

# Trainingsplan Winter 2024/25

30. September 2024 – 04. Mai 2025

<b>Montag</b> <b>Sören Gnida</b>	<b>Montag</b> <b>Bernd Eggers</b>	<b>Montag</b> <b>Dinko Panzic</b>	<b>Montag</b> <b>Michael Amtenbrink</b>	„ „
<b>15.00 – 16.00 Uhr</b>		<b>14.00 – 14.45 Uhr</b>	<b>15.15 – 16.15 Uhr</b>	
Julius H Thadeus B Aris B Lukas K		Juliane W Luke H Johanna K	Mats D Janne W Mark S Daniel A	
<b>16.00 – 17.00 Uhr</b>	<b>18.00 – 19.00 Uhr</b>	<b>14.45 – 15.30 Uhr</b>	<b>16.15 – 17.15 Uhr</b>	
Ben W Justus K Louise K Ella A	Sarah H Mia K Carlotta H Linus P	Yannes H Luke H	Lennart S Paul U Paul R Antonia R	
<b>17.00 – 18.00 Uhr</b>		<b>15.30 – 16.15 Uhr</b>	<b>17.15 – 18.15 Uhr</b>	
Leon H Elino H Amalia O Ferdinand B		Frederik P Friedrich H Nora S Lene W	Emma O Lena S Greta R Hannah P	
		<b>16.15 – 17.00 Uhr</b>		
		Elias A Mia K, Mia W Lara A Paul		
		<b>17.00 – 18.00 Uhr</b>		
		Fabian W Jette M Michael K		
		<b>18.00 – 19.00 Uhr</b>		
		Philippa H Clara B Elena O Moritz W		