

Trainingsplan Juli 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
27 Sa 1					Camp Geleen		Urlaub
So 2							Urlaub
Mo 3				Ari 17:00 - 18:15	Ari 18:15 - 19:45	18:15 - 19:45	Urlaub
Di 4	17:00 - 18:15	17:00 - 18:15	17:00 - 18:15		19:30 - 21:30 Schwimmen im Dinamare Dinstaken	18:15 - 19:45	Urlaub
Mi 5				18:00 - 19:30	18:00 - 19:30	18:15 - 19:45	Urlaub
Do 6		17:00 - 18:15	17:00 - 18:15	18:00 - 19:30 Stickandling	18:00 - 19:30 Stickandling	18:15 - 19:45	Urlaub
Fr 7							Urlaub
Sa 8							Urlaub
So 9							Urlaub
28 Mo 10				Ari 17:00 - 18:15	Ari 18:15 - 19:45	18:15 - 19:45	19:30 - 21:00
Di 11	17:00 - 18:15	17:00 - 18:15	17:00 - 18:15		18:00 - 19:30	18:15 - 19:45	19:30 - 21:00
Mi 12				Moerser Park 9:00 - 10:30 Enni Sotimare 11:00 - 15:00	Moerser Park 9:00 - 10:30 Enni Sotimare 11:00 - 15:00	18:15 - 19:45	19:30 - 21:00
Do 13		17:00 - 18:15	17:00 - 18:15	18:00 - 19:30	18:00 - 19:30	18:15 - 19:45	19:30 - 21:00
Fr 14							19:15 - 20:15
Sa 15							
So 16							
30 Mo 17				Ari 17:00 - 18:15	Ari 18:15 - 19:45	18:15 - 19:45	19:30 - 21:00
Di 18	17:00 - 18:15	17:00 - 18:15	17:00 - 18:15		19:30 - 21:30 Schwimmen im Dinamare Dinstaken	18:15 - 19:45	19:30 - 21:00
Mi 19				18:00 - 19:30	18:00 - 19:30	18:15 - 19:45	19:30 - 21:00
Do 20		17:00 - 18:15	17:00 - 18:15	18:00 - 19:30 Stickandling	18:00 - 19:30 Stickandling	18:15 - 19:45	19:30 - 21:00
Fr 21					18:30 - 24:00 Stickhandling & Shooting + Event in Orsoy		19:15 - 20:15
Sa 22							
So 23							
31 Mo 24				Ari 17:00 - 18:15	Ari 18:15 - 19:45	18:15 - 19:45	19:30 - 21:00
Di 25	17:00 - 18:15	17:00 - 18:15	17:00 - 18:15		18:15 - 19:45	18:15 - 19:45	19:30 - 21:00
Mi 26				19:00 - 20:30 Tiger & Turtle Duisburg	19:00 - 20:30 Tiger & Turtle Duisburg	18:15 - 19:45	19:30 - 21:00
Do 27		17:00 - 18:15	17:00 - 18:15	18:00 - 19:30	18:00 - 19:30	18:15 - 19:45	19:30 - 21:00
Fr 28				Teambuilding 9:00 - 17:00 Irland Kevelear	Teambuilding 9:00 - 17:00 Irland Kevelear		
Sa 29							
So 30							
32 Mo 31				Ari 17:00 - 18:15	Ari 18:15 - 19:45	18:15 - 19:45	19:30 - 21:00