

# Hallentraining 2016 & 17

|               | Mo          |            |        | Di          |            |        | Mi          |            |        | Kraft Puch. |
|---------------|-------------|------------|--------|-------------|------------|--------|-------------|------------|--------|-------------|
|               | Kraft Puch. | Ergo-Puch. | Becken | Kraft Puch. | Ergo-Puch. | Becken | Kraft Puch. | Ergo-Puch. | Becken |             |
| 10:00 - 10:30 |             |            |        |             |            |        |             |            |        |             |
| 10:30 - 11:00 |             |            |        |             |            |        |             |            |        |             |
| 11:00 - 11:30 |             |            |        |             |            |        |             |            |        |             |
| 11:30 - 12:00 |             |            |        |             |            |        |             |            |        |             |
| 14:00 - 14:30 |             |            |        |             |            |        |             |            |        |             |
| 14:30 - 15:00 |             |            |        |             |            |        |             |            |        |             |
| 15:00 - 15:30 |             |            |        |             |            |        |             |            |        |             |
| 15:30 - 16:00 |             |            |        |             |            |        |             |            |        |             |
| 16:00 - 16:30 |             |            |        |             |            |        |             |            |        |             |
| 16:30 - 17:00 |             |            |        |             |            |        |             |            |        |             |
| 17:00 - 17.30 |             |            |        |             |            |        |             |            |        |             |
| 17:30 - 18:00 | JW A + B    |            | Sch W  |             |            |        | JW A + B    | Sch W      | JM A+B |             |
| 18:00 - 18:30 |             | JM A + B   |        | JM A + B    |            |        |             |            | Sch M  | JM A + B    |
| 18:30 - 19:00 |             |            |        |             |            |        |             |            | JM B   |             |
| 19:00 - 19:30 |             |            |        |             |            |        |             |            |        |             |
| 19:30 - 20:00 |             |            |        |             |            |        |             |            |        |             |

\* Sch M in Turnhalle HS: 18:15- 19:20

