

# TRAININGSPLAN

	Platz 1	Platz 2	Platz 3	Platz 4	Vorplatz	Hauptplatz	Von-Galen-Platz	Jungs / Herren
Mo		1.D-Jungs 17:30 - 19:00 2.D-Jungs 17:30 - 19:00	2.F-Jungs 15:00 - 16:30 1.E-Jungs 17:00 - 18:30 3.C-Jungs 17:30 - 19:00	3.F-Jungs 17:00 - 18:30 1.F-Jungs 17:30 - 19:00	1.G-Jungs 17:15 - 18:30 4.D-Jungs 17:30 - 19:00 5.E-Jungs 17:30 - 19:00	Leichtathletik		Madchen / Damen
		1.A-Jungs (JSG) 19:00 - 20:30 1.B-Jungs (JSG) 19:00 - 20:30	AH/AL/SAL 19:00 - 20:30		2.A-Jungs (JSG) 19:30 - 21:00 3.Herren 19:00 - 20:30	Leichtathletik		Herren 90 Minuten
Di		1.C-Jungs 17:30 - 19:00 2.C-Jungs 17:30 - 19:00	1.C-Madchen 17:30 - 19:00 1.D-Madchen 17:00 - 18:30	4.E-Jungs 16:30 - 18:00 2.E-Jungs 17:00 - 18:30		1.E-Madchen 17:30 - 19:00 1.F-Madchen 17:30 - 19:00		Damen 90 Minuten
		1.Damen 19:00 - 20:30 2.Damen 19:00 - 20:30	1.A-Jungs (JSG) 19:00 - 20:30 1.B-Jungs (JSG) 19:00 - 20:30	1.B-Madchen 19:00 - 20:30 1.Herren 19:00 - 20:30		3.B-Jungs (JSG) 19:00 - 20:30		A-Jugend 2004 / 2005 90 Minuten
Mi		1.D-Jungs 17:30 - 19:00 2.D-Jungs 17:30 - 19:00	3.D-Jungs 17:30 - 19:00 4.D-Jungs 17:30 - 19:00	2.D-Madchen 16:30 - 18:00 3.C-Jungs 17:30 - 19:00		3.E-Jungs 17:00 - 18:30	Fußball für Alle 15:45-17:15	B-Jugend 2006 / 2007 90 Minuten
		2.A-Jungs (JSG) 19:30 - 21:00 3.Herren 19:00 - 20:30	2.Herren 19:00 - 20:30 1.Herren 19:00 - 20:30		U60-Herren 19:00 - 20:30			C-Jugend 2008 / 2009 90 Minuten
Do		1.C-Jungs 17:30 - 19:00 2.C-Jungs 17:30 - 19:00	1.E-Madchen 17:30 - 19:00 1.C-Madchen 17:30 - 19:00	3.F-Jungs 17:00 - 18:30 4.F-Jungs 17:00 - 18:30 5.F-Jungs 17:00 - 18:30				D-Jugend 2010 / 2011 90 Minuten
		1.A-Jungs (JSG) 19:00 - 20:30 1.B-Jungs (JSG) 19:00 - 20:30	2.Damen 19:00 - 20:30 1.B-Madchen 19:00 - 20:30		3.B-Jungs (JSG) 19:00 - 20:30			E-Jugend 2012 / 2013 90 Minuten
Fr	2.F-Jungs 16:00 - 17:30 1.F-Jungs 16:00 - 17:30	2.G-Jungs 15:30 - 16:45 3.G-Jungs 15:30 - 16:45 1.G-Jungs 16:45 - 18:15 1.D-Madchen 17:00 - 18:30	2.D-Madchen 15:45 - 17:15 5.E-Jungs 15:30 - 17:00 3.E-Jungs 17:00 - 18:30 4.E-Jungs 17:00 - 18:30	1.E-Jungs 16:30 - 18:00 2.E-Jungs 16:30 - 18:00	1.G-Madchen 15:30 - 16:45 1.F-Madchen 16:00 - 17:30	Leichtathletik		F-Jugend 2014 / 2015 90 Minuten
		1.Damen 18:30 - 20:00 2.Herren 18:30 - 20:00		1.Herren 18:30 - 20:00	3.Herren 19:00 - 20:30			G-Jugend 2016 / 2017 / 2018 75 Minuten



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