# Trainingsplan ab 25. März 2024

Spiko Präsident
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## Montag

### Kunstrasen

| | | | | |
|---|---|---|---|---|
| 16:30 - 17:00 | | | | |
| 17:00 - 17:30 | | | | |
| 17:30 - 18:00 | | | | |
| 18:00 - 18:30 | | | | |
| 18:30 - 19:00 | FF15 | Eb | Ec | Fa |
| 19:00 - 19:30 | | | | |
| 19:30 - 20:00 | | | | |
| 20:00 - 20:30 | Herren 1 | | Reserve Spielbetrieb | |
| 20:30 - 21:00 | | | | |
| 21:00 - 21:30 | | | | |
| 21:30 - 22:00 | | | | |
| 22:00 - 22:30 | | | | |
| 22:30 - 23:00 | | | | |

### Hauptplatz

| | | | | |
|---|---|---|---|---|
| 16:30 - 17:00 | | | | |
| 17:00 - 17:30 | Fb | | | |
| 17:30 - 18:00 | | | | |
| 18:00 - 18:30 | | | | |
| 18:30 - 19:00 | | Dc | | |
| 19:00 - 19:30 | | | | |
| 19:30 - 20:00 | | | | |
| 20:00 - 20:30 | Frauen 1 | | | |
| 20:30 - 21:00 | | | | |
| 21:00 - 21:30 | | | | |
| 21:30 - 22:00 | | | | |
| 22:00 - 22:30 | | | | |
| 22:30 - 23:00 | | | | |

### Kifu Platz ( D- Feld)

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|---|---|---|---|---|
| 16:30 - 17:00 | | | | |
| 17:00 - 17:30 | | | | |
| 17:30 - 18:00 | | | | |
| 18:00 - 18:30 | | | | |
| 18:30 - 19:00 | | | | |
| 19:00 - 19:30 | | | | |
| 19:30 - 20:00 | | | | |
| 20:00 - 20:30 | TW-Training | | | |
| 20:30 - 21:00 | | | | |
| 21:00 - 21:30 | | | | |
| 21:30 - 22:00 | | | | |
| 22:00 - 22:30 | | | | |
| 22:30 - 23:00 | | | | |

### Garderobengebäude neu

| | | | |
|---|---|---|---|
| Kabine 5 | Fa | | |
| Kabine 6 | Eb | | |
| Kabine 1 | Ec | | |
| Kabine 2 | FF15 | | |

### Garderobengebäude alt

| | | | |
|---|---|---|---|
| Kabine 1 | Frauen 1 | | |
| Kabine 2 | Fb | | |
| Kabine 3 | | | |
| Kabine 4 | Dc | | |
| Kabine 5 | | | |
| Kabine 6 | Herren 1 | | |

## Dienstag

### Kunstrasen

| | | | | |
|---|---|---|---|---|
| 16:30 - 17:00 | | | | |
| 17:00 - 17:30 | | | | |
| 17:30 - 18:00 | | | | |
| 18:00 - 18:30 | | | | |
| 18:30 - 19:00 | Ca | | Ea | |
| 19:00 - 19:30 | | | | |
| 19:30 - 20:00 | | | | |
| 20:00 - 20:30 | ü30 | | A Junioren | |
| 20:30 - 21:00 | | | | |
| 21:00 - 21:30 | | | | |
| 21:30 - 22:00 | | | | |
| 22:00 - 22:30 | | | | |
| 22:30 - 23:00 | | | | |

### Hauptplatz

| | | | | |
|---|---|---|---|---|
| 16:30 - 17:00 | | | | |
| 17:00 - 17:30 | | | | |
| 17:30 - 18:00 | | | | |
| 18:00 - 18:30 | | | | |
| 18:30 - 19:00 | Da | Db | | |
| 19:00 - 19:30 | | | FF12 | |
| 19:30 - 20:00 | | | | |
| 20:00 - 20:30 | Ba | | Herren 2 | |
| 20:30 - 21:00 | | | | |
| 21:00 - 21:30 | | | | |
| 21:30 - 22:00 | | | | |
| 22:00 - 22:30 | | | | |
| 22:30 - 23:00 | | | | |

### Kifu Platz ( D- Feld)

| | | | | |
|---|---|---|---|---|
| 16:30 - 17:00 | | | | |
| 17:00 - 17:30 | | | | |
| 17:30 - 18:00 | | | | |
| 18:00 - 18:30 | | | | |
| 18:30 - 19:00 | TW-Training | | | |
| 19:00 - 19:30 | | | | |
| 19:30 - 20:00 | | | | |
| 20:00 - 20:30 | | | | |
| 20:30 - 21:00 | | | | |
| 21:00 - 21:30 | | | | |
| 21:30 - 22:00 | | | | |
| 22:00 - 22:30 | | | | |
| 22:30 - 23:00 | | | | |

### Garderobengebäude neu

| | | | |
|---|---|---|---|
| Kabine 5 | Ca | | |
| Kabine 6 | A | | |
| Kabine 1 | Ea | | |
| Kabine 2 | ü 30 | | |

### Garderobengebäude alt

| | | | |
|---|---|---|---|
| Kabine 1 | Db | | |
| Kabine 2 | Da | | |
| Kabine 3 | FF12 | | |
| Kabine 4 | | | |
| Kabine 5 | Herren 2 | | |
| Kabine 6 | Ba | | |

## Mittwoch

### Kunstrasen

| | | | | |
|---|---|---|---|---|
| 16:30 - 17:00 | | | | |
| 17:00 - 17:30 | Ga | Fb | | |
| 17:30 - 18:00 | | | | |
| 18:00 - 18:30 | | | | |
| 18:30 - 19:00 | | | Cb | |
| 19:00 - 19:30 | | | | |
| 19:30 - 20:00 | | | | |
| 20:00 - 20:30 | Frauen 1 | | | ü50 |
| 20:30 - 21:00 | | | | |
| 21:00 - 21:30 | | | | |
| 21:30 - 22:00 | | | | |
| 22:00 - 22:30 | | | | |
| 22:30 - 23:00 | | | | |

### Hauptplatz

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|---|---|---|---|---|
| 16:30 - 17:00 | | | | |
| 17:00 - 17:30 | | | | |
| 17:30 - 18:00 | | | | |
| 18:00 - 18:30 | | | | |
| 18:30 - 19:00 | FF15 | Eb | Ec | Fa |
| 19:00 - 19:30 | | | | |
| 19:30 - 20:00 | | | | |
| 20:00 - 20:30 | Herren 1 | | | |
| 20:30 - 21:00 | | | | |
| 21:00 - 21:30 | | | | |
| 21:30 - 22:00 | | | | |
| 22:00 - 22:30 | | | | |
| 22:30 - 23:00 | | | | |

### Kifu Platz ( D- Feld)

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|---|---|---|---|---|
| 16:30 - 17:00 | | | | |
| 17:00 - 17:30 | | | | |
| 17:30 - 18:00 | | | | |
| 18:00 - 18:30 | | | | |
| 18:30 - 19:00 | TW-Training | | | |
| 19:00 - 19:30 | | | | |
| 19:30 - 20:00 | | | | |
| 20:00 - 20:30 | TW-Training | | | |
| 20:30 - 21:00 | | | | |
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| 21:30 - 22:00 | | | | |
| 22:00 - 22:30 | | | | |
| 22:30 - 23:00 | | | | |

### Garderobengebäude neu

| | | | |
|---|---|---|---|
| Kabine 5 | Cb | | |
| Kabine 6 | Fa | | |
| Kabine 1 | Ga | | |
| Kabine 2 | ü50 | | |

### Garderobengebäude alt

| | | | |
|---|---|---|---|
| Kabine 1 | Frauen 1 | | |
| Kabine 2 | FF19 | FF15 | |
| Kabine 3 | Eb | | |
| Kabine 4 | Ec | | |
| Kabine 5 | | | |
| Kabine 6 | Herren 1 | | |

## Donnerstag

### Kunstrasen

| | | | | |
|---|---|---|---|---|
| 16:30 - 17:00 | | | | |
| 17:00 - 17:30 | Gb | | | |
| 17:30 - 18:00 | | | | |
| 18:00 - 18:30 | | | | |
| 18:30 - 19:00 | | Da | | |
| 19:00 - 19:30 | | | FF12 | |
| 19:30 - 20:00 | | | | |
| 20:00 - 20:30 | Ba | | Herren 2 | |
| 20:30 - 21:00 | | | | |
| 21:00 - 21:30 | | | | |
| 21:30 - 22:00 | | | | |
| 22:00 - 22:30 | | | | |
| 22:30 - 23:00 | | | | |

### Hauptplatz

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|---|---|---|---|---|
| 16:30 - 17:00 | | | | |
| 17:00 - 17:30 | | | | |
| 17:30 - 18:00 | | | | |
| 18:00 - 18:30 | | | | |
| 18:30 - 19:00 | Ca | | | |
| 19:00 - 19:30 | | | | |
| 19:30 - 20:00 | | | | |
| 20:00 - 20:30 | Herren 1 | | A Junioren | |
| 20:30 - 21:00 | | | | |
| 21:00 - 21:30 | | | | |
| 21:30 - 22:00 | | | | |
| 22:00 - 22:30 | | | | |
| 22:30 - 23:00 | | | | |

### Kifu Platz ( D- Feld)

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| 21:30 - 22:00 | | | | |
| 22:00 - 22:30 | | | | |
| 22:30 - 23:00 | | | | |

### Garderobengebäude neu

| | | | |
|---|---|---|---|
| Kabine 5 | Da | | |
| Kabine 6 | Ba | | |
| Kabine 1 | Gb | | |
| Kabine 2 | FF12 | | |

### Garderobengebäude alt

| | | | |
|---|---|---|---|
| Kabine 1 | Ba | | |
| Kabine 2 | Fb | | |
| Kabine 3 | Ca | | |
| Kabine 4 | A | | |
| Kabine 5 | Herren 2 | | |
| Kabine 6 | Herren 1 | | |

## Freitag

### Kunstrasen

| | | | | |
|---|---|---|---|---|
| 16:30 - 17:00 | | | | |
| 17:00 - 17:30 | | | | |
| 17:30 - 18:00 | | | | |
| 18:00 - 18:30 | | | | |
| 18:30 - 19:00 | Db | Dc | | |
| 19:00 - 19:30 | | | | |
| 19:30 - 20:00 | | | | |
| 20:00 - 20:30 | | | | |
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### Hauptplatz

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| 16:30 - 17:00 | | | | |
| 17:00 - 17:30 | | | | |
| 17:30 - 18:00 | | | | |
| 18:00 - 18:30 | | | | |
| 18:30 - 19:00 | Ea | | Cb | |
| 19:00 - 19:30 | | | | |
| 19:30 - 20:00 | | | | |
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| 21:30 - 22:00 | | | | |
| 22:00 - 22:30 | | | | |
| 22:30 - 23:00 | | | | |

### Kifu Platz ( D- Feld)

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|---|---|---|---|---|
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| 22:00 - 22:30 | | | | |
| 22:30 - 23:00 | | | | |

### Garderobengebäude neu

| | | | |
|---|---|---|---|
| Kabine 5 | Db | | |
| Kabine 6 | | | |
| Kabine 1 | Dc | | |
| Kabine 2 | | | |

### Garderobengebäude alt

| | | | |
|---|---|---|---|
| Kabine 1 | | | |
| Kabine 2 | Ea | | |
| Kabine 3 | | | |
| Kabine 4 | Cb | | |
| Kabine 5 | | | |
| Kabine 6 | | | |