



Trainingsplan Juli 2022 Stand : 24.06.22



Datum	Laufschule 2 x 60 min	U 7 / U 9 Landesliga 3 Std	U 11 Landesliga 3 Std	U 13 4 Std Off Ice	U 15 5 Std Off Ice	U 17 6 Std Off Ice	U 20 DHL 7 Std Off Ice
26	Fr 1						
	Sa 2						
	So 3						
27	Mo 4	17:30 - 18:30	17:30 - 19:00	17:30 - 19:00	Ari 17:00 - 18:15	Ari 18:00 - 19:30	19:30 - 21:00
	Di 5				Stickhandling 17:45 - 18:30 OFF ICE 18:30 - 19:30	Stickhandling 17:45 - 18:30 OFF ICE 18:30 - 19:30	18:15 - 19:45
	Mi 6	17:30 - 18:30	17:30 - 19:00	17:30 - 19:00	18:00 - 19:15 Himmelstreppe Neukirchen Vluyn	18:00 - 19:15 Himmelstreppe Neukirchen Vluyn	18:15 - 19:45
	Do 7				18:00 - 19:30	18:00 - 19:30	19:30 - 21:00
	Fr 8						19:15 - 20:45
	Sa 9						
	So 10						
28	Mo 11	17:30 - 18:30	17:30 - 19:00	17:30 - 19:00	18:00 - 19:30	18:00 - 19:30	19:30 - 21:00
	Di 12				Stickhandling 17:45 - 18:30 OFF ICE 18:30 - 19:30	Stickhandling 17:45 - 18:30 OFF ICE 18:30 - 19:30	18:15 - 19:45
	Mi 13	17:30 - 18:30	17:30 - 19:00	17:30 - 19:00	18:00 - 19:15 Himmelstreppe Neukirchen Vluyn	18:00 - 19:15 Himmelstreppe Neukirchen Vluyn	18:15 - 19:45
	Do 14				18:00 - 19:30	18:00 - 19:30	19:30 - 21:00
	Fr 15						19:15 - 20:45
	Sa 16						
	So 17						
29	Mo 18	17:30 - 18:30	17:30 - 19:00	17:30 - 19:00	18:00 - 19:30	18:00 - 19:30	19:30 - 21:00
	Di 19				Stickhandling 17:45 - 18:30 OFF ICE 18:30 - 19:30	Stickhandling 17:45 - 18:30 OFF ICE 18:30 - 19:30	18:15 - 19:45
	Mi 20	17:30 - 18:30	17:30 - 19:00	17:30 - 19:00	18:00 - 19:15 Himmelstreppe Neukirchen Vluyn	18:00 - 19:15 Himmelstreppe Neukirchen Vluyn	18:15 - 19:45
	Do 21				18:00 - 19:30	18:00 - 19:30	19:30 - 21:00
	Fr 22						19:15 - 20:45
	Sa 23						
	So 24						
30	Mo 25	17:30 - 18:30	17:30 - 19:00	17:30 - 19:00	18:00 - 19:30	18:00 - 19:30	19:30 - 21:00
	Di 26				Stickhandling 17:45 - 18:30 OFF ICE 18:30 - 19:30	Stickhandling 17:45 - 18:30 OFF ICE 18:30 - 19:30	18:15 - 19:45
	Mi 27	17:30 - 18:30	17:30 - 19:00	17:30 - 19:00	18:00 - 19:15 Himmelstreppe Neukirchen Vluyn	18:00 - 19:15 Himmelstreppe Neukirchen Vluyn	18:15 - 19:45
	Do 28				18:00 - 19:30	18:00 - 19:30	19:30 - 21:00
	Fr 29						19:15 - 20:45
	Sa 30						
	So 31						