Trainingsplan ÜSC Wald-Michelbach – Stand: 2024-05-18

		Montag						Mittwoch					Donnerstag				Freitag	
		AKS	GRH L	GRH M	GRH R	ÜWG	Wahlen	AKS	GRH L	GRH M	GRH R	ÜWG	AKS	GRH L	GRH M	GRH R	AKS	ÜWG
12	'00-15						VOBA AG Kurt											
	'15-30																	
	'30-45																	
	'45-00																	
13	'00-15																	VOBA TFG Klieber
	'15-30																	
	'30-45																	
	'45-00																	
14	'00-15											VOBA TFG Klieber						
	'15-30																	
	'30-45																	
	'45-00																	
15	'00-15																	
	'15-30																	
	'30-45																	
	'45-00	VOBA TAG1 Sabi																
16	'00-15																	
	'15-30																	
	'30-45																	
	'45-00																	
17	'00-15	VOBA TAG2 Sabi																
	'15-30		VOBA Jugend w	VOBA Jugend m + Mixed														
	'30-45							VOBA Damen 2 Klieber										
	'45-00																	
18	'00-15				BABA Keßler				VOBA Jugend w					BADM Sophie	Jugend m	VOBA Mixed-Team		
	'15-30														Jugend m			
	'30-45					VOBA Hobby Sigi/Jens							BABA Huschke		Jugend m			
	'45-00														Jugend m			
19	'00-15	VOBA Damen 2 Klieber							VOBA Mixed-Team						Jugend m		VOBA Damen 1 Klieber	
	'15-30														Jugend m			
	'30-45							VOBA Damen 1 Klieber										
	'45-00																	
20	'00-15																	
	'15-30																	
	'30-45																	
	'45-00																	
21	'00-15																	
	'15-30																	
	'30-45																	
	'45-00																	