

EJ KASSEL

Trainingsplan in August 2019

Dat. 30.07.2019

Tag	Datum	Laufschule- TW	U7 - U9	U11	U13	U15	U17	U20	89ers.	Ice Cats	DEL 2
Do	01.Aug										
Fr	02.Aug										
Sa	03.Aug										
So	04.Aug										
Mo	05.Aug										
Di	06.Aug										
Mi	07.Aug										
Do	08.Aug										
Fr	09.Aug										
Sa	10.Aug										
So	11.Aug						U17 15:45 - 16:45 Braunlage				
Mo	12.Aug		U9 16:30 - 17:30	16:30 - 17:30	17:45 - 19:00	17:45 - 19:00	19:15 - 20:15	19:15 - 20:15			
Di	13.Aug				16:30 - 17:30	17:45 - 18:45	19:00 - 20:00				
Mi	14.Aug		U9 16:30 - 17:30	16:30 - 17:30	17:45 - 18:45	17:45 - 18:45	19:00 - 20:00	19:00 - 20:00			
Do	15.Aug										Media Day
Fr	16.Aug		U9 16:15 - 17:15	16:15 - 17:15	17:30 - 18:30	18:45 - 20:00	A Wolfsburg				
Sa	17.Aug										
So	18.Aug										
Mo	19.Aug	TW 16:30 - 17:30		16:30 - 17:30	17:45 - 19:00	17:45 - 19:00	19:15 - 20:15				
Di	20.Aug		16:15 - 17:15	17:30 - 18:30	17:30 - 18:30	18:45 - 20:00	18:45 - 20:00		20:15 - 21:15		
Mi	21.Aug				16:30 - 17:30	17:45 - 18:45		19:00 - 20:00			
Do	22.Aug		16:30 - 17:30			17:45 - 18:45	19:00 - 19:45	20:00 - 21:00			
Fr	23.Aug		U9 16:30 - 17:30	16:30 - 17:30	17:45 - 19:00						
Sa	24.Aug					A Wolfsburg		A Wolfsburg			
So	25.Aug						A Duisburg				
Mo	26.Aug	TW 16:30 - 17:30		16:30 - 17:30	17:45 - 19:00	17:45 - 19:00	19:15 - 20:15				
Di	27.Aug		16:15 - 17:15	17:30 - 18:30	17:30 - 18:30	18:45 - 20:00	18:45 - 20:00		20:15 - 21:15		
Mi	28.Aug				16:30 - 17:30	17:45 - 18:45		19:00 - 20:00			
Do	29.Aug		16:30 - 17:30			17:45 - 18:45	19:00 - 19:45	20:00 - 21:00			
Fr	30.Aug		U9 16:30 - 17:30	16:30 - 17:30	17:45 - 19:00						
Sa	31.Aug			A Wedemark		A Erfurt ???					

JHV

Sommerfest