



Trainingsplan FCS Arena



Tag	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	KABINE				
Mannschaft						Mo	Di	Mi	Do	Fr
FCS 1	09:30	09:30	09:30	09:30	09:30	1	1	1	1	1
FCS 2	19:15 - 21:00	Stadion Breite	19:15 - 21:00		19:15 - 21:00	2		2		2
U18	19:15 - 21:00	19:15 - 21:00	19:15 - 21:00	19:15 - 20:45	19:15 - 21:00	6	6	6		6
Ba	Kraftraum/Breite	19:15 - 21:00		19:15 - 21:00	Stadion Breite	3	3		3	
U16	Kraftraum/Breite	19:15 - 21:00		19:15 - 21:00	Stadion Breite	4	4		4	
U15	17:45 - 19:15	17:45 - 19:15	17:45 - 19:15		17:45 - 19:15	5	5	5		5
FE14		17:45 - 19:15	17:45 - 19:15		17:45 - 19:15		2	3		3
FE13	17:45 - 19:15		17:45 - 19:15	17:45 - 19:15		4		4	2	
FE12	17:45 - 19:15		17:45 - 19:15	17:45 - 19:15		2		2	6	
TH	16:30-17:30 FE12/13		16:30-17:30 Ba/Bb			3		5		
TH	17:30-18:30 FE14/15		17:30-18:30 FCS2/FCS3			2		3		