - 16:30	LG 4/5/6	Eis
	16:45 - 17:45	LG 2/3	Eis
	18:00 - 19:00	LG 1/BD2	Eis
Samstag	U17 BL gg Wolfsburg U15 Stzpkt in Krefeld U13 MK2 in Leipzig		
Sonntag	09:30 - 11:00 U17 BL gg Wolfsburg U15 Stzpkt in Krefeld U13 MK2 gg Ilmenau	Learn to play Turnier U7/U9	

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