

Trainingszeiten Sommerferien 2024

(Stand: 04.07.2024)

Montag		Dienstag		Mittwoch		Donnerstag		Freitag	
16:00 - 17:30 (ab 17 Uhr 2/3)		16:00 - 17:30		16:00 - 17:30		16:00 - 17:30		16:00 - 17:30	
Individualtr.	RSH	Jugend	RSH	Individualtr.	RSH	Individualtr.	THQ	Jugend	RSH
Coach		Coach	Minis	Coach		Coach		Coach	Minis
17:30 - 19:00 (ab 17 Uhr 2/3)		17:30 - 19:00		17:30 - 19:00		17:30 - 19:00		17:30 - 19:00	
Jugend	RSH	Individualtr.	RSH	Jugend	RSH	Individualtr.	THQ	Indi/Athletik	RSH
Coach	u14-u18	Coach		Coach	u14-u18	Coach		Coach	
19:00 - 20:30				19:00 - 20:30		19:00 - 20:30		19:00 - 20:30	
D1/H4/H5	RSH			H I	RSH	H6	THQ	H1/H2	RSH
Coach	jeweils 1/3			Coach		Coach		Coach	
20:30 - 22:00		20:30 - 22:00		20:30 - 22:00		20:30 - 22:00		20:30 - 22:00	
H1	RSH	H2	RSH	H3/H4/H5	RSH	Damen	THQ	H1/H2	RSH
Coach		Coach		Coach		Coach		Coach	



2. Ferienhälfte -29.07.-20.08.2024