



Herr Bruegger (Grafstal) 079 786 88 65)

Herr Brändli (Bachwies) 079 899 33 35)

Herr Walliker (Buck) 079 788 14 78



## Trainingplan Winter 2021/2022

| Tag        | Ort           | 17:00                     | 17:15 | 18:00 | 18.15 | 18:30 | 19:00 | 19:30 | 19:45 | 20:00 | 21:00 | 21:15 | 21:30 |
|------------|---------------|---------------------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| Montag     | 1/3 Grafstal  | E Junioren Gruppe Alessia |       |       |       |       |       |       |       |       |       |       |       |
|            | 2/3 Grafstal  |                           |       |       |       |       |       |       |       |       |       |       |       |
|            | Bachwies      | Ga Junioren               |       |       |       |       |       |       |       |       |       |       |       |
|            | Buck          |                           |       |       |       |       |       |       |       |       |       |       |       |
|            | Platz 2 oben  | Da Junioren 18.15-19.45   |       |       |       |       |       |       |       |       |       |       |       |
|            | Platz 2 unten |                           |       |       |       |       |       |       |       |       |       |       |       |
| Dienstag   | 1/3 Grafstal  | Fb *                      |       |       |       |       |       |       |       |       |       |       |       |
|            | 2/3 Grafstal  | E Junioren Gruppe Peter * |       |       |       |       |       |       |       |       |       |       |       |
|            | Bachwies      |                           |       |       |       |       |       |       |       |       |       |       |       |
|            | Buck          | Fa Junioren               |       |       |       |       |       |       |       |       |       |       |       |
|            | Platz 2 oben  | F Junioren                |       |       |       |       |       |       |       |       |       |       |       |
|            | Platz 2 unten |                           |       |       |       |       |       |       |       |       |       |       |       |
| Mittwoch   | 1/3 Grafstal  | Fc                        |       |       |       |       |       |       |       |       |       |       |       |
|            | 2/3 Grafstal  | Da Junioren               |       |       |       |       |       |       |       |       |       |       |       |
|            | Bachwies      |                           |       |       |       |       |       |       |       |       |       |       |       |
|            | Buck          |                           |       |       |       |       |       |       |       |       |       |       |       |
|            | Platz 2 oben  | Db Junioren 18.30-20.00   |       |       |       |       |       |       |       |       |       |       |       |
|            | Platz 2 unten | Ca Junioren 18.15-19.45   |       |       |       |       |       |       |       |       |       |       |       |
| Donnerstag | 1/3 Grafstal  |                           |       |       |       |       |       |       |       |       |       |       |       |
|            | 2/3 Grafstal  |                           |       |       |       |       |       |       |       |       |       |       |       |
|            | Bachwies      |                           |       |       |       |       |       |       |       |       |       |       |       |
|            | Buck          |                           |       |       |       |       |       |       |       |       |       |       |       |
|            | Platz 2 oben  | E-Junioren 18.15-19.45    |       |       |       |       |       |       |       |       |       |       |       |
|            | Platz 2 unten | Cb Junioren 18.15-19.45   |       |       |       |       |       |       |       |       |       |       |       |
| Freitag    | 1/3 Grafstal  | Fd                        |       |       |       |       |       |       |       |       |       |       |       |
|            | 2/3 Grafstal  |                           |       |       |       |       |       |       |       |       |       |       |       |
|            | Bachwies      |                           |       |       |       |       |       |       |       |       |       |       |       |
|            | Buck          | Db Junioren               |       |       |       |       |       |       |       |       |       |       |       |
|            | Strickhof     | Gb Junioren               |       |       |       |       |       |       |       |       |       |       |       |
|            | Platz 2 oben  | Ca Junioren 18.15-19.45   |       |       |       |       |       |       |       |       |       |       |       |
|            | Platz 2 unten |                           |       |       |       |       |       |       |       |       |       |       |       |

Hallenbelegungen 18.00-19.30

26.10.2021-12.04.2022 (Feiertage und Schulferien geschlossen)

\* 02.10.21/16.11.21/23.11.21/14.12.21/01.02.21/29.03.21 nur Training bis 19.15 Uhr möglich