



Trainingsplan Juni 2022 Stand :



Datum		Laufschule 2 x 90 min	U 7 / U 9 Landesliga 3 Std	U11 Landesliga 3 Std	U 13 4 Std Off Ice	U 15 5 Std Off Ice	U 17 6 Std Off Ice	U 20 DNL 7 Std Off Ice
22	Mi 1	17:30 - 18:30	17:30 - 18:45	17:30 - 18:45		Stichhandling 17:45 - 18:30 OFF ICE 18:30 - 19:30	18:15 - 19:45	19:30 - 21:00
	Do 2	ON ICE 17:30 - 18:30 in Wesel	ON ICE 17:30 - 18:30 in Wesel	ON ICE 17:30 - 18:30 in Wesel	ON ICE 18:45 - 20:00 in Wesel	Off Ice 17:45 - 18:30 ON ICE 18:45 - 20:00 in Wesel	Off ICE 18:15 - 19:45 ON ICE 20:15 - 21:30 in Wesel	ON ICE 20:15 - 21:30 in Wesel
	Fr 3							19:30 - 21:00
	Sa 4					TeamEvent ab 14:00 Uhr		
	So 5							
23	Mo 6				Ari 17:00 - 18:15	Ari 18:00 - 19:30	Ari 18:00 - 19:30	19:30 - 21:00
	Di 7	ON ICE 17:30 - 18:30 in Wesel	ON ICE 17:30 - 18:30 in Wesel	ON ICE 17:30 - 18:30 in Wesel	ON ICE 18:45 - 20:00 in Wesel	Off Ice 17:45 - 18:30 ON ICE 18:45 - 20:00 in Wesel	Off ICE 18:15 - 19:45 ON ICE 20:15 - 21:30 in Wesel	ON ICE 20:15 - 21:30 in Wesel
	Mi 8	17:30 - 18:30	17:30 - 18:45	17:30 - 18:45		Stichhandling 17:45 - 18:30 OFF ICE 18:30 - 19:30	18:15 - 19:45	19:30 - 21:00
	Do 9	ON ICE 17:30 - 18:30 in Wesel	ON ICE 17:30 - 18:30 in Wesel	ON ICE 17:30 - 18:30 in Wesel	ON ICE 18:45 - 20:00 in Wesel	Off Ice 17:45 - 18:30 ON ICE 18:45 - 20:00 in Wesel	Off ICE 18:15 - 19:45 ON ICE 20:15 - 21:30 in Wesel	ON ICE 20:15 - 21:30 in Wesel
	Fr 10	Vereins Camping	Vereins Camping	Vereins Camping	Vereins Camping	Vereins Camping	Vereins Camping	Vereins Camping
24	Sa 11	Vereins Camping	Vereins Camping	Vereins Camping	Vereins Camping	Vereins Camping	Vereins Camping	Vereins Camping
	So 12	Vereins Camping	Vereins Camping	Vereins Camping	Vereins Camping	Vereins Camping	Vereins Camping	Vereins Camping
	Mo 13	17:30 - 18:30	17:30 - 18:45	17:30 - 18:45	Ari 17:00 - 18:15	Ari 18:00 - 19:30	Ari 18:00 - 19:30	19:30 - 21:00
	Di 14	ON ICE 17:30 - 18:30 in Wesel	ON ICE 17:30 - 18:30 in Wesel	ON ICE 17:30 - 18:30 in Wesel	ON ICE 18:45 - 20:00 in Wesel	Off Ice 17:45 - 18:30 ON ICE 18:45 - 20:00 in Wesel	Off ICE 18:15 - 19:45 ON ICE 20:15 - 21:30 in Wesel	ON ICE 20:15 - 21:30 in Wesel
	Mi 15	17:30 - 18:30	17:30 - 18:45	17:30 - 18:45		Stichhandling 17:45 - 18:30 OFF ICE 18:30 - 19:30	18:15 - 19:45	19:30 - 21:00
25	Do 16					10:00 - 11:30	18:15 - 19:45	19:30 - 21:00
	Fr 17							19:30 - 21:00
	Sa 18							
	So 19							
	Mo 20				Ari 17:00 - 18:15	Ari 18:00 - 19:30	Ari 18:00 - 19:30	19:30 - 21:00
26	Di 21	17:30 - 18:30	17:30 - 18:45	17:30 - 18:45		18:00 - 19:30 Stadtpark Moers	18:15 - 19:45	19:30 - 21:00
	Mi 22					Stichhandling 17:45 - 18:30 OFF ICE 18:30 - 19:30	18:15 - 19:45	19:30 - 21:00
	Do 23	17:30 - 18:30	17:30 - 18:45	17:30 - 18:45		18:00 - 19:30	18:15 - 19:45	19:30 - 21:00
	Fr 24							19:30 - 21:00
	Sa 25							
26	So 26							
	Mo 27							
	Di 28							
	Mi 29							
	Do 30							