

Trainingsplan EVD-Jungfuechse Juni 21 Stand 26.05.21

	Datum	TW	Leufschule 2 x 75 min	U 7 / U 8 2 x 75 min	U 11 2 x 75 min	U 13 4 Std	U 16 8 Std	U 17 HL 8 Std	U 20 BNL 7 Std	Alte Herren
22	Di	1		17:30 - 18:45 On Ice Wesel	17:30 - 18:45 On Ice Wesel	17:45 - 19:00 Stadtpark Moers	19:00 - 20:30 On Ice Wesel	19:00 - 20:30 On Ice Wesel	19:30 - 21:00 Geleucht Moers	
	Mi	2		17:00 - 18:15 Duisburg	17:00 - 18:15 Duisburg	18:00 - 19:15 On Ice Wesel	18:30 - 20:00 Duisburg	18:30 - 20:00 Duisburg	19:30 - 20:45 On Ice Wesel	
	Do	3				17:00 - 18:00 Stickhandling Duisburg Theorie 18:00 - 18:30	12:45 - 14:15 On Ice Wesel	12:45 - 14:15 On Ice Wesel	10:45 - 12:15 On Ice Wesel	
	Fr	4		18:00 - 19:15 Duisburg	18:00 - 19:15 Duisburg				75 min Trainingsplan	
	Sa	5		12:45 - 14:15 On Ice Wesel	12:45 - 14:15 On Ice Wesel		14:30 - 16:00 On Ice Wesel	14:30 - 16:00 On Ice Wesel		
	So	6		16:00 - 17:30 On Ice Wesel	16:00 - 17:30 On Ice Wesel	17:45 - 18:45 On Ice Wesel				
23	Mo	7				Ari 17:00 - 18:15 Duisburg	Ari 18:15 - 19:45 Duisburg	Ari 18:15 - 19:45 Duisburg	19:30 - 21:00 Duisburg	
	Di	8		17:30 - 18:45 On Ice Wesel	17:30 - 18:45 On Ice Wesel	17:45 - 19:00 Stickhandling Duisburg			19:30 - 21:00 Geleucht Moers	
	Mi	9		17:00 - 18:15 Duisburg	17:00 - 18:15 Duisburg	18:00 - 19:00 On Ice Wesel	18:30 - 20:00 Duisburg	18:30 - 20:00 Duisburg	19:15 - 20:45 On Ice Wesel	
	Do	10		17:30 - 18:45 On Ice Wesel	17:30 - 18:45 On Ice Wesel	18:00 - 19:15 Duisburg	19:00 - 20:30 On Ice Wesel	19:00 - 20:30 On Ice Wesel	19:30 - 21:00 Duisburg	
	Fr	11					18:30 - 20:00	18:30 - 20:00	75 min Trainingsplan	20:00 - 21:15
	Sa	12					15:30 - 18:00			
	So	13		9:30 - 11:00	9:30 - 11:00	Theorie 10:00 - 10:30			16:30 - 19:00	
24	Mo	14				18:00 - 19:15 On Ice Wesel	Ari 18:00 - 19:30 Duisburg	Ari 18:00 - 19:30 Duisburg	19:30 - 20:45 On Ice Wesel	
	Di	15		17:30 - 18:45 On Ice Wesel	17:30 - 18:45 On Ice Wesel	17:45 - 19:00 Stickhandling Duisburg	19:00 - 20:30 On Ice Wesel	19:00 - 20:30 On Ice Wesel	19:30 - 21:00 Geleucht Moers	
	Mi	16		17:00 - 18:15 Duisburg	17:00 - 18:15 Duisburg	18:00 - 19:00 On Ice Wesel	18:30 - 20:00 Duisburg	18:30 - 20:00 Duisburg	19:15 - 20:45 On Ice Wesel	
	Do	17				18:00 - 19:15 Duisburg	19:15 - 20:45 On Ice Wesel	19:15 - 20:45 On Ice Wesel	19:30 - 21:00 Duisburg	
	Fr	18		18:00 - 19:15 Duisburg	18:00 - 19:15 Duisburg				20:00 - 22:30	
	Sa	19		11:15 - 12:45	11:15 - 12:45	15:30 - 18:00			75 min Trainingsplan	
	So	20				Theorie 10:00 - 10:30	9:30 - 12:00	16:30 - 19:00		
25	Mo	21				Ari 17:00 - 18:15 Duisburg	Ari 18:15 - 19:45 Duisburg	Ari 18:15 - 19:45 Duisburg	19:30 - 21:00 Duisburg	
	Di	22		17:30 - 18:45 On Ice Wesel	17:30 - 18:45 On Ice Wesel	17:45 - 19:00 Stickhandling Duisburg			19:30 - 21:00 Himmelstreppe Neukirchen Wluyrn	
	Mi	23		17:00 - 18:15 Duisburg	17:00 - 18:15 Duisburg	18:00 - 19:15 On Ice Wesel	18:30 - 20:00 Duisburg	18:30 - 20:00 Duisburg	19:30 - 20:45 On Ice Wesel	
	Do	24		17:30 - 18:45 On Ice Wesel	17:30 - 18:45 On Ice Wesel	18:00 - 19:15 Duisburg	19:00 - 20:30 On Ice Wesel	19:00 - 20:30 On Ice Wesel	19:30 - 21:00 Duisburg	
	Fr	25					18:30 - 20:00	18:30 - 20:00	75 min Trainingsplan	20:00 - 21:15
	Sa	26				11:15 - 13:45			15:30 - 18:00	
	So	27				Theorie 10:00 - 10:30		16:30 - 19:00		
26	Mo	28				18:00 - 19:00 On Ice Wesel	Ari 18:00 - 19:30 Duisburg	Ari 18:00 - 19:30 Duisburg	19:15 - 20:45 On Ice Wesel	
	Di	29		17:30 - 18:45 On Ice Wesel	17:30 - 18:45 On Ice Wesel	17:45 - 19:00 Stickhandling Duisburg	19:00 - 20:30 On Ice Wesel	19:00 - 20:30 On Ice Wesel	19:30 - 21:00 Himmelstreppe Neukirchen Wluyrn	
	Mi	30		17:00 - 18:15 Duisburg	17:00 - 18:15 Duisburg	18:00 - 19:15 On Ice Wesel	18:30 - 20:00 Duisburg	18:30 - 20:00 Duisburg	19:30 - 20:45 On Ice Wesel	