

INTERNER TRAININGSPLAN ROTE RABEN BSH

(Stand: 23.09.2014)

SAISON 2014/15

		MONTAG			DIENSTAG			MITTWOCH			DONNERSTAG			FREITAG																			
		BSH 1	BSH 2	BSH 3	BSH 1	BSH 2	BSH 3	BSH 1	BSH 2	BSH 3	BSH 1	BSH 2	BSH 3	BSH 1	BSH 2	BSH 3																	
7:00	7:30																8:00	8:30															
7:30	8:00						Damen 2						Damen 2																				
8:00	8:30																																
8:30	9:00																8:30	9:00															
9:00	9:30	Damen 1			Damen 1						Damen 1			Damen 1			9:00	9:30															
9:30	10:00																										9:30	10:00					
10:00	10:30																											10:00	10:30				
10:30	11:00																											10:30	11:00				
11:00	11:30																											11:00	11:30				
11:30	12:00									Damen 2							11:30	12:00															
12:00	12:30																12:00	12:30															
12:30	13:00																12:30	13:00															
13:00	13:30																13:00	13:30															
13:30	14:00			Anfänger (Maja) ??									Anfänger (Maja) ??			Damen 2	13:30	14:00															
14:00	14:30																14:00	14:30															
14:30	15:00																14:30	15:00															
15:00	15:30	Damen 4 / U16			U 13/14		Damen 2	Damen 4 / U16			U 13/14		U12/Anfänger	Damen 4 / U16		U12/Anfänger	15:00	15:30															
15:30	16:00																										15:30	16:00					
16:00	16:30																											16:00	16:30				
16:30	17:00																16:30	17:00															
17:00	17:30																17:00	17:30															
17:30	18:00	Damen 2	D2 und D1 im wöchentlichen Wechsel	Damen 1	Damen 1			Damen 1			Damen 1			Damen 1			17:30	18:00															
18:00	18:30																														18:00	18:30	
18:30	19:00																															18:30	19:00
19:00	19:30																															19:00	19:30
19:30	20:00																															19:30	20:00
20:00	20:30	Baskets Herren			Baskets Herren			Baskets weiblich	Damen 3	Damen 2	Baskets Herren			Damen 2			20:00	20:30															
20:30	21:00																												20:30	21:00			
21:00	21:30																													21:00	21:30		
21:30	22:00																				frei	frei								21:30	22:00		
22:00	22:30																													22:00	22:30		