

	A	B	C	D	E	F	G
1	<b>ESC Rellinghausen 06</b>						
2	<b>Trainingsplan Saison</b>	<b>2018/2019</b>					
3	<b>Platz 1 / Kunstrasen</b>	<b>Montag</b>	<b>Dienstag</b>	<b>Mittwoch</b>	<b>Donnerstag</b>	<b>Freitag</b>	<b>Uhrzeit</b>
4	16:00-16:30						16:00-16:30
5	16:30-17:00					C3?	16:30-17:00
6	17:00-17:30				G1/G2/F1/F2	C3?	17:00-17:30
7	17:30-18:00	D1/C2	C1/D2/D3	E1/D1	E-Konzepttraining/G1/G2/F1/F2	C3?	17:30-18:00
8	18:00-18:30	D1/C2	C1/D2/D3	E1/D1	E-Konzepttraining/G1/G2/F1/F2	1.Senioren	18:00-18:30
9	18:30-19:00	D1/C2	C1/D2/D3	E1/D1	E-Konzepttraining	1.Senioren	18:30-19:00
10	19:00-19:30	B1/B2	1./2.Senioren	B1	1./2.Senioren	1.Senioren	19:00-19:30
11	19:30-20:00	B1/B2	1./2.Senioren	A1/B1	1./2.Senioren	A1/Yurdum Spor	19:30-20:00
12	20:00-20:30	B1/B2	1./2.Senioren	A1/B1	1./2.Senioren	A1/Yurdum Spor	20:00-20:30
13	20:30-21:00			A1		A1/Yurdum Spor	20:30-21:00
14							
15	<b>Platz 2 / Asche</b>	<b>Montag</b>	<b>Dienstag</b>	<b>Mittwoch</b>	<b>Donnerstag</b>	<b>Freitag</b>	<b>Uhrzeit</b>
16	16:00-16:30						16:00-16:30
17	16:30-17:00						16:30-17:00
18	17:00-17:30	G1/G2/F1/F2					17:00-17:30
19	17:30-18:00	G1/G2/F1/F2	E2/E3		C1/C2		17:30-18:00
20	18:00-18:30	G1/G2/F1/F2	E2/E3		C1/C2		18:00-18:30
21	18:30-19:00	C3?	E2/E3		C1/C2		18:30-19:00
22	19:00-19:30	C3?	Yurdum Spor	B2	B1		19:00-19:30
23	19:30-20:00	C3?	Yurdum Spor	B2	B1		19:30-20:00
24	20:00-20:30		Yurdum Spor	B2	B1		20:00-20:30
25	20:30-21:00		Yurdum Spor				20:30-21:00
26							
27	<b>Platz 4/ Asche</b>	<b>Montag</b>	<b>Dienstag</b>	<b>Mittwoch</b>	<b>Donnerstag</b>	<b>Freitag</b>	<b>Uhrzeit</b>
28	16:00-16:30						16:00-16:30
29	16:30-17:00						16:30-17:00
30	17:00-17:30						17:00-17:30
31	17:30-18:00	E1			D2/D3		17:30-18:00
32	18:00-18:30	E1			D2/D3		18:00-18:30
33	18:30-19:00	E1			D2/D3		18:30-19:00

	A	B	C	D	E	F	G
34	19:00-19:30		Alte Herren	Stadtwerke Essen	Alte Herren		19:00-19:30
35	19:30-20:00		Alte Herren	Stadtwerke Essen	Alte Herren		19:30-20:00
36	20:00-20:30		Alte Herren	Stadtwerke Essen	Alte Herren		20:00-20:30
37	20:30-21:00						20:30-21:00