

Gültig ab dem 18.10.2021	Sporthalle	Ergometer Raum 20 Erg. & 6 Erg. Bike	Kraftraum + Ruderkasten
Montag	08.00-17.00: Freies Training 17.00-19.15: Jugend 19.15-20.30: Funktionales Training 20.30-21.30: Freies Training	08.00-16.30: Freies Training 16.30-19.15: Trainingsmannschaft 19.15-21.30: Freies Training	08.00-17.00: Freies Training 17.00-19.15: U15 Gruppe 17.00-19.00: Jugend [Ruderkasten] 19.15-21.30: Freies Training
Dienstag	08.00-16.30: Freies Training 16.30-18.30: Jugend 18.30-20.00: Ulla-Fit Mix 20.00-21.30: Freies Training	08.00-16.45: Freies Training 16.45-19.15: Trainingsmannschaft [12 Erg. + 3 Bikes] 17.15-18.30: Jugend 17.00-19.15: U15 Gruppe [10 Erg. + 3 Bikes] 19.15-21.30: Freies Training	08.00-16.45: Freies Training 16.45-19.15: Trainingsmannschaft 17.00-19.00: Jugend [Ruderkasten] 19.15-21.30: Freies Training
Mittwoch	08.00-19.00: Freies Training 19.00-20.30: Funktionales Training 20.15-21.30: Freies Training	08.00-21.30: Freies Training	08.00-17.00: Freies Training 17.00-19.15: U15 Gruppe (ASP: Peter F.) 19.15-21.30: Freies Training
Donnerstag	08.00-17.00: Freies Training 17.00-19.15: Jugend 19.15-21.30: JRB-Indoor	08.00-16.45: Freies Training 16.45-19.15: Trainingsmannschaft [10 Erg. + 3 Bikes] 17.15-18.30: Jugend 17.00-19.15: U15 Gruppe [10 Erg. + 3 Bikes] 19.15-21.30: JRB-Indoor	08.00-16.45: Freies Training 16.45-19.15: Trainingsmannschaft 17.00-19.00: Jugend [Ruderkasten] 19.15-21.30: Freies Training
Freitag	08.00-16.30: Freies Training 16.30-19.15: Trainingsmannschaft 19.15-21.30: Freies Training	08.00-16.30: Freies Training 16.30-19.15: Trainingsmannschaft 19.15-21.30: Freies Training	08.00-21.30: Freies Training
Samstag	08.00-21.30: Freies Training	08.00-21.30: Freies Training	08.00-21.30: Freies Training
Sonntag	09.30-21.30: Freies Training	09.30-12.00: Trainingsmannschaft 12.00-21.30: Freies Training	09.30-21.30: Freies Training

Ansprechpartner:

Training: ASP – Thomas Q. |

Jugend: ASP – Peter F. |

U15 Gruppe: ASP – Peter F. |

JRB: ASP – Gerrit B. & Sören W. |

Fit Mix: ASP – Ulla P. |

Funkt. Training: ASP – Eva H.