

Trainingsplan Sommer 2018 – Heike

| Montag | Dienstag | Mittwoch | Donnerstag | Freitag |
|----------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-----------------------------------------------------------------------------|---------|
| | | 14.00 - 15.00 Schnuppertraining Kinder | | |
| 15.00 – 16.30 U10 1. Liass 2. Jon 3. Elia 4. Mika 5. Oskar | 15.30 – 17.00 U12 1. Max 2. Lukas 3. Georg 4. Calle 5. Lina | 15.00 – 16.30 U10 1. Ida 2. Eva 3. Ada 4. Alexandra 5. Mexine | 15.00 – 16.00 U8 1. Lieke 2. Alexia 3. Bjarne 4. Larissa | |
| | 17.00 – 18.00 U12 1. Carlotta 2. Alina 3. Ylvie 4. Asia 5. Lena | 16.30-17.30 Schnuppertraining Damen | 16.00 – 17.00 1. Tim 2. Marco | |
| | 18.00 – 19.00 Damen 40.2 | | 17.00 -18.00 1. Jannes 2. Jakob 3. Louis 4. Felix | |
| | | | 18.00 -19.00 1. Tim 2. Lisa 3. Lukas 4. Marc | |
| | | 19.00 – 20.00 Herren 40 | 19.00 – 20.15 Cardio - Tennis | |