

# TRAININGSPLAN 2022/2023



Update 25.02.2023

## FRÜHLINGSRUNDE

TEAM	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
1a		19:00 - 20:30 SW		19:00 - 20:30 SW	
C			18:00 - 19:30 SW		18:00 - 19:30 SW
Da	17:30 - 19:00 UB			17:30 - 19:00 SW	
Db			17:45 - 19:15 SW		17:45 - 19:15 SW
Dc			17:30 - 19:00 UB		17:30 - 19:00 UB
Ea		17:30 - 19:00 OS		17:30 - 19:00 OS	
Eb	19:00 - 20:00 OS				19:00 - 20:00 UB
Ec (F)			17:30 - 19:00 UB		18:00 - 19:30 OS
G			17:00 - 18:00 OS		

SW SCHWIMMBADWIESE  
UB UNTERBODEN  
OS OSOS