

Trainingsplan Sportanlage Rollsportstadion

SAISON 24/25

(Stand 01.07.24)

Montag	19/I	19/II	20/I	20/II	21/I	21/II	22/I	22/II	
16.30 -17.00									
17.00 -17.30	2.G	4.D	Rugby Jugend		3.E	5.E	F-Juniorinnen	E-Juniorinnen	
17.30 -18.00									
18.00 -18.30			Rugby Frauen		1.B	2.C	1.C	3.D	
18.30 -19.00									
19.00 -19.30			Rugby Herren		2.A	2. Frauen	1.H	1.A	
19.30 -20.00	1.H	1.H							
20.00 -20.30									
20.30 -21.00									

Dienstag	19/I	19/II	20/I	20/II	21/I	21/II	22/I	22/II	
16.30 -17.00			American Football Jugend		2.D	3.B	1.E / 2.E	4.E	
17.00 -17.30	1.F / 3.F								
17.30 -18.00									
18.00 -18.30		3.C	American Football		B-Juniorinnen	2.B	1.D	2.C	
18.30 -19.00									
19.00 -19.30			American Football		2.H	1. Frauen	1.H	1.A	
19.30 -20.00	1.H	1.H							
20.00 -20.30									
20.30 -21.00									
21.00 -21.30									
21.30 -22.00									

Ab 01.10.24, 17-18 Uhr Sportgarten Platz 1:

Mittwoch	19/I	19/II	20/I	20/II	21/I	21/II	22/I	22/II
16.30 -17.00			Rugby Kinder		3.E / 5.E	4.C	D-Juniorinnen	2.F / 4.F
17.00 -17.30	1.G			Rugby Jugend				
17.30 -18.00			Tag-Rugby		1.B	1.C	C-Juniorinnen	2. Frauen
18.00 -18.30	2.B		Rugby Frauen	Rugby Herren	2.A	3.H	SG Stern	Ü40 / Ü50
18.30 -19.00								
19.00 -19.30								
19.30 -20.00								
20.00 -20.30								
20.30 -21.00								
21.00-21.45								
21.45-22.30								

Donnerstag	19/I	19/II	20/I	20/II	21/I	21/II	22/I	22/II	
16.30 -17.00			American Football Jugend		1.F / 3.F	2.E	1.E	4.E & F-Juniorinnen	
17.00 -17.30	3.D	4.D							
17.30 -18.00									
18.00 -18.30		2.C	American Football		1.D	2.D	3.B	3.C	
18.30 -19.00									
19.00 -19.30									
19.30 -20.00		Eltern			1.A	1. Frauen	1.H	1.H	
20.00 -20.30	1.H								
20.30 -21.00									

Platz 23, 16:30 Uhr 3.G

Ab 01.10.2024, 19-20 Uhr Sportgarten Platz 2:

Freitag	19/I	19/II	20/I	20/II	21/I	21/II	22/I	22/II	
16.30 -17.00					C-Juniorinnen	D-Juniorinnen	B-Juniorinnen	AF / Rugby	
17.00 -17.30	4.C	E-Juniorinnen							
17.30 -18.00			Touch-Rugby		1.B	1.B	1.C	2.B	
18.00 -18.30									
18.30 -19.00									
19.00 -19.30					2.H	3.H	1. / 2. Frauen	Ü40	
19.30 -20.00									
20.00 -20.30									
20.30 -21.00									
21.00-21.45									
21.45-22.30									