



Trainingsplan Abenberg

Sommer 2018

	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
15:00																Kinder
15:00												15:00 -				
-												16:00				
16:00												U14				
16:00												16:00 -				
-												18:30				
17:00												Kinder				
17:00							17:00 - 20:00									17:00 -
-							Herren 55									20:00
18:00							Herren 60									Damen 40
18:00				18:00 - 20:00			17:30 -									Damen 40
-				Herren			18:30			18:00 - 20:00						
19:00							Kinder			Herren 40 I						
19:00							18:30 -			Herren 40 II						
-							19:30			18:30 -						
20:00							Damen 40			Herren 40						19:00 -
20:00							19:30 -			I						21:00
-							20:30			Herren 40						Einsteiger
21:00							Einsteiger			II						
21:00																