

Trainingsplan August KW 35

Datum	TW	Laufschule On Ice 2 x 60 min	U 7 On Ice 2 x 60 min	U 9 ON Ice 3 90d	U 11 ON Ice 3 90d	U 13 On Ice 4 90d Off Ice 90 min	U 15 On Ice 4,5 90d Off Ice 2 90d	U 17 On Ice 5 90d Off Ice 2,5 90d	U 20 DNL On Ice 6 90d Off Ice 3 90d	1. Mannschaft Oberliga	Alle Herren		
35 So	27												
Mo	28		17:00 - 18:00	17:00 - 18:00	17:00 - 18:00	ARI Off Ice 16:45 - 17:45 18:00 - 19:30	ARI Off Ice 16:45 - 17:45 18:00 - 19:30	ARI Off Ice 17:45 - 19:15 19:45 - 20:45	Off Ice 19:30 - 20:30 21:00 - 22:00		22:15 - 23:15		
Di	29						17:00 - 18:30			18:30 - 19:45			
Mi	30	16:00 - 17:00	16:00 - 17:00	16:00 - 17:00	17:00 - 18:00	17:00 - 18:00 Off Ice 18:15 - 19:15		18:15 - 19:30	Off Ice 20:00 - 21:00 18:15 - 19:30	19:45			
Do	31						17:00 - 18:30 Off Ice 18:45 - 19:45	Off Ice 18:00 - 19:30 20:00 - 21:00	Off Ice 19:45 - 20:45 21:15 - 22:15	18:30 - 19:45			
Fr	1			16:45 - 18:15	16:45 - 18:15	16:45 - 18:15				19:30 Abschiedsspiel Eddi			
Sa	2				14:30 Turnier Duisburg Duisburg Neusser EV Neuwied	9:30 Hammer Eisbären	12:00 Herner EV 17:30 Iserlohn 1B		20:15 Senioren Grefrather EG				
So	3	13:00 - 14:00 KidsDay		14:30 Turnier Duisburg Grefrather EG Neusser EV EHC Gelsenkirchen				10:00 Tus Wiehl 17:30 U20 Hammer Eisbären		16:00 Heerenveen			