

		Mo.	Mo.	Mo.	Di.	Di.	Di.	Mi.	Mi.	Mi.	Do.	Do.	Do.	Fr.	Fr.	Fr.
		KR.Li	KR.Re	Rasen	KR.Li	KR.Re	Rasen	KR.Li	KR.Re	Rasen	KR.Li	KR.Re	Rasen	KR.Li	KR.Re	Rasen
16:00	16:15														F 2	
16:15	16:30			G		F3					F3				F 2	
16:30	16:45	F 2		G		F3		F 1			F3			G	F 2	
16:45	17:00	F 2		G		F3		F 1			F3			G	F 2	
17:00	17:15	F 2	F 1	G	D 1	F3		F 1	E 3	E 2	F3	C	D 1	G	D 2	E 1
17:15	17:30	F 2	F 1	E 3	D 1		D 2	F 1	E 3	E 2		C	D 1	G	D 2	E 1
17:30	17:45	B	F 1	E 3	D 1	B	D 2	E 1	E 3	E 2	B	C	D 1	E 2	D 2	E 1
17:45	18:00	B	F 1	E 3	D 1	B	D 2	E 1	E 3	E 2	B	C	D 1	E 2	D 2	E 1
18:00	18:15	B	C	E 3	D 1	B	D 2	E 1	E 3	E 2	B	C	D 1	E 2	D 2	E 1
18:15	18:30	B	C	E 3	D 1	B	D 2	E 1			B	C	D 1	E 2	D 2 / D 3	
18:30	18:45	B	C		D 3	B	D 2	E 1	A		B	D 2		E 2	D 3	1.M
18:45	19:00	B	C		D 3	B			A		B	D 2			D 3	1.M
19:00	19:15	A	C		D 3		1.M		A		A	D 2	1.M		D 3	1.M
19:15	19:30	A	C		D 3		1.M		A		A	D 2	1.M		D 3	1.M
19:30	19:45	A	A H		D 3		1.M		A		A	D 2	1.M		D 3	1.M
19:45	20:00	A	A H		D 3		1.M		A		A	D 2	1.M			
20:00	20:15	A	A H				1.M				A		1.M			
20:15	20:30	A	A H				1.M				A		1.M			
20:30	20:45		A H													
20:45	21:00		A H													

Trainingszeiten: G und F = 60 Min.
E = 75 Min.
D/C/B/A = 90 Min.