

# Trainingsplan 2026/2027

[illegible]

|               | Freitag  |          |             |             |             |             |               |
|---------------|----------|----------|-------------|-------------|-------------|-------------|---------------|
|               | KR 1     | KR 2     | Rasen 2 / 1 | Rasen 2 / 2 | Rasen 1 / 1 | Rasen 1 / 2 |               |
| 16:30 - 17:00 |          |          |             |             |             |             | 16:30 - 17:00 |
| 17:00 - 17:30 |          |          |             |             |             |             | 17:00 - 17:30 |
| 17:30 - 18:00 |          |          |             |             |             |             | 17:30 - 18:00 |
| 18:00 - 18:30 |          |          |             |             |             |             | 18:00 - 18:30 |
| 18:30 - 19:00 | Herren 3 | FC Damen | Herren 1    | Herren 2    |             |             | 18:30 - 19:00 |
| 19:00 - 19:30 | Herren 3 | FC Damen | Herren 1    | Herren 2    |             |             | 19:00 - 19:30 |
| 19:30 - 20:00 | Herren 3 | FC Damen | Herren 1    | Herren 2    |             |             | 19:30 - 20:00 |
| 20:00 - 20:30 |          |          |             |             |             |             | 20:00 - 20:30 |
| 20:30 - 21:00 |          |          |             |             |             |             | 20:30 - 21:00 |