

EJ KASSEL

Huskies

Neu !!

Trainingsplan im Januar 2017

Dat. 10.01.2017

Tag	Datum	Laufschule	Bambini	Kleinschüler	Knaben	Schüler	DNL2	Sen.89ers	Damen	DEL2
So	01. Jan									15:00 - 16:00
Mo	02. Jan				16:45 - 17:45	18:00 - 19:00	19:15 - 20:15			10:00 - 11:30
Di	03. Jan		12:15 - 13:15	13:30 - 14:45						H 19:30 Crimmitschau
Mi	04. Jan				17:15 - 18:45	17:15 - 18:45	19:00 - 20:15			10:00 - 11:30
Do	05. Jan									15:00 - 16:15
Fr	06. Jan		12:15 - 13:15	13:15 - 14:30	13:15 - 14:30					H 19:30 Bayreuth
Sa	07. Jan				H 09:30 Duisburg	A 16:45 München	A 14:00 Essen			12:00 - 13:00
So	08. Jan		U10 10:30 KS		A 09:00 Iserlohn	A 10:45 München	A 10:45 Essen		H 18:30 DEC 1b	A 18:30 Freiburg
Mo	09. Jan			16:45 - 17:45	16:45 - 17:45	18:00 - 19:00	19:15 - 20:15			Frei
Di	10. Jan	TW 16:15	U10 16:15 - 17:15	17:15 - 18:30	17:15 - 18:30		18:45 - 19:45	20:00 - 21:00		10:00 - 11:30
Mi	11. Jan	15:15 - 16:15	U8 15:45 - 16:45			18:00 - 19:00	19:15 - 20:15			10-11:30 16:45-17.45
Do	12. Jan	Kit. 11:30 - 12:30								15:00 - 16:15
Fr	13. Jan	Sch.13:15-14:15								H 19:30 Riessersee
Sa	14. Jan			A 09:00 Darmstadt		H 13:45 Augsburg	A 15:30 Berlin			12:00 - 13:00
So	15. Jan		09:45 - 10:45			H 11:15 Augsburg	A 11:15 Berlin	H 18:30 Darmstadt	07:30 - 08:30	9:00-09:45 18:30 Bad N.
Mo	16. Jan			16:45 - 17:45	16:45 - 17:45	18:00 - 19:00	19:15 - 20:15			Frei
Di	17. Jan	TW 16:15	U10 16:15 - 17:15	17:15 - 18:30	17:15 - 18:30		18:45 - 19:45	20:00 - 21:00		10:00 - 11:30
Mi	18. Jan	15:15 - 16:15	U8 15:45 - 16:45		18:00 - 19:00	18:00 - 19:00	19:15 - 20:15			10-11:30 16:45-17.45
Do	19. Jan	Kit. 11:30 - 12:30								15:00 - 16:15
Fr	20. Jan	Sch.13:15-14:15								H 19:30 Heilbron
Sa	21. Jan		U10 12:15 Bad N.	09:15 - 10:15	10:30 - 11:45	H 13:45 Crimmits.	A 14:30 Wolfsburg			12:00 - 13:00
So	22. Jan		09:45 - 10:45			H 11:15 Crimmits.			H 18:30 DEG	A 19:30 Ravensb.
Mo	23. Jan			16:45 - 17:45	16:45 - 17:45	18:00 - 19:00	19:15 - 20:15			Frei
Di	24. Jan	TW 16:15	U10 16:15 - 17:15	17:15 - 18:30	17:15 - 18:30		18:45 - 19:45	20:00 - 21:00		10:00 - 11:30
Mi	25. Jan	15:15 - 16:15	U8 15:45 - 16:45		16:45 - 17:45	18:00 - 19:00	19:15 - 20:15			10:00 - 11:30
Do	26. Jan	Kit. 11:30 - 12:30								15:00 - 16:15
Fr	27. Jan									A 19:30 Crimmits.
Sa	28. Jan		U8 10:15 Lauterb.	Konzert		Konzert		A 20:00 Eintracht		
So	29. Jan			A 10:30 Essen	H 11:15 Krefeld					H 17:00 Frankfurt
Mo	30. Jan			16:45 - 17:45	16:45 - 17:45	18:00 - 19:00	19:15 - 20:15			Frei
Di	31. Jan	TW 16:15	U10 16:15 - 17:15	17:15 - 18:30	17:15 - 18:30		18:45 - 19:45	20:00 - 21:00		10:00 - 11:30