SF Broekhuysen
Trainingsplan 2022/2023

Stand: Juni2022

	Montag			Dienstag			Mittwoch			Donnerstag			Freitag		
Anlage	Hauptrasen	Trainingspla	Kunstrasen	Hauptrasen	Trainingspla	Kunstrasen	Hauptrasen	Trainingspla	Kunstrasen	Hauptrasen	Trainingspla	Kunstrasen	Hauptrasen	Trainingspla	Kunstrasen
15:45															
16:00															
16:15															
16:30				Bambini				16:30-18:00 F1 Herongen					16:30-18:00 F1 + F2 Broekhuysen	17:00-18:30 E 2 Herongen	17:00-18:30 E1 Herongen
16:45				Bambini											
17:00	17:00-18:30 E1 Broekhuysen			Im Wechsel Broekhuysen/ Herongen			17:00-18:30 E2 Broekhuysen		17:30-19:00 F2 Herongen						
17:15															
17:30															
17:45						17:45-19:15 D Broekhuysen				17:45-19:15 D Herongen					
18:00				18:00-19:30 C Herongen	18:00-19:30 A			18:00-19:30 B			18:00-19:30 C Broekhuysen	19:00-20:30 A		18:00 - 19:30 Damen	18:00-19:30 B
18:15															
18:30									18:30 - 20:00 Damen						
18:45															
19:00															
19:15															
19:30					19:30 - 21:00 III	19:30 - 21:00 I		19:30 - 21:00 II				19:30 - 21:00 III	19:30 - 21:00 I		19:30 - 21:00 II
19:45															
20:00	20:00 - 21:30 Alt Herren														
20:15															
20:30															
20:45															
21:00															
21:15															
21:30															
21:45															
22:00															