Trainingsplan ab 15.06.2020

	Montag			Dienstag			Mittwoch			Donnerstag			Freitag			Samstag			Sonntag			
	Halle	Anbau	Tennis	Halle	Anbau	Tennis	Halle	Anbau	Tennis	Halle	Anbau	Tennis	Halle	Anbau	Tennis	Halle	Anbau	Tennis	Halle	Anbau	Tennis	
08.00-09.00																						08.00-09.00
09.00-10.00																						09.00-10.00
10.00-11.00			Tennis																			10.00-11.00
11.00-12.00																						11.00-12.00
12.00-13.00																						12.00-13.00
13.00-13.15							Polizei-															13.00-13.15
13.15-13.30							sport															13.15-13.30
13.30-13.45																						13.30-13.45
13.45-14.00																						13.45-14.00
14.00-14.15																						14.00-14.15
14.15-14.30																						14.15-14.30
14.30-14.45																						14.30-14.45
14.45-15.00																						14.45-15.00
15.00-15.15																						15.00-15.15
15.15-15.30																						15.15-15.30
15.30-15.45																						15.30-15.45
15.45-16.00																						15.45-16.00
16.00-16.15																						16.00-16.15
16.15-16.30																						16.15-16.30
16.30-16.45	LA Kinder																					16.30-16.45
16.45-17.00																						16.45-17.00
17.00-17.15														Bu-Jitsu-								17.00-17.15
17.15-17.30	Pause													Kai								17.15-17.30
17.30-17.45	LA Jugend		Tennis		Bu-Jitsu-																	17.30-17.45
17.45-18.00					Kai					Lauf-												17.45-18.00
18.00-18.15										gruppe												18.00-18.15
18.15-18.30																						18.15-18.30
18.30-18.45							Gymnastik							Pause								18.30-18.45
18.45-19.00	Pause									Pause	Qui-											18.45-19.00
19.00-19.15	Badminton				Bu-Jitsu-						Gong			Bu-Jitsu-								19.00-19.15
19.15-19.30					Kai					Zumba				Kai								19.15-19.30
19.30-19.45																						19.30-19.45
19.45-20.00														Pause								19.45-20-00
20.00-20.15										Pause			Freizeit-									20.00-20.15
20.15-20.30										Badminton			sport									20.15-20.30
20.30-20.45																						20.30-20.45
20.45-21.00																						20.45-21.00
21.00-21.15																						21.00-21.15
21.15-21.30																						21.15-21.30
21.30-21.45																						21.30-21.45
21.45-22.00																						21.45-22.00