



# Trainingsplan Abenberg

Sommer 2017

	Montag			Dienstag			Mittwoch			Donnerstag			Freitag		
	P1	P2	P3	P1	P2	P3	P1	P2	P3	P1	P2	P3	P1	P2	P3
14:00													14:00 - 17:00		
-													Kinder		
15:00															
15:00										15:00 - 18:00					
-										Kinder					
16:00															
16:00															
-															
17:00															
17:00							17:00 - 20:00						17:00 - 20:00		
-							Herren 55						Damen 40		
18:00							Herren 60								
18:00										18:00 - 20:00					
-										Herren 40 I					
19:00										Herren 40 II					
19:00															
-															
20:00													20:00 - 21:00		
20:00													Einsteiger		
-															
21:00															