SF Broekhuysen
Trainingsplan 2023/2024

Stand: Juli2024

	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													16:30-18:00 F1 + F2 Broekhuysen	16:30-18:00 E 1 + E 2 Broekhuysen	17:00-18:30 D2 Herongen
16:45															
17:00						17:00-18:30 D1 Broekhuysen	17:30-19:00 E 1+E 2 Herongen	17:00-18:30 D2 Broekhuysen	17:30-19:00 F1 + F 2 Herongen	17:00-18:30 D1 Broekhuysen	Bambini Bambini Im Wechsel Broekhuysen/ Herongen				
17:15															
17:30															
17:45															
18:00				18:00-19:30 B Herongen	18:00-19:30 A							18:00-19:30 B Herongen		18:00-19:30 Damen	17:45-19:15 C Herongen
18:15															
18:30							17:45-19:15 C Broekhuysen		19:00-20:30 Damen		19:00-20:30 A				
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															