



WINTERPLAN 2021 / 2022

01.11.2021 - 01.04.2022



GRUPPEN / SPARTE

MONTAG

DIENSTAG

MITTWOCH

DONNERSTAG

FREITAG

SAMSTAG

SONNTAG

1.WKE	17:00 - 19:00		17:00 - 19:00	17:00 - 19:00			
JF/JM B/A	Kraft +		Kraft +	Kraft +	Laufen	Rudern	Rudern
Nicole + Janosch	Fitnesshalle		Fitnesshalle	Fitnesshalle	ERGO/SPINNING	(Fitness-Ergo)	(Fitness-Ergo)
2.WKE		18:00 - 19:30	16:00 - 18:00			09:30 - 11:30	n.Abspr.
JF/JM B/A		Kraft +	Rudern			Rudern	Rudern
Michael+Zoltan+Andy		Fitnesshalle	mit Zoltan			(Fitness-Ergo)	
J u M	18:00 - 20:00			17:00 - 19:00		12:00 - 14:30	
Jasper + Jannis	Halle			Kraft +		Rudern	
	Huckelriede			Fitnesshalle		(Fitness-Ergo)	
SF/SM/Master		18:30 - 20:30 (T)	19:00 - 21:00 (AJ)	19:00 - 21:00 (AJ)	17:00 - 19:00 (T)	9:00 - 11:00 (AJ)	
Andre+Janosch(AJ)		Kraft +	Spinningräder	Kraft +	Kraft +	Rudern	
Theresa (T)		Fitnesshalle	u.V.	Fitnessraum	Fitnesshalle		
Kanupolo	19:00 - 21:00						
	Kraft +						
	Fitnesshalle						
Drachenboot	19:00 - 21:00						
	Kraft +						
	Fitnesshalle						
Milchtüten +		17:30 - 19:00			17:30 - 19:00		
Flugzeugträger		Ruderergo-Fit.h.			Ruderkasten		
Peter + Helga		Ruderkasten			Ruderergo-Fit.h.		
Master							
Body + Co.						Rudern	Rudern
Detlef + Co.						Rudern	Rudern
Allgemein	20:00 - 22:00	16:00 - 17:30			16:00 - 17:30	10:00 - 12:00	10:00 - 12:00
	Halle	Ruderkasten			Ruderkasten	Rudern	Rudern
	Huckelriede						

