

TRAININGSPLAN

	MO	DI	MI	DO			
18:30	Damen 18:30-19:45 (alte Halle)						
18:45			Juniorinnen U13 18:45-20:15 (alte Halle)				
19:00		Juniorinnen U15/U17 19:00-20:30 (MZH)					
19:15					Plausch 19:15-20:45 (alte Halle)		
19:30							
19:45							
20:00	Juniorinnen U23 20:00-21:30 (MZH)					Damen 20:00-21:30 (MZH)	
20:15							
20:30							
20:45							
21:00							
21:15							
21:30							