



Trainingsplan VBC Langenthal

Herbst/Winter 2011 / 2012

Stand: 01.09.2011

		Montag	Dienstag	Mittwoch	Donnerstag	Freitag
Halle Gym 1	18:00 - 18.30	JD U17	D1	JD U23/1	JD U23/3 + U19	JD U23/1
	18:30 - 19.00					
	19:00 - 19.30					
	19:30 - 20:00					
	20:00 - 20:30	H2	D3	JH	D1	Matchhalle
	20:30 - 21:00					
	21:00 - 21:30					
	21:30 - 22:00					
Halle Gym 2	18:00 - 18.30		D2			
	18:30 - 19.00					
	19:00 - 19.30					
	19:30 - 20:00					
	20:00 - 20:30		Matchhalle			
	20:30 - 21:00					
	21:00 - 21:30					
	21:30 - 22:00					
HPS	18:00 - 18.30					
	18:30 - 19.00					
	19:00 - 19.30					
	19:30 - 20:00	(JD U23/1)		H1	H2	
	20:00 - 20:30					
	20:30 - 21:00					
	21:00 - 21:30					
	21.30 - 22.00					
	22.00 - 22.30					
3-fach Kreuzfeld	18.00 - 18.30					
	18.30 - 19.00					
	19.00 - 19.30					
	19.30 - 20.00					
	20.00 - 20.30					
	20.30 - 21.00					
	21.00 - 21.30					
	21.30 - 22.00					
	22.00 - 22.30					