

# Trainingsplan Winter 2021/22

25. Oktober 2021 – April 2022

| <b>Montag</b><br><b>Bernd Eggers</b>              | <b>Montag</b><br><b>Dinko Panzic</b>               | <b>Montag</b><br><b>Michael Amtenbrink</b><br><b>Postdamm-Halle</b> | <b>Dienstag</b><br><b>Dinko Panzic</b>        | <b>Dienstag</b><br><b>Michael Amtenbrink</b>       |
|---|--|---|---|--|
|   |  |   | <b>15.00 – 16.00 Uhr</b>                      | <b>14.30 – 15.30 Uhr</b>                           |
|   |  |   | Eric D<br>Dunja S<br>Konrad S<br>Phil H       | Friederike B<br>Josefine B<br>Liv-Greta B          |
| <b>17.00 – 18.00 Uhr</b>                          | <b>16.00 – 17.00 Uhr</b>                           | <b>15.30 – 16.30 Uhr</b>  | <b>16.00 – 17.00 Uhr</b>                      | <b>15.30 – 16.30 Uhr</b>                           |
| Laurenz R<br>Carlo G<br>Thadeus B<br>Paul U       | Yannes H<br>Aris B, Fynn V<br>Caspar W<br>Julius H | Antonia S<br>Laura G<br>Sophia G<br>Emma E                          | Maria W<br>Neele B<br>Daniel A<br>Noah L      | Lars T<br>Nils S<br>Daniel R<br>Mark S             |
| <b>18.00 – 19.00 Uhr</b>                          | <b>17.00 – 17.45 Uhr</b>                           | <b>16.30 – 17.30 Uhr</b>  | <b>17.00 – 17.45 Uhr</b>                      | <b>16.30 – 17.30 Uhr</b>                           |
| Johanna W<br>Matilda M<br>Emma K                  | Ella A, Elisa B<br>Janne K<br>Juliane W<br>Luke H  | Emma O<br>Lena S<br>Greta R<br>Hannah P                             | Nele R<br>Ben W<br>Pauline K<br>Jonathan K    | Linus F, Ben G<br>Johanna H<br>Chiara S<br>Hanna H |
| <b>19.00 – 20.00 Uhr</b>                          | <b>17.45 – 18.45 Uhr</b>                           | <b>17.30 – 18.30 Uhr</b>  | <b>17.45 – 18.30 Uhr</b>                      | <b>17.30 – 18.30 Uhr</b>                           |
| Anne-Sophie B<br>Mara W<br>Josephine V<br>Maike C | Maria W<br>Neele B<br>Annelie R<br>Janne W         | Davin E<br>Carl D<br>Felix K<br>Max R                               | Hannah B<br>Sophie P<br>Charlotte W<br>Leni H | Marcel W<br>Fabian W<br>Mathis W                   |
|   |  |   | <b>18.30 – 19.30 Uhr</b>                      | <b>18.30 – 19.30 Uhr</b>                           |
|   |  |   | Josephine V<br>Greta O<br>Anna G<br>Carla S   | Laurenz F<br>Magnus O<br>Davin E<br>Luis K         |
|   |  |   |   |  |
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