

## Trainingsplan 2017/2018 JSG Kloster Oesede/Harderberg Draußen

|       | Mo             | Di | MI | Do | Fr |  | Mo    | Di         | MI | Do | Fr |  |  |       |
|-------|----------------|----|----|----|----|--|-------|------------|----|----|----|--|--|-------|
| Zeit  | Kloster Oesede |    |    |    |    |  | Zeit  | Harderberg |    |    |    |  |  | Zeit  |
| 15:00 |                |    |    |    |    |  | 15:00 |            |    |    |    |  |  | 15:00 |
| 15:15 |                |    |    |    |    |  | 15:15 |            |    |    |    |  |  | 15:15 |
| 15:30 |                |    |    |    |    |  | 15:30 |            |    |    |    |  |  | 15:30 |
| 15:45 |                |    |    |    |    |  | 15:45 |            |    |    |    |  |  | 15:45 |
| 16:00 |                |    |    |    |    |  | 16:00 |            |    |    |    |  |  | 16:00 |
| 16:15 |                |    |    |    |    |  | 16:15 |            |    |    |    |  |  | 16:15 |
| 16:30 |                |    |    |    |    |  | 16:30 |            |    |    |    |  |  | 16:30 |
| 16:45 |                |    |    |    |    |  | 16:45 |            |    |    |    |  |  | 16:45 |
| 17:00 |                |    |    |    |    |  | 17:00 |            |    |    |    |  |  | 17:00 |
| 17:15 |                |    |    |    |    |  | 17:15 |            |    |    |    |  |  | 17:15 |
| 17:30 |                |    |    |    |    |  | 17:30 |            |    |    |    |  |  | 17:30 |
| 17:45 |                |    |    |    |    |  | 17:45 |            |    |    |    |  |  | 17:45 |
| 18:00 |                |    |    |    |    |  | 18:00 |            |    |    |    |  |  | 18:00 |
| 18:15 |                |    |    |    |    |  | 18:15 |            |    |    |    |  |  | 18:15 |
| 18:30 |                |    |    |    |    |  | 18:30 |            |    |    |    |  |  | 18:30 |
| 18:45 |                |    |    |    |    |  | 18:45 |            |    |    |    |  |  | 18:45 |
| 19:00 |                |    |    |    |    |  | 19:00 |            |    |    |    |  |  | 19:00 |
| 19:15 |                |    |    |    |    |  | 19:15 |            |    |    |    |  |  | 19:15 |
| 19:30 |                |    |    |    |    |  | 19:30 |            |    |    |    |  |  | 19:30 |
| 19:45 |                |    |    |    |    |  | 19:45 |            |    |    |    |  |  | 19:45 |
| 20:00 |                |    |    |    |    |  | 20:00 |            |    |    |    |  |  | 20:00 |
| 20:15 |                |    |    |    |    |  | 20:15 |            |    |    |    |  |  | 20:15 |

Bambini

E 4

C - Mäd

C 1

D 1

E 2

C 1

B 1

A 1

C 2

E 4

E 1

F 3

F 1

E 3

B 1

A 1

E 2

F 2

C - Mäd

E 3

F 2

B - Mäd

E 1

F 1

D 2

D 2

C 2

B - Mäd

G 1

D 1