



Trainingsplan Halle 2024/2025

Dienstag:

Zeit	Ort	Team(s)	TrainerIn
08.00-09.30	Allmend	Sportklasse	Karen
17.15-18.45	Utenberg	U15G U15B	Karen Julian & Orell
18.45-19.45	Utenberg	U18B/Herren2	Steve
19.45-21.15	Utenberg	Herren 1&2& aufgebote U18B	Steve
21.15-22.30	Utenberg	Damen 1 & U18G	Karen

Mittwoch:

15.00-16.30	Utenberg	U8 / U10 B&G	Casper & Naila
16.30-18.00	Utenberg	U12G U12B	Casper & Lukas & Nico

Donnerstag:

08.00-09.30	Utenberg	Sportklasse	Casper
17.15-18.45	Utenberg	U12G U15G	Karen & Ladina
18.45-19.45	Utenberg	U15B U18B	Casper
19.45-21.15	Utenberg	Damen 1&2&U18G	Karen
21.15-22.30	Utenberg	Herren 1	Steve
20.00-22.00	Steinhof	Senioren	Kurt

Freitag:

16.30-18.00	Utenberg	U6 / U8 / U10 B&G	Henny & Morena
16.30-18.00	Utenberg	U12B	Emil & Loïc

B = Boys / G = Girls