

Trainingsplan Juni 2023

Datum		Laufschule On Ice 2 x 60 min	U 7 / U 9 Off Ice 2 x 75 min	U 11 On Ice 2 x 75 min	U 13 Off Ice 4 Std	U 15 Off Ice 5 Std	U 17 Off Ice 6 Std	U 20 DNL Off Ice 7 Std
22	Do 1		17:00 - 18:15	17:00 - 18:15	Off Ice 17:00 - 17:45 18:00 - 19:15 On Ice in Wesel	Off Ice 17:00 - 17:45 18:00 - 19:15 On Ice in Wesel	Off Ice 17:45 - 19:15 19:30 - 20:45 On Ice in Wesel	Off Ice 17:45 - 19:15 19:30 - 20:45 On Ice in Wesel
	Fr 2					18:00 - 19:30 Stickhandling		19:15 - 20:15
	Sa 3							
	So 4							
23	Mo 5		18:00 - 19:15 On Ice in Wesel	18:00 - 19:15 On Ice in Wesel	Ari 17:00 - 18:15	Ari 18:15 - 19:45	18:15 - 19:45	19:30 - 21:00
	Di 6	17:00 - 18:15	17:00 - 18:15	17:00 - 18:15	Off Ice 17:00 - 17:45 18:00 - 19:15 On Ice in Wesel	Off Ice 17:00 - 17:45 18:00 - 19:15 On Ice in Wesel	Off Ice 17:45 - 19:15 19:30 - 20:45 On Ice in Wesel	Off Ice 17:45 - 19:15 19:30 - 20:45 On Ice in Wesel
24	Mi 7				18:00 - 19:30	18:00 - 19:30 Neukirchen Vluyn Himmelstreppe	18:15 - 19:45	19:30 - 21:00
	Do 8		17:00 - 18:15	17:00 - 18:15	10:30 - 12:00	10:30 - 12:00	18:30 - 20:00	10:30 - 12:00
	Fr 9							19:15 - 20:15
	Sa 10							
	So 11							
	Mo 12		18:00 - 19:15 On Ice in Wesel	18:00 - 19:15 On Ice in Wesel	Ari 17:00 - 18:15	Ari 18:15 - 19:45	18:15 - 19:45	19:30 - 21:00
Di 13	17:00 - 18:15	17:00 - 18:15	17:00 - 18:15	Off Ice 17:00 - 17:45 18:00 - 19:15 On Ice in Wesel	Off Ice 17:00 - 17:45 18:00 - 19:15 On Ice in Wesel	Off Ice 17:45 - 19:15 19:30 - 20:45 On Ice in Wesel	Off Ice 17:45 - 19:15 19:30 - 20:45 On Ice in Wesel	
25	Mi 14		18:00 - 19:15 On Ice in Wesel	18:00 - 19:15 On Ice in Wesel	18:00 - 19:30	18:00 - 19:30 Neukirchen Vluyn Himmelstreppe	18:15 - 19:45	19:30 - 21:00
	Do 15		17:00 - 18:15	17:00 - 18:15	Off Ice 17:00 - 17:45 18:00 - 19:15 On Ice in Wesel	Off Ice 17:00 - 17:45 18:00 - 19:15 On Ice in Wesel	19:30 - 20:45 On Ice in Wesel	Off Ice 17:45 - 19:15 19:30 - 20:45 On Ice in Wesel
	Fr 16					18:00 - 19:00 Stickhandling	19:00 - 20:30	19:15 - 20:15
	Sa 17							
	So 18							
Mo 19					Ari 17:00 - 18:15	Ari 18:15 - 19:45	18:15 - 19:45	19:30 - 21:00
Di 20	17:00 - 18:15	17:00 - 18:15	17:00 - 18:15			18:15 - 19:45	18:15 - 19:45	19:30 - 21:00

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Mi	21					18:00 - 19:30	18:00 - 19:30 Neukirchen Vluyn Himmelstreppe	18:15 - 19:45	19:30 - 21:00
Do	22		17:00 - 18:15	17:00 - 18:15		18:00 - 19:30	18:15 - 19:45 Stickandling	18:30 - 20:00	19:30 - 21:00
Fr	23								19:15 - 20:15
Sa	24						Camp Geleen		
So	25						Camp Geleen		
Mo	26					Ari 17:00 - 18:15	Camp Geleen	18:15 - 19:45	19:30 - 21:00
Di	27	17:00 - 18:15	17:00 - 18:15	17:00 - 18:15			Camp Geleen	18:15 - 19:45	19:30 - 21:00
Mi	28					18:00 - 19:30	Camp Geleen	18:15 - 19:45	19:30 - 21:00
Do	29		17:00 - 18:15	17:00 - 18:15		18:00 - 19:30	Camp Geleen	18:30 - 20:00	19:30 - 21:00
Fr	30						Camp Geleen		19:15 - 20:15