

Training Halle 2022/23 (Start ab 17.10.22)

montags		dienstags		mittwochs		donnerstags		freitags Stein		freitags Sentruper Höhe	
										14.45-16 Minis	
16.30-18 Mu10	16.30-18 Wu10	16.30-17.45 Wu12	16.30-17.45 Wu14	16-17.30 Mu8	16-17.30 Wu8			16-17.30 Wu10	16-17.30 Mu10	16-17.30 Mu8 Wu8	16-17-30 Mu12
18-19.30 Mu16	18-19.30 Mu12	17.45-19 Wu16	17.45-19 Wu18	17.30-19 Mu14	17.30-19 Mu16	17.15-19 Wu16 Wu18	17.15-19 Mu14	17.30-19.30 Wu14	17.30-19.30 Wu12		
		19.00 - 20.30 1. Herren		19.00 - 20.30 2./3. Damen		19.00 - 20.30 1. Damen					
		20.30 - 22.00 1. Damen		20.30 - 22.00 2./3. Herren		20.30 - 22.00 1. Herren					

W/M u 18 = Jhg. 2004/05

W/M u 16 = Jhg. 2006/07

W/M u 14 = Jhg. 2008/09

W/M u 12 = Jhg. 2010/11

W/M u 10 = Jhg. 2012/13

W/M u 8 = Jhg. 2014/15

Minis = Jhg. 2016 und jünger