

Einteilung Leistungskader Winter 2011/12

Montag	Dienstag	Mittwoch	Donnerstag	Freitag
15.00 – 17.00 Thaya – Simon	13.00 – 15.00 Nadine – Lukas (& 25 Min Sparring)	13.00 – 14.30 Sarah	13.00 – 15.00 Nadine – Lukas (& 25 Min Sparring)	13.30 – 15.00 Lukas
17.00 – 19.00 Steffi – Sarah	15.00 – 17.00 Simon – Florian H.	14.30 – 16.00 Nadine	15.00 – 17.00 Sarah, Florian H., Simon, Daniel K., Sandro, ...	15.30 – 16.30 Claudio, Jonas K.
19.00 – 21.00 <u>Mannschaftstraining</u> Adam, Norbert, Chris Koch, Unterw Raphael, Ramse, Krale, Mothe, Eder Raphael, Egger Alessandro, Graf Fabian & Sebastian	17.00 – 19.00 Thaya – Kile	16.00 – 18.00 Luki – Tobi (& 25 Min Sparring)	17.00 – 18.00 tennispezif. Sportmotorik	16.30 – 18.00 Sandro – Sarah
	19.00 – 20.30 Tobi	18.00 – 19.30 Simon		18.00 – 19.00 Daniel K.
		19.30 – 21.00 Thaya		19.00 – 20.30 Thaya Tobi