



Trainingsplan VBC Langenthal

Sommer 2010/2011

Stand: 19. Juni 2010

		Montag	Dienstag	Mittwoch	Donnerstag	Freitag	
Halle Gym 1 (Sem.)	18:00 - 18.30		D2	JDA1	JDA3 / JDB1	JDA1	
	18:30 - 19.00						
	19.00 - 19.30						
	19:30 - 20:00						
	20:00 - 20:30	D1	frei	D1	D2		
	20:30 - 21:00						
	21:00 - 21:30						
21:30 - 22:00							
Halle Gym 2	18:00 - 18.30		frei				
	18:30 - 19.00						
	19.00 - 19.30						
	19:30 - 20:00		H2				
	20:00 - 20:30						
	20:30 - 21:00		frei				
	21:00 - 21:30						
21:30 - 22:00							
Prim. Hard	18:00 - 18.30	JDA3/JDB1	D3				
	18:30 - 19.00						
	19.00 - 19.30						
	19:30 - 20:00	H3	D4				H3
	20:00 - 20:30						
	20:30 - 21:00						
	21:00 - 21:30						
21:30 - 22:00							
3-fach Kreuzfeld	20:00 - 20:30						
	20.30 - 21:00						
	21:00 - 21:30						
	21:30 - 22:00						
	22:00 - 22:30					H1	