

# SG Bornheim Grün-Weiss

## Saison 2022-2023

# Trainingsplan

Montag	Dienstag	Mittwoch	Donnerstag	Freitag
<b>15.30-17.00</b> <b>U10 2012-13</b> Kabine 2 rechts	<b>15.30-17.00</b> <b>E3+E4 2013</b> Container	<b>16.00-17.15</b> <b>U12 2010-11</b> Kabine 4 links	<b>16.00-17.15</b> <b>E1+E2 2012</b> Kabine 2 rechts	<b>16.00-17.30</b> <b>E3+E4 2013</b> Kabine 4 rechts
<b>16.00-17.15</b> <b>U12 2010-11</b> Kabine 4 links	<b>15.30-17.00</b> <b>E1+E2 2012</b> Kabine 2 rechts	<b>16.00-17.30</b> <b>F3+F4 2015</b> Kabine 2 rechts	<b>16.00-17.15</b> <b>U14 2008-09</b> Kabine 1 rechts	<b>16.00-17.30</b> <b>F1+F2 2014</b> Kabine 2 links
<b>17.00-18.30</b> <b>U14 2008-09</b> Kabine 1 rechts	<b>17.00-18.30</b> <b>C2 2009</b> Kabine 1 links	<b>17.15-18.30</b> <b>D1 2010</b> Kabine 1 rechts	<b>17.15-18.30</b> <b>C2 2009</b> Kabine 1 rechts	<b>17.30-19.00</b> <b>D1 2010</b> Kabine 4 links
<b>17.15-18.30</b> <b>C1 2008</b> Kabine 3 links	<b>17.00-18.30</b> <b>D2 2011</b> Kabine 3 links	<b>17.30-19.00</b> <b>C1 2008</b> Kabine 3 rechts	<b>17.15-18.30</b> <b>D2 2011</b> Kabine 3 links	<b>17.30-19.00</b> <b>C1 2008</b> Kabine 3 links
<b>18.30-20.00</b> <b>B1 2006-07</b> Kabine 2 links	<b>18.30-20.00</b> <b>B2 2006-07</b> Kabine 2 links	<b>18.30-20.00</b> <b>B1 2006-07</b> Kabine 2 links	<b>18.30-19.45</b> <b>B2 2006-07</b> Kabine 2 links	<b>19.00-20.30</b> <b>B1 2006-07</b> Kabine 2 links
<b>18.30-20.00</b> <b>U16 2006-07</b> Kabine 4 rechts	<b>18.30-20.00</b> <b>A-Jgd 2004-05</b> Kabine 4 rechts	<b>19.00-20.30</b> <b>U16 2006-07</b> Kabine 4 rechts	<b>18.30-19.45</b> <b>A-Jgd 2004-05</b> Kabine 4 rechts	<b>19.00-20.30</b> <b>A-Jgd 2004-05</b> Kabine 4 rechts
<b>20.00-22.00</b> <b>1.Frauen</b> Kabine 3 links	<b>20.00-22.00</b> <b>1.+2. Herren</b> Kabine 1+3	<b>20.00-22.00</b> <b>1.+2. Frauen</b> Kabine 3+4 links	<b>19.45-22.00</b> <b>1.+2. Herren</b> Kabine 1+3	<b>20.30-22.00</b> <b>1. Frauen</b> Kabine 3 rechts
<b>20.00-22.00</b> <b>2.Frauen</b> Kabine 1 rechts		<b>20.30-22.00</b> <b>Soma</b> Kabine 1 rechts		<b>20.30-22.00</b> <b>1. Herren</b> Kabine 1 links

## Trainingsplan Kleinfeld

<b>15.30-17.00</b> <b>F3+F4 2015</b> Container	<b>15.30-17.00</b>	<b>15.30-17.00</b> <b>F1+F2 2014</b> Container	<b>15.30-17.00</b> <b>Mach mit</b> Container	<b>15.30-17.00</b> <b>Kleine Bernemer</b> Container
<b>17.00-19.00</b> <b>F3+F4 2015</b> Container	<b>17.00-18.30</b> <b>Bambinis 2016</b> Kabine 4 links	<b>17.00-18.30</b> <b>F1+F2 2014</b> Container	<b>17.00-18.30</b> <b>U10 2012-13</b> Container	<b>17.00-18.30</b> <b>Bambinis 2016</b> Container
<b>19.00-22.00</b> <b>1.Frauen</b> Container	<b>18.30-20.00</b> <b>Fördertraining</b> Container	<b>20:00-22.00</b> <b>1.+2. Frauen</b> Kabine 3+4	<b>18.30-20.00</b> <b>Fördertraining</b> Container	<b>18.30-20.00</b> <b>B2 2006-07</b> Container
	<b>20.00-22.00</b> <b>1.+2. Herren</b> Kabine 1+3		<b>20.00-22.00</b> <b>1. Herren</b> Kabine 1	<b>20.00-20.30</b> <b>1. Herren</b> Kabine 1 links