

Trainingsplan ab 31. August 2026

Uhrzeit	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
16:00-16:30			intakt				
16:30-17:00	intakt		intakt				
17:00-17:30	intakt	intakt	intakt				
17:30-18:00	intakt	intakt	intakt				
18:00-18:30	intakt	intakt	intakt	S/L			
18:30-19:00	intakt	intakt	S/L-Solo	S/L			
19:00-19:15	intakt		S/L-Solo	S/L	S/L		
19:15-19:30	intakt		S/L-Solo				
19:30-19:45		Boogie-W		Boogie-W			
19:45-20:00		Boogie-W	S/L	Boogie-W	freies		
20:00-20:30	S/L	Boogie-W	S/L	Boogie-W	Training		
20:30-20:45	S/L	Boogie-W	S/L	Boogie-W			
20:45-21:00	S/L	Boogie-W	S/L	Boogie-W			
21:00-21:15	S/L			Boogie-W			
21:15-21:30				Boogie-W			
21:30-22:00				Boogie-W			