

Tabelle1

| Trainingsplan Alzenau Winter 17/18 | | | | | | |
|------------------------------------|------------------|------------------|------------------|------------------|---------------------|---------------|
| Uhrzeit | Dienstag | Mittwoch | Donnerstag | Freitag | Freitag | Samstag |
| | Thomas | Thomas | Cedo | Cedo | Thomas | Andi |
| 14.00-14.15 | | | | Luan Ten Eiken | | |
| 14.15-14.30 | | | | Luna Bloett | | |
| 14.30-14.45 | | | | Pascal Gaida | | |
| 14.45-15.00 | | | | Lillia Stolinski | | |
| | | | | | | |
| 15.00-15.15 | Felix Scharwies | | Beginn 15:15 Uhr | Luis Stolinski | Philipp Schließmann | Damentraining |
| 15.15-15.30 | Philipp Decker | | David Novotny | Adrian Novotny | Vincent Meißner | Damentraining |
| 15.30-15.45 | Louis Bordon | | Victor Meißner | Marvin Schnatz | Karl Bloett | Damentraining |
| 15.45-16.00 | Noah Aull | | Jan Cleyna | Tim Benda | | Damentraining |
| | Maximilian Kempf | | | Ballschule | | Damentraining |
| | | | | | | |
| 16.00-16.15 | Theresa Bambeck | Frida Beinenz | Beginn 16:15 Uhr | Thieß Lorenz | Clara Tontrup | Damentraining |
| 16.15-16.30 | Frida Beinenz | Vanessa Mitchel | Henry Aull | Christopher Heib | Julia Prang | Damentraining |
| 16.30-16.45 | Clara Kleyna | Katharina Prang | Tjark Lorenz | Moritz Scharwies | Sophie Seidel | Damentraining |
| 16.45-17.00 | Susanna Göhring | Clara Kleyna | Marcel Kühn | Louis Jenautzke | Emilie Schmitz | Damentraining |
| | Hannah Walther | | Patrick Decker | | Kyana Weier | Damentraining |
| | | | | | | |
| 17.00-17.15 | | Moritz Scharwies | Beginn 17:15 Uhr | Helen Roos | Anna Kleyna | |
| 17.15-17.30 | | Louis Jenautzke | Ilayda Hotunlu | Antonia Beinenz | Sara Schneider | |
| 17.30-17.45 | | Nicolas Blasius | Stella Berwanger | Anna L. Stenger | Lisa Weinacht | |
| 17.45-18.00 | | Fördertraining | Katharina Prang | Angelina Koreng | Johanna Göhring | |
| | | | Leoni Hölken | Nelly Klüber | Susanna Göhring | |
| | | | Valerie Lausch | | | |
| 18.00-18.15 | | Christopher Blum | Beginn 18:15 Uhr | | VHS Kurs Folge | |
| 18.15-18.30 | | Julius Thömig | Luna Bloett | | VHS Kurs Folge | |
| 18.30-18.45 | | Johannes Müller | Nicolas Blasius | | VHS Kurs Folge | |
| 18.45-19.00 | | | Luan Ten Eiken | | VHS Kurs Folge | |
| | | | Fördertraining | | VHS Kurs Folge | |
| | | | | | | |
| 19.00-19.15 | | | | | VHS Kurs | |
| 19.15-19.30 | | | | | VHS Kurs | |
| 19.30-19.45 | | | | | VHS Kurs | |
| 19.45-20.00 | | | | | VHS Kurs | |
| | | | | | VHS Kurs | |