

Jugendtraining - Wochenplan 2023

Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
				Jungen AK21 11:00 - 12:00
				Jungen AK 16 III & 18 II 12:00 - 13:30
	AG GS Horst 12:30 - 14:30		AG GS Emmelndorf 12:45 - 14:45	
AG Gymnasium 13:45 - 15:15	AG GS Hittfeld 14:30 - 15:30			
	Jungen AK 18 II 15:30 - 17:30		Tigers 15:00 - 15:45	Jungen AK 12 III 15:00 - 16:00
Jungen AK 16 I 16:00 - 18:00	Jungen AK 12 II 15:30 - 16:30	Mädchen AK 16 16:00 - 17:30	Bienchen 15:45 - 16:30	
	Jungen AK 12 I 16:30 - 17:30	Mädchen AK 12 II 16:00 - 17:00	Jungen AK 18 I 16:30 - 18:00	Jungen AK 14 II 16:30 - 17:30
Mädchen AK 14 I 17:00 - 18:30	Jungen AK 16 II 17:00 - 18:00	Mädchen AK 12 I 17:00 - 18:00		
	Leistungsgruppe 17:30 - 19:00	Mädchen AK 18 II & 21 17:00 - 18:00	Mädchen AK 18 I 16:30 - 18:00	
		Mädchen AK Offen 17:30 - 19:00	Mädchen AK Offen 17:30 - 19:00	