



# Trainingsplan Kunstrasen & Halle Winter 2018-19

15.11.2018 / ala

Wochentag		Mo	Mo	Mo	Mo	Mo	Mo	Di	Di	Di	Mi	Mi	Mi	Mi	Mi	Mi	Do	Do	Do	Do	Do	Do	Fr	Fr	Fr	Fr	
Kunstrasen / Halle		KR	Kanti	KRP	SBW	THS	AT	KR	HPZ	SBW	KR	KRP	AT	HPZ	SBW	THS	KR	KRP	AT	URH	ORH	SBW	KR	KRP	THS	AT	
<b>Zeitenfenster</b>		18.00 - 22.00	18.15 - 23.00	18.00 - 20.00	17.00 - 20.30	17.00 - 18.30	17.30 - 19.00 20.30 - 22.00	18.00 - 22.00	17.30 - 19.00	17.00 - 19.30	18.00 - 22.00	18.00 - 19.30	13.30 - 15.00	19.30 - 22.00	19.00 - 22.00	16.30 - 18.00	18.00 - 22.00	18.00 - 20.00	18.00 - 20.00	18.00 - 19.00	18.00 - 19.00	21.00 - 22.00	18.00 - 22.00	18.00 - 19.30	16.00 - 18.15	20.00 - 22.00	
<b>Aktive</b>																											
<b>I.</b>	Senn D. / Senn L.		21.15 - 22.45																								
<b>II.</b>	Lieberherr Reto						20.30 - 22.00				20.30 - 22.00																
<b>Frauen</b>	Pfomann M. / Schneeweiss U.		20.30 - 21.15																								
<b>Frauen II</b>	Da Fonseca A. / Huber M.		20.30 - 21.15																								
<b>Senioren 30+</b>	Grob Mathias																						20.30 - 22.00			20.00 - 22.00	
<b>Senioren 40+   50+</b>	Kugler Thomas																						20.30 - 22.00			20.00 - 22.00	
<b>Hobby-Kicker</b>	Da Rugna Markus																					21.00 - 22.00					
<b>Junioren</b>																											
<b>A</b>	Martinelli S. / Unger D.	20.30 - 22.00									19.00 - 20.30												19.00 - 20.30				
<b>Ba</b>	Sahinkaya L. / Yüksel Y.		19.45 - 20.30					19.45 - 21.30									19.00 - 20.30										
<b>Bb</b>	Sener Selim	19.00 - 20.30											21.00 - 22.00				20.30 - 22.00										
<b>Ca</b>	Fusco Enzo		19.00 - 19.45	18.00 - 20.00							18.00 - 19.30													18.00 - 19.30			
<b>Cb</b>	Landolt A. / Turhan C.		18.15 - 19.00					18.00 - 19.45									18.00 - 20.00	19.00 - 20.00									
<b>Kinder</b>																											
<b>Da</b>	Harder C. / Iacobozzi E.	18.00 - 19.00																			18.00 - 19.00			18.00 - 19.00			
<b>Db</b>	Di Rese G. / Muslii F.										18.00 - 19.00									18.00 - 19.00							
<b>Dc</b>	vakant												19.30 - 21.00				18.00 - 19.00										
<b>Ea</b>	Boni Umberto																	18.00 - 19.00									
<b>Eb</b>	Laißer Güney				17.00 - 18.30																						
<b>Ec</b>	Gysel Thibaut				18.30 - 19.30																						
<b>Fa</b>	Sahinkaya B. / Catan E.							17.30 - 19.00																			
<b>Fb</b>	Özdemir R. / Sarabat M.					17.00 - 18.30								19.00 - 20.30													
<b>Fc</b>	Verrep H. / Domingues A.							18.00 - 19.30																			
<b>G</b>	Diethelm R. / Fabian M.					17.30 - 19.00																					
<b>Goaltraining</b>																											
<b>EF-Junioren</b>	Cancer Daniel															16.30 - 18.00											
<b>CD-Junioren</b>	Cancer Daniel																								16.45 - 18.15		
<b>AB-Junioren</b>	vakant																										
<b>Techniktraining</b>																											
<b>E- / F-Junioren</b>	Fusco Enzo											13.30 - 15.00															

KR	Kunstrasen
Kanti	Halle Kantonsschule Romanshorn
KRP	Kanti Roter Platz
SBW	Halle SBW Haus des Lernens
AT	Alte Turnhalle
HPZ	Halle Heilpädagogisches Zentrum
THS	Berglturnhalle Salmsach
URH	untere Turnhalle Reckholdern
ORH	obere Turnhalle Reckholdern