

Trainingsplan FC TuRa Bergkamen Saison 2021/2022

Uhrzeit		Montag				Dienstag				Mittwoch				Donnerstag				Freitag				
von	bis	KR1	KR2	NR1	NR2	KR1	KR2	NR1	NR2	KR1	KR2	NR1	NR2	KR1	KR2	NR1	NR2	KR1	KR2	NR1	NR2	
15:30	16:00																					
16:00	16:15					F	G							G								
16:15	16:30					F	G							G								
16:30	16:45					F	G							G								
16:45	17:00					F	G							G								
17:00	17:15					F	G							G								
17:15	17:30					F	G							G								
17:30	17:45	C	D*			A	E			C	D			F	E	A*		E*	D			
17:45	18:00	C	D*			A	E			C	D			F	E	A*		E*	D			
18:00	18:15	C	D*			A	E			C	D			F	E	A*		E*	D			
18:15	18:30	C	D*			A	E			C	D			F	E	A*		E*	D			
18:30	18:45	C	D*			A	E			C	D			F	E	A*		E*	D			
18:45	19:00	C	D*			A	E			C	D			F	E	A*		E*	D			
19:00	19:15					1.M	2.M			3.M	AlteH			1.M	2.M			A	3.M			
19:15	19:30					1.M	2.M			3.M	AlteH			1.M	2.M			A	3.M			
19:30	19:45					1.M	2.M			3.M	AlteH			1.M	2.M			A	3.M			
19:45	20:00					1.M	2.M			3.M	AlteH			1.M	2.M			A	3.M			
20:00	20:15					1.M	2.M			3.M	AlteH			1.M	2.M			A	3.M			
20:15	20:30					1.M	2.M			3.M	AlteH			1.M	2.M			A	3.M			
20:30	20:45					1.M	2.M			3.M	AlteH			1.M	2.M			A	3.M			
20:45	21:00					1.M	2.M			3.M+	AlteH			1.M	2.M			A	3.M			