

SF Broekhuysen

Trainingsplan 2025/2026

Stand: September 2025

	Montag			Dienstag			Mittwoch			Donnerstag			Freitag		
Anlage	Hauptstrasen	Trainingspla	Kunstrasen	Hauptstrasen	Trainingspla	Kunstrasen	Hauptstrasen	Trainingspla	Kunstrasen	Hauptstrasen	Trainingspla	Kunstrasen	Hauptstrasen	Trainingspla	Kunstrasen
15:45															
16:00															
16:15															
16:30															
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19:45															
20:00	20:00 - 21:30														
20:15															
20:30															
20:45															
21:00															
21:15	Alt Herren														
21:30															
21:45															
22:00															