

# Trainingsplan Sommersaison 2018

|       | Montag                         |         | Dienstag        |   | Mittwoch  |           | Donnerstag                                     |             | Freitag                 |   |
|-------|--------------------------------|---------|-----------------|---|-----------|-----------|--|-------------|-------------------------|---|
|       | Platz 1                        | Platz 2 | Platz 1         | Platz 2                                   | Platz 1   | Platz 2   | Platz 1  | Platz 2     | Platz1                  | Platz2                                      |
| 10:00 |                                |         |                 |   |           |           |  |             |                         |   |
| 10:30 |                                |         |                 |   |           |           |  |             |                         |   |
| 11:00 |                                |         |                 |   |           |           |  |             |                         |   |
| 11:30 |                                |         |                 |   |           |           |  |             |                         |   |
| 12:00 |                                |         |                 |   |           |           |  |             |                         |   |
| 12:30 |                                |         |                 |   |           |           |  |             |                         |   |
| 13:00 |                                |         |                 |   |           |           |  |             |                         |   |
| 13:30 |                                |         |                 |   |           |           |  |             |                         |   |
| 14:00 | Herren Doppel und Herren<br>70 |         | Damen Doppel 60 |   |           |           | Jugend-<br>Training<br>Trainer Schoof<br>Jonas |             |                         | Jugend-<br>Training Trainer<br>Schoof Jonas |
| 14:30 |                                |         |                 |   |           |           |  |             |                         |   |
| 15:00 |                                |         |                 |   |           |           |  |             |                         |   |
| 15:30 |                                |         |                 |   |           |           |  |             |                         |   |
| 16:00 |                                |         |                 |   |           |           |  |             |                         |   |
| 16:30 |                                |         |                 |   |           |           |  |             |                         |   |
| 17:00 |                                |         | Damen 40        | Schnupperkurs<br>ab 17/4/18 Karl<br>Towae | Herren 50 | Herren 30 |  | Herren 40 I | Damen 30 mit<br>Trainer | Herren                                      |
| 17:30 |                                |         |                 |   |           |           |  |             |                         |   |
| 18:00 |                                |         |                 |   |           |           |  |             |                         |   |
| 18:30 |                                |         |                 |   |           |           |  |             |                         |   |
| 19:00 |                                |         |                 |   |           |           |  |             |                         |   |
| 19:30 |                                |         |                 |   |           |           |  |             |                         |   |
| 20:00 |                                |         |                 |   |           |           |  |             |                         |   |

Medenrundenspiele haben Vorrang vor den Trainingszeiten bitte Aushang Spieltermine Medenrunde berücksichtigen