SF Broekhuysen
Trainingsplan 2023/2024

Stand: Juli2023

	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	17:00-18:30	17:00-18:30
16:45				Bambini									F1 + F2	E 1 + E 2	D2
17:00	17:00-18:30			Im Wechsel Broekhuysen/ Herongen			17:00-18:30		17:30-19:00				Broekhuysen	Herongen	Herongen
17:15	D2						E 1 + E 2		F1 + F 2		18:00-19:30				
17:30						17:45-19:15			Herongen	17:45-19:15	C				
17:45						D				D					
18:00	Broekhuysen			18:00-19:30	18:00-19:30	Broekhuysen	Broekhuysen	18:00-19:30		Herongen	Broekhuysen	19:00-20:30		18:00 - 19:30	18:00-19:30
18:15				C	B			A	19:00-20:30			B		Damen	A
18:30				Herongen					Damen						
18:45															
19:00															
19:15															
19:30					19:30 - 21:00	19:30 - 21:00		19:30 - 21:00				19:30 - 21:00	19:30 - 21:00		19:30 - 21:00
19:45					III	I		II				III	I		II
20:00	20:00 - 21:30														
20:15	Alt Herren														
20:30															
20:45															
21:00															
21:15															
21:30															
21:45															
22:00															