

Trainingsplan TSA Schwarz-Gold Mai + Juni 2023

04.05.23 / DG

Mo 1.5.	Wolfgang Redlich	17:30 - 18:30 LD-Plus	18:30 - 19:30 LD-Basic	19:30 - 21:00 alle Paare	21:00 - 21:30 Mike + Daniela
	Daniela Grimm		18:30 - 19:30 freies Training		
7.5.	U+HJ Burger	17:30 - 18:00 Mike + Daniela	18:00 - 19:30 alle Paare		
	Heike Ruppel		18:00 - 19:00 LD Basic	19:00 - 20:00 LD-Plus	
14.5.	Daniela Grimm	17:30 - 18:30 freies Training	18:30 - 20:00 alle Paare		
	Heike Ruppel		18:00 - 19:00 LD-Plus	19:00 - 20:00 LD-Basic	
21.5.	U+HJ Burger			19:30 - 21:00 alle Paare	21:00 - 21:30 Mike + Daniela
	Daniela Grimm		18:30 - 19:30 freies Training		
	Karin Pappe		18:00 - 19:00 LD Basic	19:00 - 20:00 LD-Plus	
Mo 29.5.	Daniela Grimm	17:30 - 18:30 freies Training	18:30 - 20:00 alle Paare		
	Karin Pappe		18:00 - 19:00 LD-Plus	19:00 - 20:00 LD-Basic	
4.6.	Ulrike Burger			19:00 - 20:30 alle Paare	20:30 - 21:00 Mike + Daniela
	Daniela Grimm		18:00 - 19:00 freies Training		
	Heike Ruppel		18:00 - 19:00 LD Basic	19:00 - 20:00 LD-Plus	
11.6.	Wolfgang Redlich	17:30 - 18:00 Mike + Daniela	18:00 - 19:30 alle Paare	19:30 bis 20:30 LD-Plus	20:30 bis 21:30 LD-Basic
	Daniela Grimm			19:30 - 20:30 freies Training	
18.6.	Wolfgang Redlich	17:30 bis 18:30 LD-Plus	18:30 bis 19:30 LD-Basic	19:30 - 21:00 alle Paare	21:00 - 21:30 Mike + Daniela
	Daniela Grimm		18:30 - 19:30 freies Training		
25.6.	Wolfgang Redlich	17:30 - 18:00 Mike + Daniela	18:00 - 19:30 alle Paare	19:30 bis 20:30 LD-Basic	20:30 bis 21:30 LD-Plus
	Daniela Grimm			19:30 - 20:30 freies Training	