

|       |   | Montag      |       |     | Dienstag |       |     | Mittwoch |       |     | Donnerstag |       |     | Freitag |       |     |             | Samstag |       |     | Sonntag |       |     |
|-------|---|-------------|-------|-----|----------|-------|-----|----------|-------|-----|------------|-------|-----|---------|-------|-----|-------------|---------|-------|-----|---------|-------|-----|
|       |   | WOR 1       | WOR 2 | GER | WOR 1    | WOR 2 | GER | WOR 1    | WOR 2 | GER | WOR 1      | WOR 2 | GER | WOR 1   | WOR 2 | GER |             | WOR 1   | WOR 2 | GER | WOR 1   | WOR 2 | GER |
| U14w  | 6 | 17-18:25    |       |     |          |       |     |          |       |     |            |       |     |         |       |     | 13-14:25    |         |       |     |         |       |     |
| U16w  | 4 | 17:05-18:30 |       |     |          |       |     |          |       |     |            |       |     |         |       |     | 13:05-14:30 |         |       |     |         |       |     |
| U18w  | 1 | 18:40-20:05 |       |     |          |       |     |          |       |     |            |       |     |         |       |     | 14:35-16    |         |       |     |         |       |     |
| U16m  | 6 | 18:45-20:10 |       |     |          |       |     |          |       |     |            |       |     |         |       |     | 14:40-16:05 |         |       |     |         |       |     |
| H3    | 6 |             |       |     |          |       |     |          |       |     |            |       |     |         |       |     | 16:10-17:35 |         |       |     |         |       |     |
| H2    | 4 |             |       |     |          |       |     |          |       |     |            |       |     |         |       |     | 16:15-17:40 |         |       |     |         |       |     |
| H1    | 5 |             |       |     |          |       |     |          |       |     |            |       |     |         |       |     | 17:45-19:10 |         |       |     |         |       |     |
| D1    | 0 |             |       |     |          |       |     |          |       |     |            |       |     |         |       |     | 17:50-19:15 |         |       |     |         |       |     |
| Mixed | 6 |             |       |     |          |       |     |          |       |     |            |       |     |         |       |     |             |         |       |     |         |       |     |

**vorübergehender Versuch auf Zeit: ständige Anpassung an Änderung der aktuellen Lage**  
**Training unter Vorbehalt des Übungsleiters mit Berücksichtigung der Zugänglichkeit der Sportanlage**