

TRAININGSPLAN 2023/2024



Update 05.02.2024

FRÜHLINGSRUNDE

TEAM	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
1a		19:30 - 21:00 SW		19:30 - 21:00 SW	
C	18:15 - 19:45 SW			18:00 - 19:30 SW	
Da	17:30 - 19:00 UB		18:00 - 19:30 SW		18:00 - 19:30 SW
Db		17:30 - 19:00 UB			17:30 - 19:00 UB
Dc		17:30 - 19:00 UB		17:30 - 19:00 UB	
Dd			17:30 - 19:00 UB		19:00 - 20:30 UB
Ea	18:00 - 19:30 OS			18:00 - 19:30 OS	
Eb		17:30 - 19:00 OS			18:00 - 19:30 OS
F			17:00 - 18:00 OS		17:00 - 18:00 OS
G	17:00 - 18:00 SW		18:00 - 19:00 OS		
FF15	19:00 - 20:30 UB			19:00 - 20:30 UB	

SW SCHWIMMBADWIESE
 UB UNTERBODEN
 OS OSOS