

EJ KASSEL

Trainingsplan Januar 2020

Tag	Datum	Laufschule	Torhüter	U7	U9	U11	U13	U15	U17	U20	89ers.	Ice Cats	DEL 2
Mi	01. Jan												
Do	02. Jan						8:00 - 9:30	18:15 - 19:45	20:00 - 21:00	20:00 - 21:00			
Fr	03. Jan						10:15 - 11:45	18:15 - 19:30	19:45 - 21:00				A 20:00 Ravensburg
Sa	04. Jan			8:30 - 9:30	8:30 - 9:30	9:30 - 10:30	10:45 - 11:45	10:45 - 11:45	13:45 Chemnitz				
So	05. Jan								11:15 Bad Nauheim			08:30 - 09:30	H 18:30 Ravensburg
Mo	06. Jan				18:15 - 19:15	18:15 - 19:15		19:30 - 20:15					
Di	07. Jan						18:15 - 19:00	18:15 - 19:00	19:00 - 20:00		20:15 - 21:15		
Mi	08. Jan								18:15 - 19:00	19:15 - 20:15			
Do	09. Jan						18:15 - 19:00	18:15 - 19:00	19:00 - 19:45	20:00 - 21:00			
Fr	10. Jan	15:15 - 16:00		15:15 - 16:00	16:00 - 17:00	16:00 - 17:00							H 19:30 Bayreuth
Sa	11. Jan			9:15 - 10:15	10:30 - 11:45	10:30 - 11:45			A 16:35 Duisburg	H 13:45 Weißwasser	A 17:30 Wallernhausen		
So	12. Jan	9:45 - 10:30		9:45 - 10:30	A 12:00 Bad Nauheim					H 11:15 Weißwasser		H 18:30 Krefeld	A 18:30 Bad Tölz
Mo	13. Jan		15:30 - 16:30			16:45 - 17:45	18:00 - 19:00	19:15 - 20:15					
Di	14. Jan				15:15 - 16:15		16:30 - 17:30	17:45 - 18:45	19:00 - 20:00		20:15 - 21:15		A 19:30 Dresden
Mi	15. Jan				15:15 - 16:15	15:15 - 16:15		16:30 - 17:30	17:45 - 18:45	19:00 - 20:00			
Do	16. Jan				15:30 - 16:30	16:45 - 17:45	18:00 - 19:00	18:00 - 19:00	19:15 - 20:00	20:15 - 21:00			
Fr	17. Jan	15:15 - 16:00		15:15 - 16:00	16:15 - 17:15	16:15 - 17:15	17:30 - 18:45	17:30 - 18:45			H 19:30 Bad Nauheim		A 19:30 Frankfurt
Sa	18. Jan				A 10:00 Frankfurt		H Köln 10:00		H 13:45 Weißwasser	A 16:00 Chemnitz		A 10:30 Königsborn	
So	19. Jan	8:30 - 9:30		8:30 - 9:30				A 16:45 Ratingen	H 11:15 Weißwasser	A 11:30 Chemnitz			H 18:30 Freiburg
Mo	20. Jan		16:15 - 17:15			16:15 - 17:15	17:30 - 18:45	19:00 - 20:30					
Di	21. Jan			15:15 - 16:00	16:00 - 16:45						20:15 - 21:15		H 19:30 Frankfurt
Mi	22. Jan						16:15 - 17:30	16:15 - 17:45	18:00 - 19:00	19:15 - 20:15			
Do	23. Jan						16:30 - 18:00	16:30 - 18:00	18:15 - 19:30	19:45 - 21:00			
Fr	24. Jan	15:15 - 16:00		15:15 - 16:00	16:00 - 17:00	16:00 - 17:00							H 19:30 Landshut
Sa	25. Jan	12:15 - 13:00		12:15 - 13:00	11:00 - 12:00	11:00 - 12:00		A 18:00 Neuss	H 13:45 Erfurt				
So	26. Jan	10:00 - 10:45		10:00 - 10:45			H 11:15 Lauterbach	A 12:00 Erfurt		H 18:30 Lauterbach	07:30 - 8:30		A 17:00 Landshut
Mo	27. Jan		16:30 - 17:30			16:30 - 17:45	18:00 - 19:00	19:15 - 20:15					
Di	28. Jan			16:00 - 17:00	16:00 - 17:00	16:00 - 17:00	17:15 - 18:45	17:15 - 18:45	19:00 - 20:00		20:15 - 21:15		
Mi	29. Jan				15:15 - 16:15	15:15 - 16:15	16:30 - 17:30	16:30 - 17:30	17:45 - 18:45	19:00 - 20:00			
Do	30. Jan						16:30 - 17:30	17:45 - 18:45	19:00 - 19:45	20:00 - 21:00			
Fr	31. Jan	15:15 - 16:00		15:15 - 16:00	16:00 - 17:00	16:00 - 17:00							H 19:30 Weißwasser