



Trainingsplan Abenberg

Sommer 2020

	Montag			Dienstag			Mittwoch			Donnerstag			Freitag		
	P1	P2	P3	P1	P2	P3	P1	P2	P3	P1	P2	P3	P1	P2	P3
14:00													14:00 - 16:00		
-													Kinder		
15:00															
-															
15:00														15:00 - 16:30	
-														Kinder	
16:00															
-				16:00 - 18:00	16:00 - 18:00								16:00 - 18:00		
16:00				Damen 50	Damen 50								Kinder		
-															
17:00													16:30 - 17:30		
-													Kinder		
17:00	17:00 - 20:00														
-	Herren 55														
18:00	Herren 65									17:30 - 20:30			17:30 - 20:30		
-										Herren 40			Herren 40		
18:00				18:00 - 20:00		18:00 - 20:00	18:00 - 20:00						18:00 - 20:00		
-				Damen 40		Damen 40	Herren						Erwachsene		
19:00						Damen 50								18:30 - 19:30	
-													Erwachsene		
19:00															
-															
20:00															
-															
20:00															
-															
21:00															

Legende:

freies Training

Tennisschule