



Trainingsplan 01.10.2020 – 31.03.2021

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
1.A Erkan		18:30 – 20:00		18:30 – 20:00	
1.B Fabian		18:30 – 20:00		18:30 – 20:00	
1.C Jens	18:30 – 20:00		18:30 – 20:00		18:00 – 19:30
2.C Plamen	18:30 – 20:00		18:30 – 20:00		
1.D Jassim	Halle Neumark Unten		Halle Teltow Oben		17:00 – 18:30
2.D Ibo	Halle Teltow Unten		17:00 – 18:30		17:00 – 18:30
3.D Emin		17:00 – 18:30			Halle Teltow Oben
1.E Rajeh		17:00 – 18:30	Halle Neumark Oben		
2.E Marcos		17:00 – 18:30			Halle Gustav Langsch
3.E Oliver			17:00 – 18:30		Halle Teltow Oben
4.E Volkan	17:00 – 18:30		Halle Monu Gymnastik	17:00 – 18:30	
1.F Jost		Halle Gustav Langsch		17:00 – 18:30	
2.F Ruben		Halle Neumark Oben		17:00 – 18:30	
3.F Nicolas		17:00 – 18:30			Halle Neumark Oben
1.G Fabian	Halle Neumark			17:00 – 18:30	
2.G Jago				Halle Monu Gym	
1.Männer		20:00 – 21:30		20:00 – 21:30	
2.Männer		20:00 – 21:30		20:00 – 21:30	
Alt-Liga					19:30 – 21:00
Damen			18:30 – 20:00		18:30 – 20:00

Rot = Hallentraining

Schwarz = Kunstrasen