

Trainingszeiten Sommerferien 2024 (Stand: 04.07.2024)

Montag		Dienstag		Mittwoch		Donnerstag		Freitag	
16:00 - 18:00		16:00 - 18:00		16:00 - 18:00				16:00 - 18:00	
Individualtr.	RSH	Individualtr.	RSH	Individualtr.	RSH			Individualtr.	RSH
Coach	2/3	Coach		Coach				Coach	
18:00 - 19:30		18:00 - 19:30		18:00 - 19:30				18:00 - 19:30	
H4/H5/D1	RSH	H3	RSH	H4/H5/D1	RSH			H3/H4/H5	RSH
Coach	2/3	Coach	jeweils 1/3	Coach	jeweils 1/3			Coach	jeweils 1/3
19:30 - 21:30				19:30 - 21:30				19:30 - 21:30	
H1/H2	RSH			H1/H2	RSH			H1/H2	RSH
Coach				Coach				Coach	



1. Ferienhälfte -08.07.-28.07.2024